

EST. 2005
COUNTY SUPPLIES
HAND PICKED. HAND DELIVERED.



FRUIT AND VEGETABLE

MARKET REPORT

21ST JANUARY 2020

EST.



2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.

21ST JANUARY 2020

- Poor weather in Spain has hampered supplies and subsequently some lines have jumped in price. **Aubergines, Courgettes** and **Cucumbers** have been hit the hardest and supplies are in short supply at the moment. **Peppers** have crept up a little, so too has **Broccoli**. **The Spanish Tender Stem Broccoli** is very good and reasonably priced.
- As **Tomatoes** are coming from Morocco too, prices are reasonable, and **Cherry Tomatoes** are plentiful. **English January King, Savoy & Primo Cabbages** are great value, **Hispi Cabbage** from Portugal is very good too.
- **French Sandy Carrots** also known as '**Carotte de Sables**' are available and grown all along the beautiful coast of La Manche in a tiny coastal area in Normandy and have a lovely flavour. **Onion & Crown Prince Squashes** are two of the best tasting and still available, a great addition to any wintry menu. **Dutch Leeks & English Carrots** are good value and can offset some of the dearer produce around. It is good to see English growers stepping up their game as we have some superb quality **Banana Shallots** from Parrish Farm in Shefford, Bedfordshire.
- All **Wild Mushrooms** are up in price but **Girolles** are very pricey and not the best quality either. Tarragon supplies are very tight too. **Peaches & Nectarines** are still not very good, but the dark **South African Plums** called 'Sapphire' are scrumptious and eat very well. There is still a few **Apricots** available but their coming to an end now. **Forced Rhubarb** from the infamous 9-mile West Yorkshire Triangle is as good as you would expect and in full swing.
- It good to see that Spanish Growers are doing their bit for the environment as the latest delivery of fresh **Raspberries** are packed in 100% recyclable/compostable boxes. **Spanish Strawberries** are quite plentiful, so too are **Litchis. Honeydew & Watermelon** are in short Supply but **Galia & Canteloupe** seem OK. **Blood Oranges** are still good but ending now. There are some sporadic supplies of **Cherries** around, but they are pricey.



PRODUCE

SOURCED FROM THE BEST BRITISH AND EUROPEAN GROWERS

No matter the season, we've got the right produce for your kitchen. From exotic fruits and vegetables to the essentials, our consistent quality is what brings our clients back again and again.

We source locally to keep food miles low and maintain the right temperature for our products to preserve **their flavour and delicate quality for longer.**

[COUNTYSUPPLIES.COM](https://countysupplies.com)

