

Notes from the Buying Desk

Season Starting

Spanish salads & veg: Peppers, cucs & toms
Iceberg very short and expensive, cos a good substitute and is v good quality
Imported Calabrese just starting expect a price rise as English finishes
Xmas nuts & dates

Salad

Iceberg lettuce in very short supply, Spanish late starting
Cos and Gem in higher demand due to lack of iceberg
Lollo and Oakleaf transitioning to imported
Peppers – some good prices on full boxes of peppers as Spanish ease supply
Cucumber – price yo-yoing depending on weather (demand/supply)
Avocado – Global prices still high due to huge increases in demand

Fruit

Royal Gala apples now new season UK
Limes – in very short supply
Figs – now Turkish is finished a slight shortage until Brazilian fills the void
Berries – local/English now ending/finished
Devonshire Cox Apple in stock (Four Elms)
Lemon – now new season large Spanish
Easy Peel – Spanish new season satsuma now in stock

Vegetable

Calabrese – local/UK coming to an end, Spanish is available
Tenderstem – purple tenderstem also available/in stock as a trial, more to replace Purple Sprouting than tenderstem
Sprouts – local sprout stalks now in stock
Local Purple and Romanesque cauliflower in stock
Yellow Courgette – in stock through request but expensive
Sweet Potato – Egyptian due to finish, USA crop less available so price will increase
Sprouts – in stock and very good quality
Tenderstem – grown in the UK by AS Green, good quality
Kale – good quality local green curly

We Recommend...

In season: cob nuts, English apples (cox, russet, red robyn), squash & pumpkins
Local & superb quality: purple & Romanesque cauli
Pointed Cabbage
Kale and Cavello Nero
Kohlrabi
Squash
Courgette
Swede
Duchy Fries, Washed Potato, Red Potato
Sagitta and Wilja Potatoes
King Edward Potato & Salad Potato
Autumn/Winter Foraged lines available on request
Devon Marfona, Bakers and Maris Bard Potatoes
Devon Leeks & Parsnips
Devon Red Cabbage, White, and Savoy
Devon Red and Green Kale and Cavelo Nero
Devon Forest Fungi Mushrooms
Devon Four Elms Fruit Farm Cox and Bramley Apples
Devon Cauli, Beets & Rainbow Chard

Good Value...

Local & superb quality: purple & Romanesque cauli
Squash and pumpkins
Kiwi and pomegranate good value
Apples – Braeburn are excellent value - PP English
Cox/Gala & Elstar imported for best value
Small lemons rather than the large – the large are however XXL and great quality
Easy Peel – use Satsuma for best value
Pineapples & standard mangoes (need to ripen in kitchen)
Fig season now
Seasonal Beets including Candy and Golden
Tri-colour Peppers for best value
Local Courgette while they last & Calabrese
Cornish Wild Mush mix and Devon Forest Fungi mixed mushrooms
Fresh Corn on the cob
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
Figs – jumped in price now Turkish season is over
Avocado – global shortage & massive demand driving wholesale prices up – portion control
Red Grapes – go for Green for best value
Iceberg Lettuce – slow start to Spanish season – short and prices are up
Lettuce – general prices up as we move out of our UK season to imports
Calabrese – imported now so prices up compared to recent local crops
Tomatoes – prices up and down due to market avail – salad toms good value/cherry on vine gone up & plum toms are expensive
Imported Exotic beans – fine bean/sugar snap and mange-tout – check for best daily value generally the more popular fine bean are cheapest
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

Latest updates 10/11/2019 - Subject to availability