

## Notes from the Buying Desk

### Salad

**Lettuce** – UK season ending, transitioning to Spanish  
**Tomato** – Spanish helping to ease the pressure on low volume from Holland  
**Peppers** – some good prices on full boxes of peppers  
**Cucumber** – price yo-yoing depending on weather (demand/supply)  
**Heritage Tomato** – price has eased with extra supply from Spain  
**Canara Gourmet Baby Leaf** – another 2 weeks of supply depending on the weather  
**Avocado** - 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. We hope prices will ease into September as harvest volumes increase and ease pressure in the markets globally  
**Endive** – continuing with Spanish fine endive, better quality than UK  
**Candy and Golden Beet** – new season  
**Corn on the Cob** – good value and great quality

### Fruit

**Bramley Apples** – currently Cornish – limited time only  
**English Cos and Russet** – in stock  
**Easy Peel** – New season Spanish Satsuma now in stock  
**Rhubarb** – finishing  
**Melons** – now all new season Brazilian  
**Quince** – now back in stock  
**Berries** – UK season is coming to an end – expect Spanish raspberry and Southern Hemisphere blueberries, 2 more weeks of Cornish strawberry  
**English Pear** – Comice now in stock  
**Mango** – value large un ripened mango in stock  
**Turkish Figs** – still good value and quality  
**Finger Limes** – in stock

### Vegetable

**Pumpkins** – carving pumpkins in stock – very low harvest this year get them while you can!  
**Cauliflower** – local supply improved, growing quick while it's still mild  
**Runner Beans** – last of the Cornish season  
**Purple and Romanesque** – some superb quality Cornish in stock  
**Parsnip** – best box parsnip now from local Devon supplier  
**Banana Shallot** – now good value after an expensive start  
**Calabrese** – steady supply  
**Swede** – Cornish & Devon sourced now in stock  
**Chestnut** – new season French chestnut now in stock  
**UK Piccolo parsnip and Mixed Chantenay now in stock**  
**Romanesque** – Cornish started – very nice local sample  
**Baby leaf Spinach** – some Canara Farm available at request  
**Courgette** – numbers are reducing as lack of sunlight and shorter days, Spanish in to make up the numbers  
**Squash** – a nice range of different squashes in stock  
**Sprouts** – in stock

### We Recommend...

In season: cob nuts, English apples (cox, russet, red robyn), squash & pumpkins  
 Local Gourmet Lizard Baby Leaves from Canara Farm – about another 2 weeks left  
 Local & superb quality: purple & Romanesque cauli  
 Pointed Cabbage  
 Baby leaf Spinach  
 Kale and Cavello Nero  
 Kohlrabi, Courgette & Swede  
 Strawberry & Raspberry  
 Duchy Fries, Washed Potato, Red Potato  
 King Edward Potato & Salad Potato  
 Good Earth veg – available on request  
 Autumn Foraged lines available on request  
 Devon Marfona, Bakers and Maris Bard Potatoes  
 Devon Loose Tenderstem & Calabrese  
 Devon Red Cabbage, Savoy & Hispi  
 Devon Red and Green Kale and Cavelo Nero  
 Devon Forest Fungi Mushrooms  
 Devon Strawberries  
 Devon Parsnips  
 Devon Four Elms Fruit Farm Cox & Bramley Apples  
 Devon Courgette  
 Devon Beets & Rainbow Chard

### Good Value...

Local & superb quality: purple & Romanesque cauli  
 Seasonal berries – local available now weather permitting  
 Seasonal Stone fruit – especially peach and nectarines  
 Apples – PP English Cox & Elstar imported for value  
 Small lemons rather than the large – the large are however XXL and great quality  
 Easy Peel – use Satsuma for best value – Mineola and Clems also available  
 Pineapples & standard mangoes (need to ripen in kitchen)  
 Turkish Fig season now  
 Seasonal Beets including Candy and Golden  
 Tri-colour Peppers for value  
 Local Courgette & Calabrese  
 Cornish Wild Mush mix and Devon Forest Fungi mixed mushrooms  
 Fresh Corn on the cob  
 Broad Bean and Runner Beans  
 New season carrots and parsnips – value nets coming back in  
 Rainbow chard  
 Local Sagitta Potatoes – will chip  
 Duchy Fries – prices easing now with new season harvest  
 Local Cabbages - Pointed cabbage & Savoy

### Use with Care...

**Melons** – prices up on Brazilian imports – portion control needed – ask daily for best deals  
**Avocado** – global shortage & massive demand driving wholesale prices up – portion control  
**Red Grapes** – go for Green for best value  
**Tomatoes** – prices up and down due to market avail & demand is very high  
**Peppers** – volatile pricing – up and down – check for best value – generally tri-colour  
**Kiwi** – between seasons and prices are up  
**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  
**Clems** - Citrus – easy peel – Satsuma and Minneola better value than clemis

*Latest updates 13/10/2019 - Subject to availability*