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COUNTY SUPPLIES
PICKED - HAND DELIVERED



FRUIT AND VEGETABLE

MARKET REPORT

5TH NOVEMBER 2019

EST.



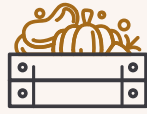
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- Now the weather is much colder and damper our tastes turn to heartier foods, so now is the time to take advantage of buying **Root Vegetables** as they are the best value this time of year. As well as the regular **Carrots, Turnips & Swede**, there are **Heritage varieties** to spruce up the menu. There's also the **Baby Chantenay Carrots & Piccolo Baby Parsnips**. **English Jerusalem Artichokes** with their nutty taste are a very good addition to many a dish.
- **French Roscoff Onions** are available, these were the original onion farmers that gave rise to the classic British stereotype of Frenchmen in berets carrying strings of onions on bicycles, as much of their business was in the UK. They gained AOC status in 2009 for their unique flavour, sweetness and being high in vitamin C.
- **English Savoy Cabbage** from Boston, Lincolnshire is another great winter vegetable, so too is the **Tenderstem Broccoli** from Barfoots Farm, Botley. **Frissee, Iceberg & Cos Lettuce** that is now from the continent is quite expensive. **Yellow Courgettes** remain expensive and no sign of them coming down yet. The selection of **Pumpkins & Squashes** that are available is getting tighter, but there's still good varieties available.
- **Dutch Indoor Rhubarb** is still expensive. **Figs** are almost non-existent and the ones that are around are very expensive, so best avoided. **Strawberries** have been very expensive but have eased in price for now, **South African Oranges, Mexican/Colombian Limes & Kumquats** are pricey too. **Spanish Okitsu Satsumas** are the choice of easy peeler at the moment. They're reasonably priced, there are some good **Clementines** available, but they are dearer. Even though there are a few **Peaches & Nectarines** available they are poor quality and do not eat very well and are not recommended. All the **Melons** are mainly coming from Brazil and prices are reasonable.



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