

FOODSERVICE SUPPLIER OF THE YEAR

by
FRESH
AWARDS
FPC
TWENTY2



EST.  2005

FRUIT AND VEGETABLE

MARKET REPORT

04
23

APRIL 2023

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COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



APRIL 2023

Hello, Spring!

April is full of surprises and it's not just the chocolate Easter eggs!

As the temperature starts to rise, more seasonal British produce becomes available. A great selection of fresh produce is in season – from outdoor rhubarb and purple sprouting broccoli; to the freshest asparagus and tasty heritage tomatoes. We love this time of year, especially working with some of the best English growers.

As more British produce makes its debut, why not make the most of seasonal cooking by checking out the 'arriving' section below. We particularly recommend the early Jersey royals, asparagus and garlic flowers.

This arrival of British produce helps reduce our dependence on European produce which, as you're aware, due to poor weather and the ongoing supply issues, has been driving up prices.



Best,
The County Supplies Team





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THE MARKET CHEF

The County Supplies Market Chef series is a celebration of how to cook with the best seasonal produce.

This month Ryan Stafford, one of our favourite chefs, is cooking a delicious carrot soup and tasty kale bubble and squeak:

1. Carrot soup

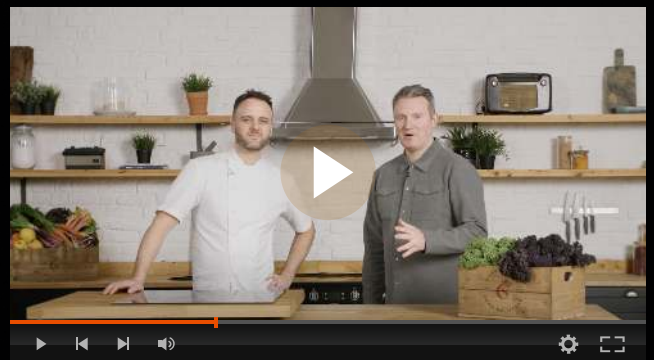
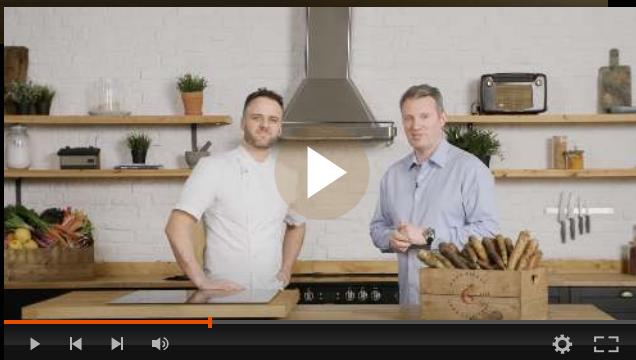
Big, bold and full of flavour, this hearty soup packs a health boosting punch.

Packed with sweet middle eastern spices, we're using heritage carrots from Royal Oak Farm in Ormskirk, near Lancashire.

2. Kale bubble & squeak

We're doing a twist on a British classic – bubble and squeak. With fresh poached eggs, crispy kale and toasted onions, it's the perfect all-day brunch!

Using only the best British ingredients, the green and purple kale comes from the Molyneux family farm in Lancashire, growers of a range of specialist kales.



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THE BEST OF

VEGETABLES



◆ **Calicot artichokes**

French

◆ **Yellow beans**

French

◆ **Celeriac**

French & Belgian

◆ **Organic purple sprouting broccoli**

Bedlam Farm, English

◆ **Cavolo nero cabbage**

Italian & Spanish

◆ **Wet garlic**

French

◆ **Wild garlic**

English

◆ **Peas**

French & Italian

◆ **Monks beard**

Italian

◆ **Swiss chard**

French

◆ **Tokyo turnips**

Italian

◆ **Jersey Royal potatoes**

English

◆ **Linzer potatoes**

French

◆ **Round courgettes**

French

THE BEST OF

FRUITS



◆ **Finger limes**

Australian

◆ **Tarocco blood oranges**

Italian

◆ **Muscatel grapes**

Chilean

◆ **Alfonso mango**

Indian

◆ **Kent mango**

Brazilian

◆ **Plums**

South African

◆ **Nardicot**

Moroccan

◆ **Passé Crassane pears**

French

◆ **Pomegranates**

Peruvian

◆ **Pomelo**

Asian

◆ **Gariguette strawberries**

French

◆ **Fraise des bois strawberries**

French

◆ **Tulamine raspberries**

French

◆ **Ciforette strawberries**

French

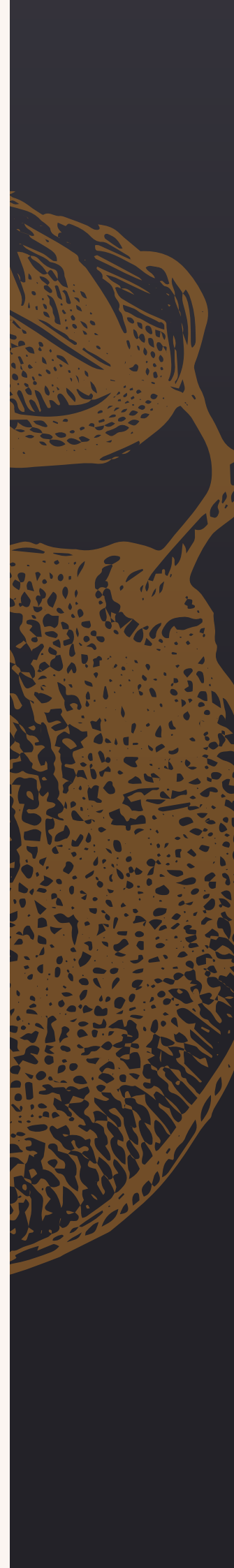
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THE BEST OF

SALAD



◆ **Baby mixed leaf salad**

Cherry Tree Farm, English

◆ **Seurat lettuce**

Crate to Plate, English

◆ **Castelfranco**

Italian

◆ **Batavia lettuce**

Italian

◆ **Tardivo**

Italian

◆ **Radicchio**

Italian

◆ **Salanova**

Spanish

ARRIVING



◆ **Asparagus**

Portwood, English

◆ **Heritage tomatoes**

Nutbourne, English

◆ **St. George's mushroom**

English

◆ **Outdoor rhubarb**

English

◆ **Strawberries**

Belgium

◆ **Lovage**

English

◆ **Hispi cabbage**

English

◆ **Loquats**

Spanish & Italian

◆ **Garlic flowers**

English

◆ **Fraise de bois**

Spanish

◆ **Mixed radish**

French

◆ **Savoury**

French & English

DEPARTING



◆ **Braeburn apples**

English

◆ **Blood oranges**

Italian

◆ **Forced rhubarb**

English

◆ **Meat radishes**

French

◆ **Rose radicchio**

Italian

◆ **Grumolo**

Italian

◆ **Conference pears**

English

EST.



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THE BEST OF

WILD FOODS



FROM THE SEA

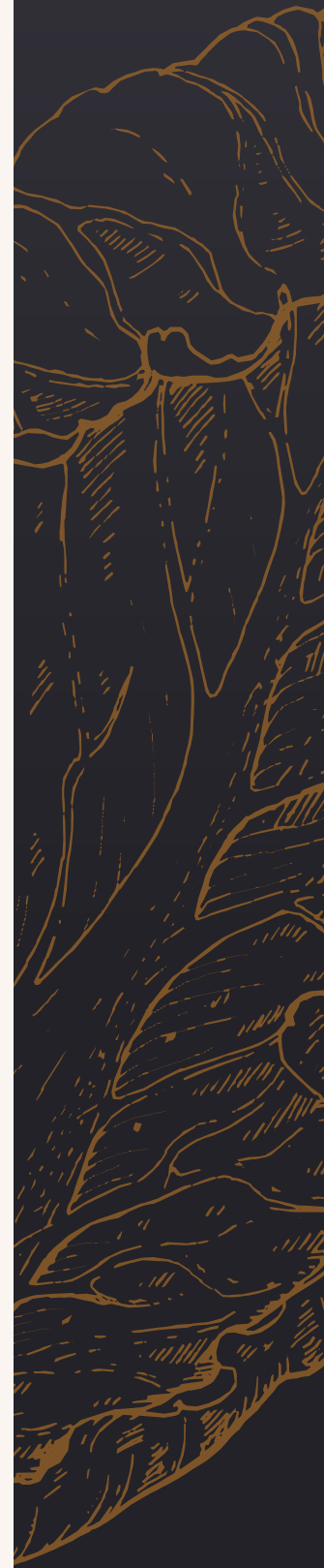
- ◆ Salty fingers
- ◆ Sea beet
- ◆ Sea kale
- ◆ Dulce

WILD MUSHROOM

- ◆ Turkish morels
- ◆ Mousseron
- ◆ Pied de Mouton

FORRAGED

- ◆ Three cornered garlic
- ◆ Wild garlic
- ◆ Three cornered leek flower
- ◆ Scots pine
- ◆ Douglas Fur
- ◆ Nettles



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APRIL

TOP INSIGHTS



The English and Dutch growing season has started, taking the pressure off the Spanish growing season which is now coming to an end.

Cold temperatures and flooding have caused supply problems with Moroccan tomatoes. **Morocco has restricted exports with a total ban now in place, in an attempt to lower domestic prices.**

APRIL

COUNTY SUPPLIES NEWS



We're pleased to retain our **BRC AA accreditation** for storage and distribution.

And keep an eye out for Liam on our new County Supplies branded scooter!

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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.**



WE'D LOVE TO HEAR FROM YOU:

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