

## Notes from the Buying Desk

### OVERVIEW GLOBAL AVOCADO SHORTAGES

OVERVIEW GLOBAL AVOCADO SHORTAGES - The lack of avocados on the European market is a consequence of the situation in the United States. Due to the favourable prices, a lot of the exports from Peru and Mexico are going to the US instead of to Europe. Currently, Peru, Mexico and South Africa are the countries in production. Colombia is also producing, but it has smaller volumes which are primarily intended for the domestic market and Europe. The production in Chile is expected to arrive in a month. In recent weeks the price for avocados stood at 650 pesos (\$ 33.80) per 10 kilo box; a record price.

#### Fruit

- Apples** – new season English Discovery in stock
- Limes** – price increase
- Plums** – English plums starting in small numbers, Victoria's, Bell's and Damsons
- Green Grape** – Egyptian finishing so price rising slightly
- Strawberry** – a glut of fruit has meant free market fruit has been cheap, local is still coming through in small numbers
- Norfolk Blueberry** – bush ripened for better flavour, picked on day 1 and in our store the next morning.
- Limelon** – new variety/cross of lime and melon, worth a try

#### Salad

- Lettuce** – Cornish Lollo, Oakleaf and Gems in stock
- Tomatoes** – price up and down every day on every type depending on daily demand and weather
- Corn on the Cob** – now English
- Radish** – in stock in bunches

#### Vegetable

- Purple Sprouting** – small amounts available daily
- Runner Beans** – UK and Cornish in stock – perfect right now
- Cauliflower and Calabrese** – both in short supply, heavy demand on small Cornish crops as the rest of the UK runs dry. Our local calabrese grower will be out for around 8 days.
- Potatoes** – prices reducing slowly, will settle once trade and demand eases. Red Rooster in stock
- Onions** – after the most expensive season ever prices are finally coming down.
- Peppers** – much like tomatoes prices are up and down daily.

#### We Recommend...

##### Cornish Veg in stock

Cauliflower  
Calabrese  
Green & Yellow Courgette  
Round Courgette  
Savoy Cabbage  
Pointed Sweetheart  
Red Cabbage  
Primo Cabbage  
Runner Beans  
Green Curly Kale  
Cavalo Nero  
Rainbow Chard

##### UK Veg in stock

Broad Beans & Garden Peas  
Spinach & Bok Choi  
Tenderstem Broccoli  
Romanesque Cauli  
Spring Green Cabbage  
Baby Carrot & Courgette  
Baby Rainbow Chard  
Bunched Rainbow Carrot  
Bunched Beetroot  
Ware Carrot & Parsnips  
Swede & White Turnip

##### Cornish Fruit in stock

Strawberry  
Raspberry  
Redcurrant  
Blackcurrant  
Plums

##### Devon Produce

Calabrese  
Savoy & Hispi  
Forest Fungi Mushrooms,  
Red, Black & White Currants  
Strawberries & Gooseberries  
Bunched Beets & Rainbow Chard

##### UK Fruit in stock

Bramley Apple  
Discovery Apple  
Outdoor Rhubarb  
Cherry  
Strawberry  
Blueberry  
Raspberry  
Blackberry  
Plums

#### Good Value...

Canara Mixed colour beans and tomatoes  
Local Opal Plums – subject to availability  
Grapes – both decent value as market volumes increase  
Seasonal berries – local available now  
Seasonal Stone fruit – especially peach and nectarines  
Melons – some good value fruit around – ask for best deals and try the Limelon!  
Small lemons rather than the large – the large are however XXL and great quality  
Un-ripened Mango good value  
Local Oakleaf  
Tri-colour Peppers  
Local Courgette  
Mixed Sprouting Beans  
Local Summer Cauli  
Cornish Wild Mush mix and Devon  
Forest Fungi mixed mushrooms  
Rainbow chard  
Local Sagitta Potatoes – will chip  
Local 12.5kg bags of new season pots & Reds  
Local Spring Green cabbage & Savoy

#### Use with Care...

**Avocado** – global shortage & massive demand driving wholesale prices up – portion control  
**Tomatoes** – prices up as heat across Europe has impacted on harvests – demand very high  
**Peppers** – heat across Europe putting pressure on pricing all are up – tricolour best value  
**Cues** – pricing jumping up and down depending on avail. as again hit by recent heatwave  
**Parsnip** – between seasons and very limited crops available – prices are up  
**Shallots** – up in price as between seasons  
**Pomegranate** – shortages across the markets  
**Mango RTU** – use cheaper un-ripened fruit for value – needs a few days in kitchen to ripen  
**Red Chicory** – use yellow/white for better value although red are cheaper than they can be  
**Easy Peel Clems** – prices are up – small oranges are possible alternative  
**Grapefruit** – red/pink good value – avoid yellow  
**Bakers** – new season starting to come in and prices will ease – use smaller 50's/60's for value

Latest updates 18/08/2019 - Subject to availability