

FOODSERVICE SUPPLIER OF THE YEAR

by
FRESH
AWARDS
FPC
TWENTY2



FRUIT AND VEGETABLE

MARKET REPORT

OCTOBER 2023

10
23

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OCTOBER 2023

Hello, Pumpkin!

Autumn is here – the days are growing shorter, temperatures are starting to cool, leaves are starting to fall, and it's time to make the most of this season's latest produce arrivals!

As the first full month of autumn, October sees apples and pears in peak season along with root vegetables such as parsnips, beetroot, carrots and one of our favourites, agria potatoes.

It's also the start of the season for wild mushrooms, quince, turnips and Jerusalem artichokes. And, of course, mixed squash and pumpkins are now widely available too.

But remember, folks – pumpkins are not just for Halloween. They make great pies and muffins, soups and stews, curries and purees. Fa-boo-lous!

Happy October,



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 seasonal squash slaw and a delicious English Comice pear & burrata plate.

1. Bedlam Squash Slaw

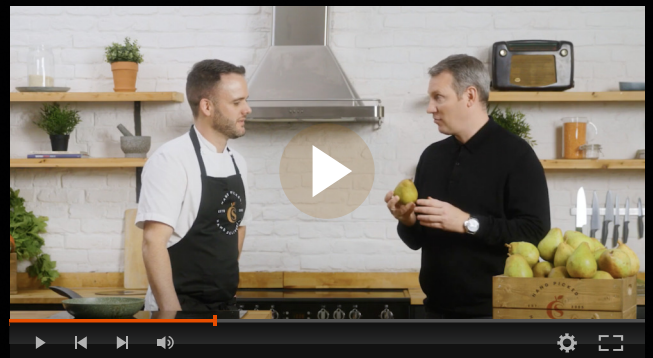
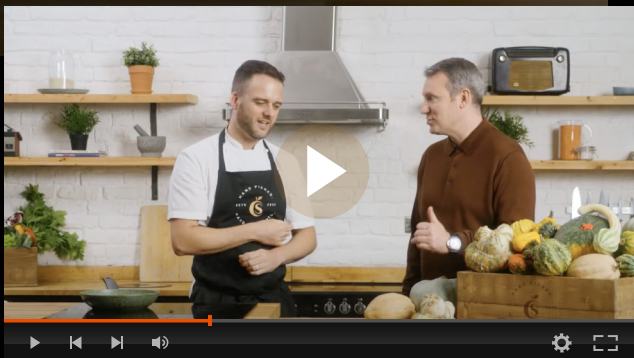
You know it's autumn when squashes from Bedlam Farm arrive! Grown in the UK, 100% organic and packed full of vitamin A, they're a tasty and nutritious way to kick-start the new season.

This month, we're using them alongside English Windsor apples to make a tangy squash slaw that's the perfect companion to grilled chicken, pulled pork or a buttery baked potato!

2. 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.



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



- ◆ **Jerusalem artichokes (new season)**
French
- ◆ **Crapaudine beetroot**
French
- ◆ **White beetroot**
French
- ◆ **Brussel sprouts**
Cooks Farm, English
- ◆ **Mixed Chantenay carrots**
Fresh Gro, English
- ◆ **Baby piccolo parsnips**
Fresh Gro, English
- ◆ **Onions**
English
- ◆ **Radish watermelon**
French
- ◆ **Puntarella**
Italian
- ◆ **Crime de rapa**
Italian
- ◆ **Curly kale**
D & J Hayward, English
- ◆ **Black cabbage**
D & J Hayward, English
- ◆ **Purple cauliflower**
Windy Farm, English
- ◆ **Romanesco**
Windy Farm, English
- ◆ **Chervil root**
French
- ◆ **Mixed bunched carrots**
Pagets Farm, English
- ◆ **Pumpkin**
French
- ◆ **Organic summer squashes**
Bedlam Farm, English
- ◆ **Variegated green & purple kale**
Molineux Farm, English
- ◆ **Rainbow chard**
D & J Hayward, English
- ◆ **Marrows**
Stanhill Farm, English
- ◆ **Turnips (new season)**
French
- ◆ **Savoy cabbage**
English
- ◆ **Broccoli**
Windy Ridge, English
- ◆ **Borlotti beans**
Italian
- ◆ **Watercress**
English
- ◆ **Agria potatoes (new crop)**
English
- ◆ **Hispi cabbage**
D & J Hayward, English
- ◆ **Purple sprouting broccoli**
English
- ◆ **Orange Chantenay carrots**
English

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THE BEST OF

FRUITS



- ◆ **Bergamot**
Italian
- ◆ **Yuzu**
Italian
- ◆ **Comice Pears**
J.G Piper Farm, English
- ◆ **Quince**
Italian
- ◆ **Watermelon**
Brazilian
- ◆ **Lychee**
Spanish
- ◆ **Green & white grapes**
Greek
- ◆ **Figs**
Turkish
- ◆ **Blueberries**
South African
- ◆ **Rhubarb**
Dutch
- ◆ **Windsor apples**
English
- ◆ **Worcester apples**
English
- ◆ **Discovery apples**
English
- ◆ **Blackberries**
Dutch
- ◆ **Nardicots**
South African
- ◆ **Strawberries**
Dutch
- ◆ **Raspberries**
Spanish
- ◆ **Royal gala apples**
English
- ◆ **Cox apples**
English
- ◆ **Plums**
Spanish
- ◆ **Heritage tomatoes**
French & Spanish
- ◆ **Castelfranco**
Italian

THE BEST OF

SALAD & HERBS



- ◆ **Baby mixed leaf**
G's Farm, English
- ◆ **Coriander root**
Cherry Tree Farm, English
- ◆ **Cos lettuce**
G's Farm, English
- ◆ **Red baby gem**
G's Farm, English
- ◆ **Italian rocket**
Italian
- ◆ **Rainbow radish**
French

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ARRIVING



- ◆ **Tardivo**
Italian
- ◆ **Crones**
French
- ◆ **Winter tomatoes**
Italian
- ◆ **Brussel tops**
James Hayes, Scottish
- ◆ **Jerusalem artichokes**
English
- ◆ **Braeburn apples**
English
- ◆ **Salsify**
French
- ◆ **Kaki persimmon**
Italian
- ◆ **Leafy oranges**
Italian
- ◆ **Baby mixed leaf**
G's Farm, Spanish
- ◆ **Cos lettuce**
G's Farm, Spanish
- ◆ **Red baby gem**
G's Farm, Spanish
- ◆ **Baby spinach**
G's Farm, Spanish
- ◆ **Iceberg lettuce**
G's Farm, Spanish
- ◆ **Peppers**
Spanish
- ◆ **Aubergines**
Spanish
- ◆ **Tomatoes**
Spanish
- ◆ **Cucumbers**
Spanish
- ◆ **Conference pears**
J.G Piper Farm, English
- ◆ **Courgette**
Spanish



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DEPARTING

- ◆ **Strawberries**
English
- ◆ **Raspberries**
English
- ◆ **Cobnuts**
English
- ◆ **Herbs**
English
- ◆ **Verbena**
Italian
- ◆ **Black French figs**
French
- ◆ **Greengages**
English & French
- ◆ **Vesuvius tomatoes**
Italian
- ◆ **Red & green gooseberries**
English
- ◆ **Damsons**
English
- ◆ **Edible flowers**
English & French
- ◆ **Sloes**
English
- ◆ **Broccoli**
English
- ◆ **Heritage tomatoes**
English
- ◆ **Blueberries**
English
- ◆ **Charentais melon**
French
- ◆ **Lollo Rosso, Biondi & Oakleaf lettuce**
L.J Betts Farm, English
- ◆ **Coriander root**
English
- ◆ **Baby spinach**
English
- ◆ **Iceberg lettuce**
English
- ◆ **Peppers**
Dutch
- ◆ **Aubergines**
Dutch
- ◆ **Tomatoes**
Dutch
- ◆ **Cucumbers**
Dutch
- ◆ **Courgette**
English



THE BEST OF

WILD FOODS



FROM THE SEA

- ◆ Sea purslane
- ◆ Salty fingers
- ◆ Sea beet
- ◆ Sea purslane

WILD MUSHROOM

- ◆ Italian Autumn truffles
- ◆ Scottish Girolles
- ◆ Cep
- ◆ Trompette
- ◆ Chanterelle

FORAGED

- ◆ Medlars
- ◆ Juniper branches
- ◆ Meadow hay
- ◆ Scots pine
- ◆ French & Italian chestnuts

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TOP INSIGHTS



It's been a great summer season for English berries, as we now look to switch over to the European varieties.

As Autumn draws in, we also say goodbye to the English & Dutch salad season and hello to the first Spanish leaves.

We'd like to thank all our growers and suppliers for their hard work and support this summer. We look forward to working with them again in 2024!

OCTOBER

COUNTY SUPPLIES NEWS



Grower Interviews

At County Supplies, we always look to source the best seasonal produce from leading British growers.

Our grower interview series seeks to capture their stories and passion for growing the finest produce. Available now on the [County Supplies website](#), learn how today's growers maximise flavour and quality, and are working towards building a more sustainable farming future.

Launching Soon!

Keep your eyes peeled for a new collection of interviews with some of our most valued customers as we explore their commitment to using fresh, seasonal produce.

FPC Fresh Awards 2023

We were 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*.

Congratulations to all the winners and finalists at the awards ceremony on Friday 29 September. It was a great night!



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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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