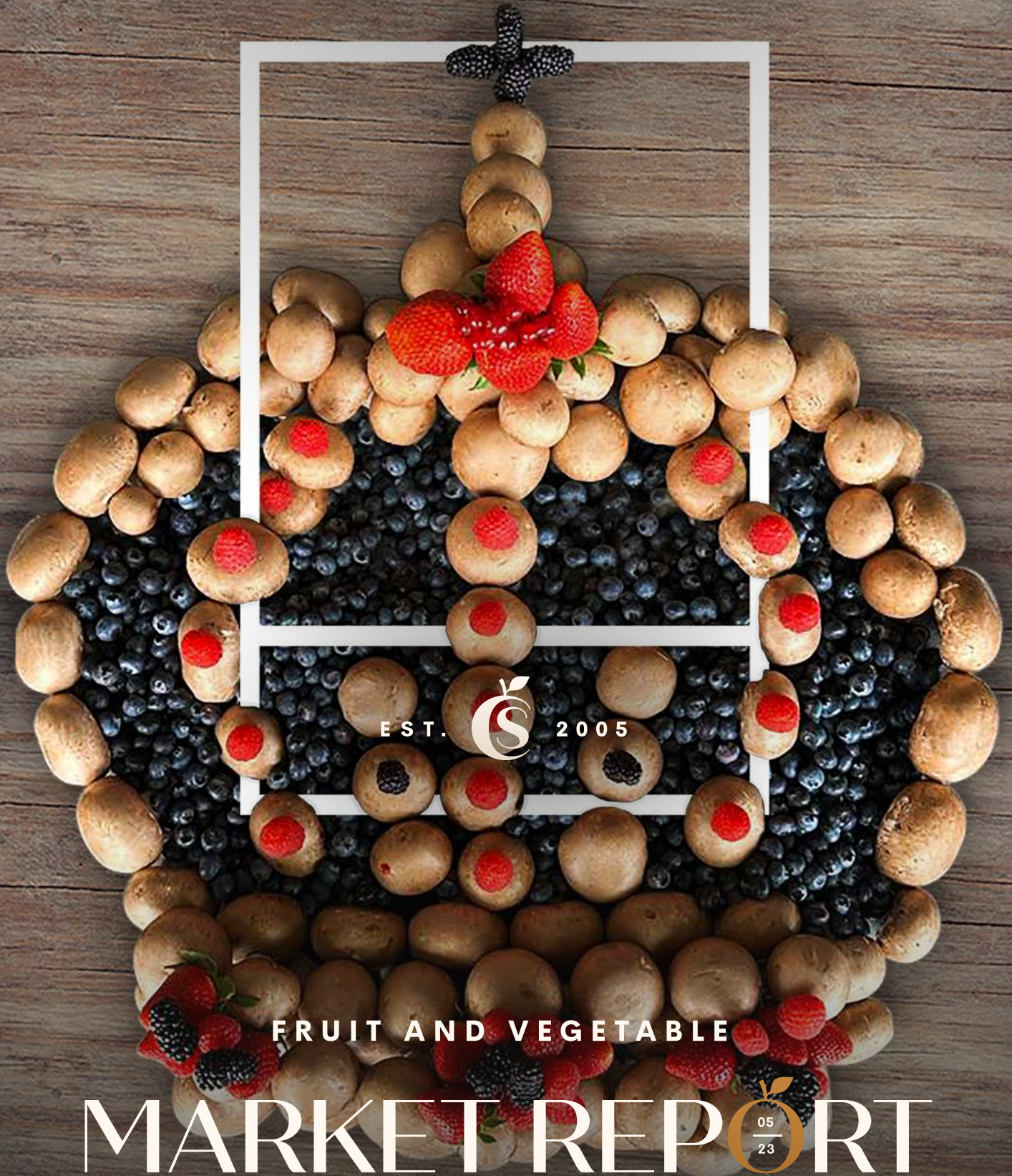


FOODSERVICE SUPPLIER OF THE YEAR

by
FRESH
AWARDS
FPC
TWENTY2



FRUIT AND VEGETABLE

MARKET REPORT

MAY 2023

EST.



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COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



MAY 2023

Hello,

This month, we not only welcome three Bank Holidays and a new King, we also see some of the best British produce come into season.

Sandwiched between spring and summer, May brings us the short but sublime British asparagus season along with Jersey Royal potatoes, courgettes, broad beans, sprouting broccoli, wet garlic and Genovese basil. And let's not forget the arrival of outdoor rhubarb and the much anticipated appearance of the first strawberries of the season.

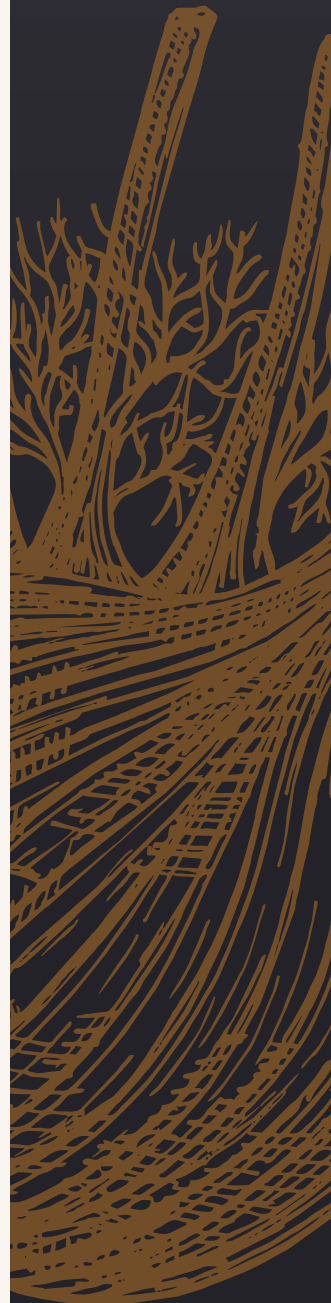
With so much to look forward to, it's set to be a great month!

Happy May!



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, one of our favourite chefs, Ryan Stafford is cooking textures of Jerusalem Artichokes with English wagyu:

1. Textures of Jerusalem Artichokes with English Wagyu Beef

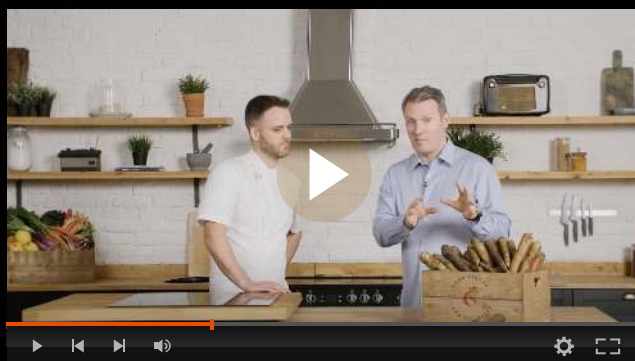
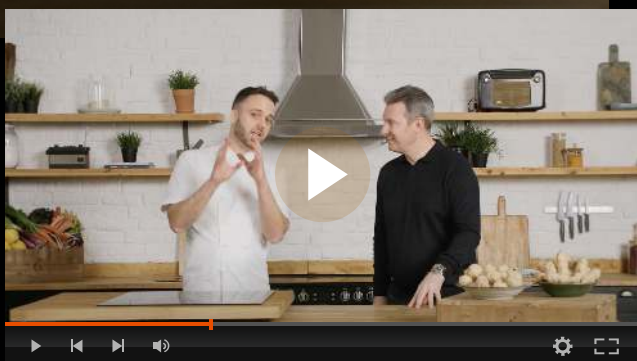
We're marrying English Wagyu with its perfect plant-based partner, the Jerusalem artichoke.

A tuber originally from North America, the Jerusalem artichoke's sweet nutty flavour is the perfect complement to Wagyu beef.

2. Spiced Middle Eastern Carrot & Chickpea soup (v)

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.



WATCH OUR VIDEOS

THE BEST OF

FRUITS



♦ **Alfonso mango**

Indian

♦ **Apricots**

Spanish

♦ **Charentais melon**

Spanish & French

♦ **Fraises des bois
strawberries**

French & Spanish

♦ **Gariguette strawberries**

French

♦ **Kent mango**

Brazilian

♦ **Loquats**

Spanish

♦ **Nectarines**

Spanish & French

♦ **Peaches**

Spanish & French

♦ **Tulameen Raspberries**

French

♦ **Pineberries**

Dutch

♦ **Strasberries**

Dutch

♦ **Passé Crassane pears**

French

♦ **Strawberries**

Belgium



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THE BEST OF

VEGETABLES



♦ **Bunched baby artichoke**

French

♦ **Borlotti beans**

Italian

♦ **Broad beans**

Italian

♦ **Cornish new potatoes**

English

♦ **Genovese basil**

Italian

♦ **Green & purple asparagus**

Portwood, English

♦ **Hispi cabbage**

Portuguese & English

♦ **Jersey Royal potatoes,
mids & ware**

Jersey

♦ **Peas**

French & Italian

♦ **Rainbow radish**

French

♦ **Round yellow & green
courgettes**

French & Italian

♦ **Spiky artichokes**

Italian

♦ **Swiss chard**

Italian

♦ **Wet garlic**

French

♦ **Yellow beans**

French

♦ **Organic purple sprouting
broccoli**

Bedlam Farm, English

♦ **Cavolo nero cabbage**

Italian & Spanish



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THE BEST OF

SALAD



♦ **Baby mixed leaf salad**

Cherry Tree Farm, English

♦ **Batavia lettuce**

Italian

♦ **Nettles**

Italian & French

♦ **Radicchio**

Italian

♦ **Wasabina rocket**

Crate to Plate, English

♦ **Salanova**

Spanish

♦ **Mixed radish**

French

♦ **Savoury**

French

ARRIVING



♦ **Strawberries**

Fiveways Farm, English

♦ **Australian truffles**

Australian truffles

♦ **Cos lettuce**

Betts Farm, English

♦ **Heritage tomatoes**

Nutbourne Nursery, English

♦ **Baby Vegetables**

Rem Fresh, English

♦ **Edible flowers & rocket
flowers**

Nurtured in Norfolk, English

♦ **Lemon verbena**

Italian

♦ **Lovage**

English

♦ **Outdoor rhubarb**

English

♦ **Chantenay carrots**

Spanish & Israeli

♦ **Clementines**

South African

♦ **Satsumas**

South America

DEPARTING



♦ **Tardivo**

Italian

♦ **Treviso**

Italian

♦ **Forced rhubarb**

English

♦ **Crapaudine beetroot**

French

♦ **Meat radish**

French

♦ **Tokyo turnips**

Italian

♦ **Nardicot**

Moroccan

♦ **Castelfranco**

Italian

♦ **St George's mushroom**

English

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THE BEST OF

WILD FOODS



FROM THE SEA

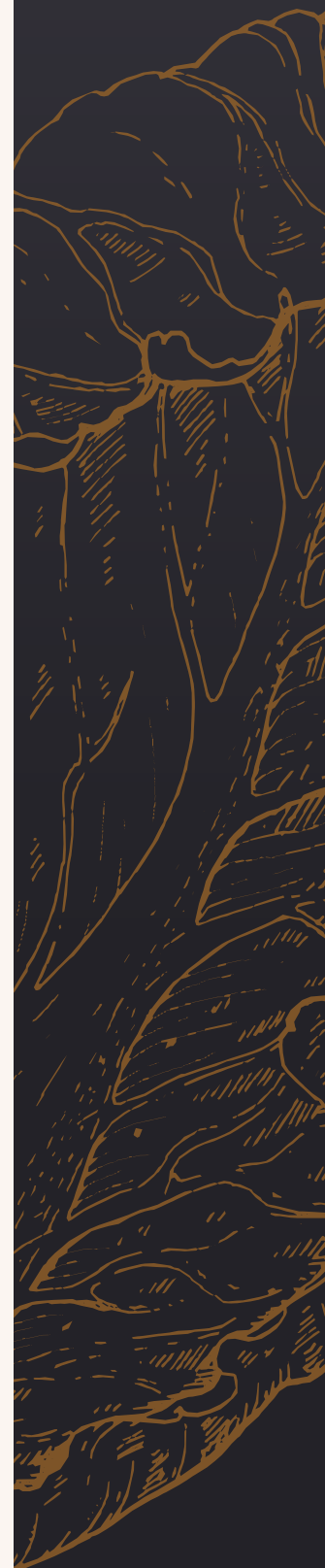
- ♦ Fresh seaweed
- ♦ Salty fingers
- ♦ Sea beet
- ♦ Sea kale
- ♦ Dulce

WILD MUSHROOM

- ♦ Turkish morels
- ♦ Mousseron
- ♦ Pied de Mouton

FORRAGED

- ♦ Wild garlic & flowers
- ♦ Juniper branches
- ♦ Scots pine
- ♦ Douglas fir
- ♦ Three cornered garlic
- ♦ Three cornered leek flower



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MAY

TOP INSIGHTS

After a hard winter for our Moroccan and Spanish growers it's great to finally welcome the start of the Dutch season, who are less dependent on the weather, growing much of their produce in greenhouses.

English berry and salad season has started. We're gearing up to receive our first strawberries from Fiveways Farm and summer salads from G's Fresh & LJ Betts.

MAY

COUNTY SUPPLIES NEWS

1. We were delighted to support this year's **Springboard Awards for Excellence on 20th April** in Canary Wharf by donating the event's fresh produce. Congratulations to all the category winners - what a great night!

2. With three **Bank Holidays in May**, here's a quick reminder of our delivery schedule:

Please make sure you place any large orders in advance as fresh produce availability may be affected.

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MAY BANK HOLIDAYS CS DELIVERY SCHEDULE	
MON 1ST MAY	CLOSED
SAT 6TH MAY	OPEN
MON 8TH MAY	CLOSED
MON 29TH MAY	CLOSED
NOTE: Due to planned road closes on the Coronation weekend, delivery schedules may be affected.	

3. Watch out for the next series of **The Market Chef - new videos coming soon!**



EST.



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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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countysupplies.com

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