

EST. 2005
COUNTY SUPPLIES
HAND PICKED. HAND DELIVERED.



EST.  2005

FRUIT AND VEGETABLE

MARKET REPORT

07
19

23RD JULY 2019

EST.



2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.

23RD JULY 2019

- We're now in the worst month of the year for finding a good **Potato** that will chip or roast. Whilst we look for the best of what's left from last year's crop (that were dug up some 8 months ago) or the first of the early crops that are mature enough in size and starch content. High-starch potatoes have densely packed starch cells that swell and separate from one another when cooked, resulting in a dry, fluffy texture. High-starch potatoes also make creamy mashed potatoes and french fries with a flaky interior. This time of year, the natural process of the starch turning into sugar in old crop potatoes makes them burn easily before crisping and hence a sweet taste.
- Due to a bad **USA Sweet Potato** crop earlier this year the price is more than double that of last year and we're having to source from Argentina & South Africa to meet demand. **English Broccoli** is still expensive for this time of year, but **Cauliflowers** are looking more plentiful and should ease in price. **English Runner Beans** are great at the moment, so too is the **English Rainbow Chard** from Kent. **English Broad Beans, Peas in Pod, Courgettes, Marrows, Savoy Cabbage & Romanesque** are all great quality too. There's even a few **English Mange-Toute & Sugar Snaps!**
- All **Tomatoes (except Beef Toms)** are in short supply and prices remain high, even the **English Heritage Tomatoes** are priced so high we need to buy from the Continent. **Avocadoes** are expensive too and will get even more expensive over the next few weeks at least due to a massive shortage arriving to the UK. **Cucumbers** have jumped in price this week also. **English Strawberries, Raspberries & Blackberries** are getting more plentiful and prices are generally easing. **Peaches, Nectarines & Apricots** are still very good, **French Greengages** have just started and there are still **Cherries** available. **Galia & Canteloupe Melon** are the best value melons at the moment. Unfortunately, **Satsumas** are ending shortly, and we will have to move onto New Season Nardicotts and initially they won't be as sweet as these lovely easy peeler.



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)

