

FOODSERVICE SUPPLIER OF THE YEAR

by  
**FRESH  
AWARDS**



EST.  2005

FRUIT AND VEGETABLE

MARKET REPORT 

NOVEMBER 2023

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# COUNTY SUPPLIES

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## NOVEMBER 2023

Hello!

As autumn turns to winter and the nights start to draw in, there's still plenty to look forward to – November is the month of vibrant fruit and veg!

Carrots, sweet potatoes, golden and candy beetroot, deep red cabbage and purple sprouting broccoli are available to provide bright finishing touches to a wide variety of dishes.

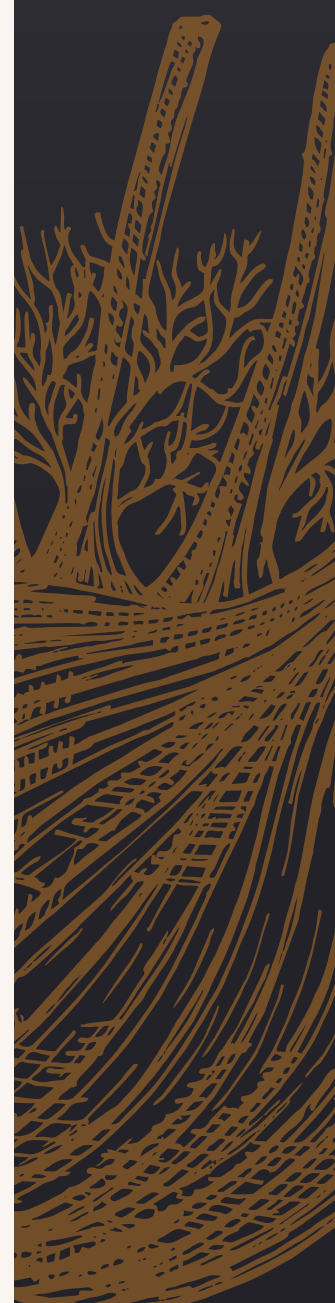
They're joined by kiwis, leafy oranges, mandarins, persimmon, grapefruit, cranberries, lemons and limes helping to keep both your menus and meal times colourful!

**And with November also marking World Vegan Day (1st Nov) and Veg Pledge 2023 (1st – 30th Nov), what better time is there to take full advantage of this month's rainbow of available produce?**

Happy November,



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 using some of autumn's finest produce to rustle up a delicious English Comice pear & burrata plate and Castelfranco radicchio winter caesar salad.

### 1. English Comice Pear & Burrata Plate

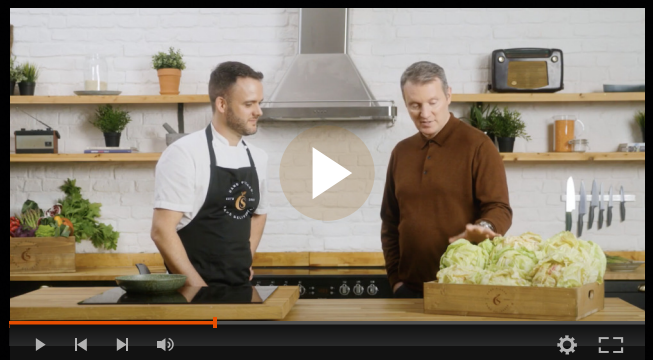
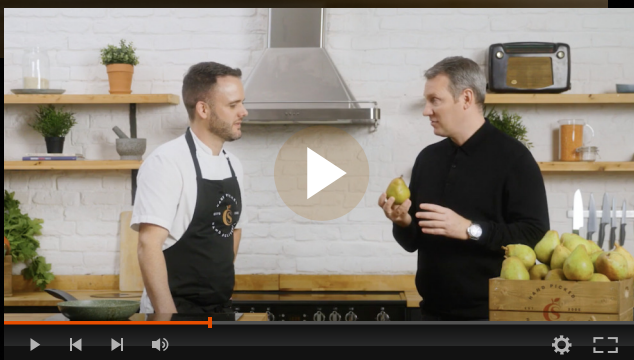
Looking for an easy-to-prepare starter or a delicious sharing plate? This recipe ticks all the boxes!

We're combining seasonal English Comice pears with lashings of creamy burrata topped with hazelnuts, rosemary and freshly sliced truffle. It's pear-fect!

### 2. Winter Caesar Salad

First grown in the 18th Century, Castelfranco is still as popular as ever and its crunchy texture and mild flavour means that it's great grilled in a salad.

This month, we're using it in a twist on the traditional Caesar salad – anchovy fillets, toasted pistachios, drizzled with a tasty Bagna C auda dressing. What more could you want from a seasonal salad?



For more seasonal recipe inspiration and top chef tips visit the [County Supplies website](#) where you'll find a wide range of delicious menu ideas from our Market Chef series.

THE BEST OF

# VEGETABLES



- ◆ **Agria potatoes**  
English
- ◆ **Baby piccolo parsnips**  
Fresh Gro, English
- ◆ **Black cabbage**  
D & J Hayward, English
- ◆ **Broccoli**  
Spain
- ◆ **Brussel stalks**  
James Hayes, Scottish
- ◆ **Brussel sprouts**  
Cooks Farm, English
- ◆ **Brussel tops**  
James Hayes, Scottish
- ◆ **Chervil root**  
French
- ◆ **Courgettes**  
Spanish
- ◆ **Crapaudine beetroot**  
French
- ◆ **Cime di rapa**  
Italian
- ◆ **Curly kale**  
D & J Hayward, English
- ◆ **Hispi cabbage**  
D & J Hayward, English
- ◆ **Jerusalem artichokes**  
Doddington Farm, English
- ◆ **Marrows**  
Stanhill Farm, English
- ◆ **Mixed bunched carrots**  
Pagets Farm, English
- ◆ **Mixed Chantenay carrots**  
Fresh Gro, English
- ◆ **Orange Chantenay carrots**  
Fresh Gro, English
- ◆ **Organic summer squashes**  
Bedlam Farm, English
- ◆ **Parsley root**  
French
- ◆ **Parsnips**  
Freemans Farm, English
- ◆ **Pumpkins**  
French
- ◆ **Puntarella**  
Italian
- ◆ **Purple sprouting broccoli**  
English (short supply)
- ◆ **Radish watermelon**  
French
- ◆ **Rainbow chard**  
D & J Hayward, English
- ◆ **Romanesco**  
Windy Farm, English
- ◆ **Salsify**  
French
- ◆ **Sandy carrots**  
French
- ◆ **Savoy cabbage**  
English
- ◆ **Tokyo turnips**  
Italian
- ◆ **Turnips (new season)**  
French
- ◆ **Verigated kale**  
Molineux Farm, English
- ◆ **Watercress**  
Alre Farm Hampshire, English
- ◆ **White beetroot**  
French
- ◆ **Fenland celery**  
English

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FRUITS



- ◆ **Bergamot**  
Italian
- ◆ **Blackberries**  
Dutch
- ◆ **Blueberries**  
Dutch & South African
- ◆ **Buddha's hand**  
Asian
- ◆ **Comice pears**  
J.G Piper Farm, English
- ◆ **Conference pears**  
J.G Piper Farm, English
- ◆ **Cox apples**  
English
- ◆ **Discovery apples**  
English
- ◆ **Figs**  
South American
- ◆ **Green & white grapes**  
South American
- ◆ **Heritage tomatoes**  
French & Spanish
- ◆ **Kaki persimmon**  
Italian & Spanish
- ◆ **Kent mango**  
Brazilian
- ◆ **Leafy oranges**  
Italian
- ◆ **Nardicots**  
South African
- ◆ **Plums**  
Spanish
- ◆ **Quince**  
Italian & Turkish
- ◆ **Raspberries**  
Spanish
- ◆ **Rhubarb**  
Dutch
- ◆ **Royal gala apples**  
English
- ◆ **Russet apples**  
Kent
- ◆ **Strawberries**  
Dutch
- ◆ **Watermelon**  
Brazilian
- ◆ **Windsor apples**  
English
- ◆ **Winter tomatoes**  
Italian
- ◆ **Worcester apples**  
English
- ◆ **Yuzu**  
Italian



THE BEST OF

## SALAD & HERBS



- ◆ **Baby mixed leaf**  
Spanish
- ◆ **Castelfranco**  
Italian
- ◆ **Cos lettuce**  
Spanish
- ◆ **Cucumbers**  
Spanish
- ◆ **Wild rocket**  
Italian
- ◆ **Rainbow radish**  
French
- ◆ **Red baby gem**  
G's Farm, Spanish
- ◆ **Tardivo**  
Italian
- ◆ **Treviso**  
Italian

## ARRIVING



- ◆ **Braeburn apples**  
English
- ◆ **Chantecler apples**  
French
- ◆ **Clementine with leaf**  
French & Spanish
- ◆ **Crones**  
French
- ◆ **Fresh cranberries**  
American
- ◆ **Monks beard**  
Italian
- ◆ **Pear passé crassane**  
French
- ◆ **Trompette mushrooms**  
European

## DEPARTING



- ◆ **Basil**  
Italian
- ◆ **Beans**  
Italian
- ◆ **Black figs**  
French
- ◆ **Charentais melon**  
French
- ◆ **Verbena**  
Italian
- ◆ **Vesuvius tomatoes**  
Italian
- ◆ **Wet walnuts**

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# WILD FOODS



## FROM THE SEA

◆ **Fresh seaweed**

Cornwall & Scotland

◆ **Rock samphire**

◆ **Salty fingers**

◆ **Sea beet**

◆ **Sea purslane**

## WILD MUSHROOM

◆ **Cep**

French & Italian

◆ **Chanterelle**

◆ **Italian autumn truffles**

◆ **Italian white truffles**

◆ **Scottish girolles**

## FORAGED

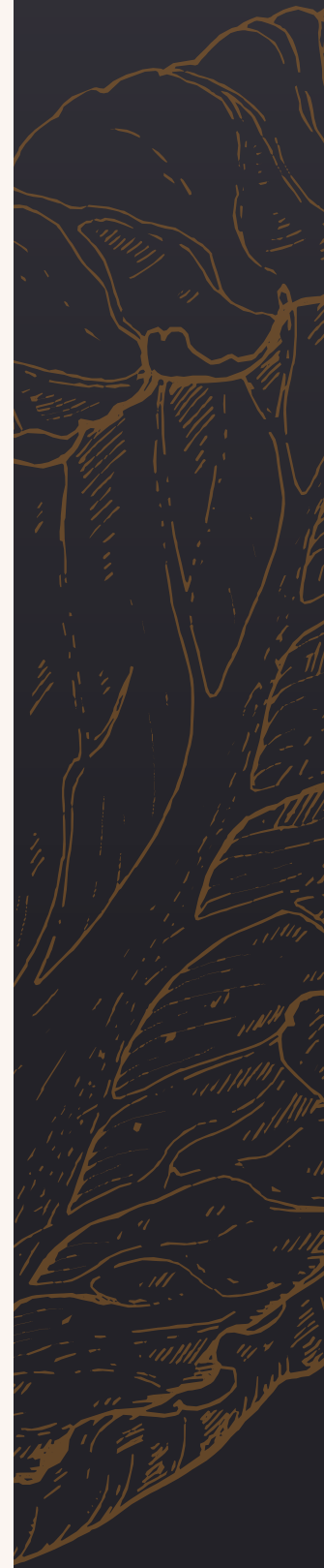
◆ **Chestnuts**

French & Italian

◆ **Juniper branches**

◆ **Meddlers**

◆ **Scots pine**



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## TOP INSIGHTS

Now the English salad season has drawn to a close, we're starting to receive broccoli, peppers, aubergines and cucumbers from Spain. These are joined by tomatoes sourced also from Spain and Morocco.

**This month, please continue to be aware of the price of strawberries as we move to Belgium and Dutch supply. Already, we have seen a large jump in price. However, hopefully, prices should stabilise with the arrival of Egyptian and Moroccan varieties later this month.**

NOVEMBER

## COUNTY SUPPLIES NEWS

### Launching This Month!

Keep your eyes peeled for a new collection of interviews with our inspiring customers as we explore their commitment to using fresh, seasonal produce. We have a whole series in the pipeline and the first ones will be online later this month.

### The Market Chef Highlights

Looking for inspiration on how to create tasty dishes for your seasonal menus? Working with one of our favourite chefs, Ryan Stafford, our Market Chef series celebrates how to cook with the best seasonal produce, using only the finest ingredients. Catch the highlights [here](#) or find the whole series – all 15 episodes of delicious menu ideas! – on our [County Supplies website](#).



### Customer Orders

Please be aware of our new telephone ordering options when calling the County Supplies mainline telephone number (020 7720 3160) and listen to the available options carefully.

And as we move closer to the festive season (there's only 8 more Mondays until the big day!) please don't forget to talk to our Sales team regarding any special ordering requirements or help in planning your Christmas menus.

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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:

[enquiries@countysupplies.com](mailto:enquiries@countysupplies.com)

UK: 020 7720 3160

[countysupplies.com](http://countysupplies.com)

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