

FOODSERVICE SUPPLIER OF THE YEAR

by
**FRESH
AWARDS**
FPC
TWENTY2



EST.  2005

FRUIT AND VEGETABLE

MARKET REPORT 
08
23

AUGUST 2023

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2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



AUGUST 2023

Hello!

Heat-loving crops are now at their best so why not make the most of this season's produce before temperatures start to fall. Think berries, corn, stone fruit and, of course, plenty of tomatoes when planning your menus.

We all know that seasonal food is fresher, more nutritious and tastier – even though we may like to eat berries and tomatoes all year round, the best time is when they're in season.

August is peak season for a lot of summer fruit and vegetables which, including tomatoes, don't last very long. So, why not use them in your salads and favourite dishes. It's a great time to explore the latest produce and celebrate the last days of summer. Cob nut garnish, anyone?!

Happy August!



Best,
The County Supplies Team





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THE MARKET CHEF

Our *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 preparing some seasonal delights – baby leaf salad from specialist grower Cherry Tree Farm in Kent, and the finest English strawberries from Fiveways Farm in Essex

1. Cherry Tree Baby Leaf Salad with Mustard Sauce & Young Herbs

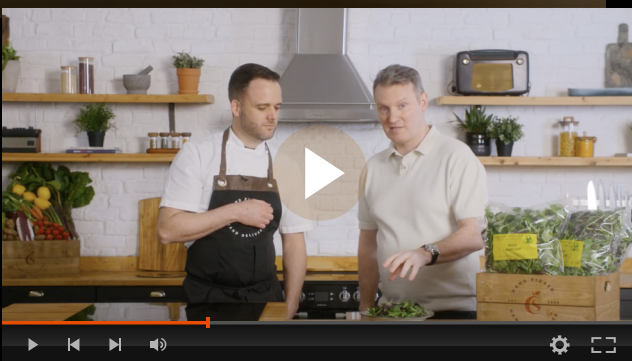
It's summer, so what's better than a simple-to-prepare salad with first-class ingredients?

Using six different types of seasonal leaves – Mizuna, Tatsoi, Wasabina, Red Carpet Mustard and Red Lace Mustard and Cress – our baby leaf salad with mustard vinaigrette is sure to taste like summer on a plate!

2. English Strawberry Cheesecake with Shortbread & Black Cardamom

British berry season is here so we're plating up a twist on a classic summer dessert – the strawberry cheesecake.

Grown in Sri Lankan coir and under polythene tunnels to protect against the British weather, these strawberries from Fiveways Farm are fresh, juicy and super tasty! What's not to love?



WATCH OUR VIDEOS

THE BEST OF

VEGETABLES



- ◆ **Baby artichokes**
Bedlam Farm, English
- ◆ **Bunched baby vegetables**
Rem Fresh, English
- ◆ **Borlotti beans**
Italian
- ◆ **Bobby beans**
Wye Valley, English
- ◆ **Broccoli**
Windy Ridge, English
- ◆ **Purple sprouting broccoli**
English
- ◆ **Coco beans**
French
- ◆ **Corn on the cob**
English
- ◆ **Courgette flowers**
Cherry Tree Farm, English
- ◆ **Savoy cabbage**
Hundred End Farm, English
- ◆ **Runner beans**
Oakchurch, English
- ◆ **Watercress**
Chalk Farm, English
- ◆ **Hispi cabbage**
D & J Hayward, English
- ◆ **Kohlrabi**
Portwood Farm, English
- ◆ **Black cabbage**
D & J Hayward, English
- ◆ **Rainbow chard**
English
- ◆ **Baby bunched artichokes**
Bedlam Farm, English
- ◆ **Chantenay carrots**
English
- ◆ **Globe artichokes**
Bedlam Farm, English
- ◆ **Cob-nuts**
English
- ◆ **Romanesco**
English



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THE BEST OF

FRUITS



- ◆ **Apricots**
Spanish
- ◆ **Blackberries**
Clock House Farm, English
- ◆ **Blood nectarines**
Spanish
- ◆ **Blood peaches**
Spanish, Italian & French
- ◆ **Raspberries**
Fiveways Farm, English
- ◆ **Strawberries**
Fiveways Farm, English
- ◆ **Peaches**
Spanish & French
- ◆ **Nectarines**
Spanish & French
- ◆ **White peaches**
Spanish & French
- ◆ **Red & green gooseberries**
Wye Valley, English
- ◆ **Provence black figs**
French
- ◆ **Charentais melon**
French
- ◆ **Watermelon**
Italian
- ◆ **Honeymoon melon**
Italian
- ◆ **Nardicots**
South African
- ◆ **Heritage tomatoes**
Westlands, English
- ◆ **Vesuvius tomatoes**
Italian
- ◆ **Damsons**
English
- ◆ **Green figs**
Italian
- ◆ **Greengages**
French & English
- ◆ **Flat peaches**
Spanish
- ◆ **Blueberries**
Wye Valley, English
- ◆ **Rhubarb**
Dutch



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THE BEST OF

SALAD & HERBS



- ◆ **Baby mixed leaf**
Cherry Tree Farm, English
- ◆ **Coriander root**
Cherry Tree Farm, English
- ◆ **Cos lettuce**
G's Farm, English
- ◆ **Italian basil**
Italian
- ◆ **Red baby gem**
G's Farm, English
- ◆ **Lollo Rosso, Biondi & Oakleaf lettuce**
LJ Betts Farm, English
- ◆ **Rocket**
Italian
- ◆ **Rainbow radish**
French
- ◆ **Lemon verbena**
Italian
- ◆ **Edible flowers**
Nurtured in Norfolk, English

ARRIVING



- ◆ **Greengages**
Reine Claude, French
- ◆ **Agria potatoes (new crop)**
English
- ◆ **Sloes**
English
- ◆ **Mirabelle**
French
- ◆ **Muscatel grapes**
Italian
- ◆ **Victoria plums**
English
- ◆ **Organic summer squashes**
Bedlam Farm, English

DEPARTING



- ◆ **Almonds**
French
- ◆ **Peas**
English
- ◆ **Cherries**
English

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THE BEST OF

WILD FOODS



FROM THE SEA

- ◆ Sea purslane
- ◆ Sea aster
- ◆ Dulce
- ◆ Marsh samphire

WILD MUSHROOM

- ◆ Puff ball
- ◆ Mousseron
- ◆ Pied de Mouton
- ◆ Australian truffles
- ◆ Morels
- ◆ Scottish girolles

FORAGED

- ◆ Douglas fir
- ◆ Green walnuts
- ◆ Crab apples
- ◆ Blackcurrant leaves
- ◆ Fig leaves



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AUGUST

TOP INSIGHTS



Agrias are our favourite chipping and roasting potato. After a tough couple of months sourcing from different growers, **we've just received this season's first new agria crops.**

AUGUST

COUNTY SUPPLIES NEWS



At County Supplies, we always look to source the very best seasonal produce from leading British growers. From crunchy apples in spring to baby leaf during the summer – we're incredibly proud to support British growers.

Through our new series of grower interviews, [*which can be read on our website*](#), we have sought to capture their stories and passion for how to grow the best seasonal produce. From succulent strawberries to perfect-tasting asparagus spears, learn how today's finest growers maximise flavour and quality, and are working towards building a more sustainable farming future.

We're absolutely thrilled to be nominated as a finalist in this year's **FPC Fresh Awards** for *Best Marketing Campaign* and, for the second year running, *Foodservice Supplier of the Year*.

We can't wait for the Awards Ceremony on Friday 29th September at Marriott Grosvenor House, Park Lane Hotel. Good luck to all the finalists!

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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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