

THE COUNTY SUPPLIES
BARE KITCHEN. BARE BOUTIQUE.



EST.  2005

FRUIT AND VEGETABLE

MARKET REPORT

26TH NOVEMBER 2019

EST.



2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.

26TH NOVEMBER 2019

- If you're looking for something to brighten up a plate, then you can't go wrong with **Rainbow Chard** at this time of year. Rainbow chard is an earthy nutritional powerhouse – an excellent source of vitamins K, A, and C, as well as a good source of iron, magnesium, potassium and dietary fibre. Another good vegetable from the same family is **Kalettes**, it's a branded hybrid: a cross between Kale and Brussels Sprouts. Again, it's very nutritious and has a lovely nutty flavour. If your pushed for time we are now stocking **Prepped Sprouts**, but if you are needing **Prepped Produce** this time of year you will need to order in advance because we cannot guarantee next day because of the sheer volume at the moment.
- **Broccoli & Cauliflower** are very expensive at the moment, and due to the recent floods, **Cabbage & Spring Greens** will be short too. This has had a knock-on effect to **Tender Stem Broccoli** which is also more expensive. Although **Yellow Courgettes** have come down in price, they are still roughly three times the price of regular **Green Courgettes**. The **Dutch Leeks** are very good and reasonable at the moment. The **French Lollo Rosso & Oakleaf** growers are struggling to keep up with demand at present so their price has jumped up. The volumes of **Coriander & Dill** coming through are very tight at the moment, but I don't see it becoming not available. All **Tomatoes** in general are reasonably priced and plentiful.
- **Strawberries** have eased from the ludicrously high prices of late, but **Blackberries** are quite dear. Although **Brazilian Figs** are now available, they are expensive. **South African Peaches & Nectarines** are available but not recommended yet as they are very small and very hard. We're mainly buying **Clementines** rather than **Satsumas** at the moment because they eat far better and worth the extra pennies. The **English Braeburn & Cox Apples** are still very good and reasonable. The firmer **Italian 'Angeleno' Plums** are about the only one's worth buying at the moment. Still no **Apricots** at the moment but we are expecting the South African to start very soon.



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)

