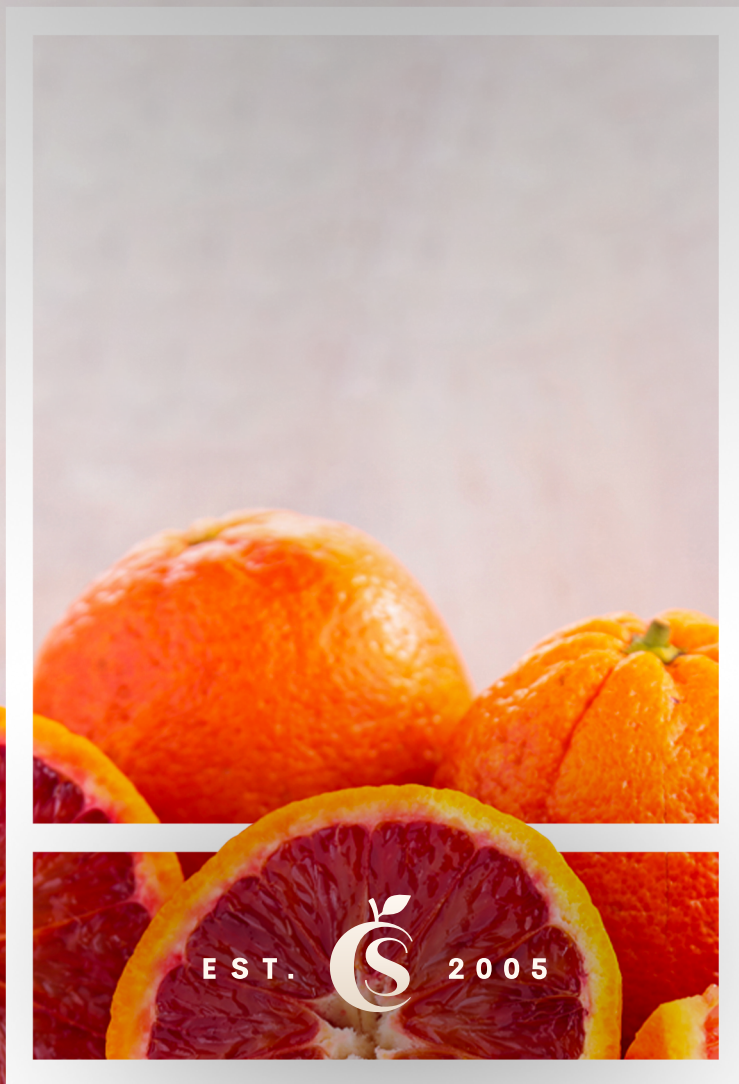


FOODSERVICE SUPPLIER OF THE YEAR '22 & FINALIST '23

by
FRESH
AWARDS



FRUIT AND VEGETABLE

MARKET REPORT

MARCH 2024

EST.



2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



MARCH 2024

Hello!

With the winter months drawing to a (welcome) close and with the first hints of Spring in the air, March arrives with an array of delicious seasonal produce.

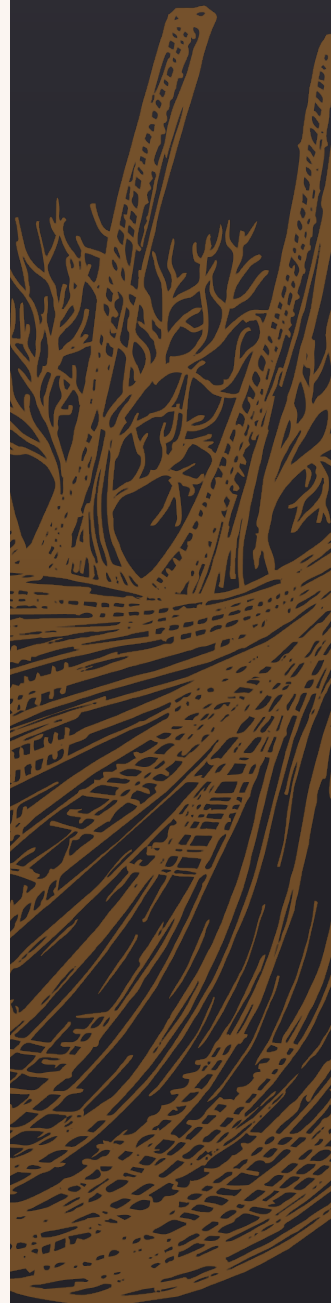
From fresh greens, delicate mushrooms, wild garlic and the early arrival of British asparagus to the more exotic golden pineapples and golden kiwis, figs and quince, there's plenty of choice available to help liven up your March menus.

And with Mother's Day, St. Patrick's Day and Easter all falling within the month, what better time is there than now to get planning?

Happy March – and a very Happy Easter!



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, Great British Menu's Ryan Stafford serves up two tasty dishes featuring this season's most sought-after new potato the Jersey Royal, and the tastiest green and purple kale from the Molyneux family farm in Lancashire.

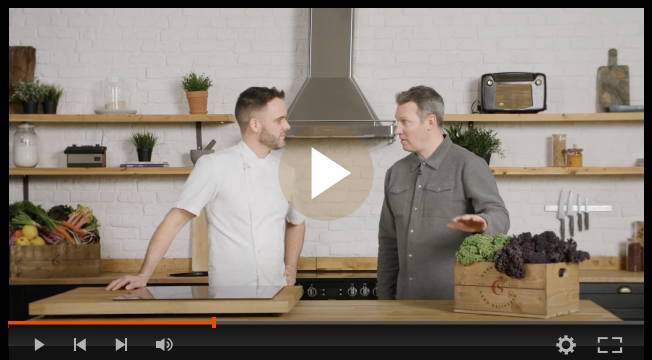
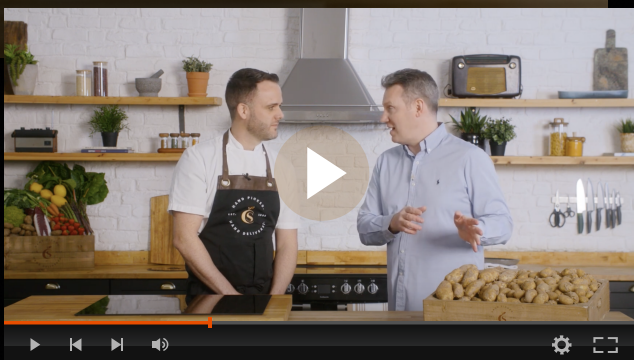
Let's get cooking!

1. Forced Jersey Royals with Gold Top Crème Fraîche, Chives & Exmoor Caviar

A spring favourite of ours – the Jersey Royal. Available from March through to July, their distinctive nutty flavour makes them a true seasonal highlight. We're serving them up with crème fraîche, chives and a side dish of caviar (because we're worth it!).

2. Bubble & Squeak with Eggs, Kale and Onions

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



For more seasonal recipe inspiration and top chef tips visit our [website](#) for a wide range of delicious menu ideas from our *Market Chef* series.

THE BEST OF

VEGETABLES



♦ **Agria potatoes**

English

♦ **Black cabbage**

Italian & Spanish

♦ **Broccoli**

Spanish

♦ **Cime di rapa**

Italian

♦ **Courgette**

Spanish

♦ **Curly kale**

English & Spanish

♦ **Hispi cabbage**

Portuguese

♦ **Jerusalem artichokes**

French

♦ **Mixed Chantenay carrots**

Fresh Gro, English

♦ **Monk's Beard**

Italian

♦ **Orange Chantenay carrots**

Fresh Gro, English

♦ **Pale aubergine**

Italian

♦ **Parsnips**

English

♦ **Pumpkin**

French

♦ **Puntarella**

Italian

♦ **Purple sprouting broccoli**

B&G Nurseries, English

♦ **Radish watermelon**

French

♦ **Rainbow chard**

Italian

♦ **Romanesco**

French

♦ **Salsify**

French

♦ **Sandy carrots**

French

♦ **Savoy cabbage**

French

♦ **Tokyo turnips**

Italian

♦ **Turnips**

French

♦ **Watercress**

Alre Farm Hampshire, English

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THE BEST OF

FRUITS



♦ **Bergamot**

Italian

♦ **Blackberries**

Dutch

♦ **Blueberries**

South African

♦ **Blood oranges**

Italian

♦ **Braeburn apples**

English

♦ **Conference pears**

J.G Piper Farm, English

♦ **Figs**

Brazilian

♦ **Fraise des bois**

French

♦ **Gariguette strawberries**

French

♦ **Golden kiwi**

Italian

♦ **Golden pineapples**

Costa Rican

♦ **Green & white grapes**

South African

♦ **Heritage tomatoes**

French & Spanish

♦ **Leafy oranges**

Italian

♦ **Loquats**

Spanish

♦ **Nardicots**

Moroccan

♦ **Passé Crassane pears**

French

♦ **Plums**

South African

♦ **Quince**

Turkish

♦ **Raspberries**

Moroccan

♦ **Rhubarb (indoor)**

Yorkshire, English

♦ **Royal gala apples**

English

♦ **Strawberries**

Spanish

♦ **Watermelon**

Brazilian



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THE BEST OF

SALAD & HERBS



♦ **Baby mixed leaf**

G's Farm, Spanish

♦ **Castelfranco**

Italian

♦ **Cos lettuce**

G's Farm, Spanish

♦ **Cucumbers**

Spanish

♦ **Italian rocket**

Italian

♦ **Rainbow radish**

French & Dutch

♦ **Red baby gem**

G's Farm, Spanish

♦ **Tardivo**

Italian

♦ **Treviso**

Italian

♦ **Winter tomatoes**

Italian

ARRIVING



♦ **Alfonso mango**

Indian

♦ **Asparagus**

Wye Valley, English

♦ **Flowers**

Nurtured in Norfolk, English

♦ **Jersey Royal potatoes**

English

♦ **Morel mushrooms**

Turkish

♦ **Sea kale**

Westlands, English

DEPARTING



♦ **Chervil root**

French

♦ **Comice pears**

♦ **Crapaudine beetroot**

French

♦ **Parsley root**

French

♦ **Purple kale**

English

♦ **Seville oranges**

♦ **White beetroot**

French

♦ **Winter truffles**

♦ **Variegated kale**

English

EST.



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THE BEST OF

WILD FOODS



FROM THE SEA

- ♦ Alexander buds
- ♦ Fresh seaweed
English & Scottish
- ♦ Salty fingers
- ♦ Sea beet
- ♦ Sea purslane

WILD MUSHROOM

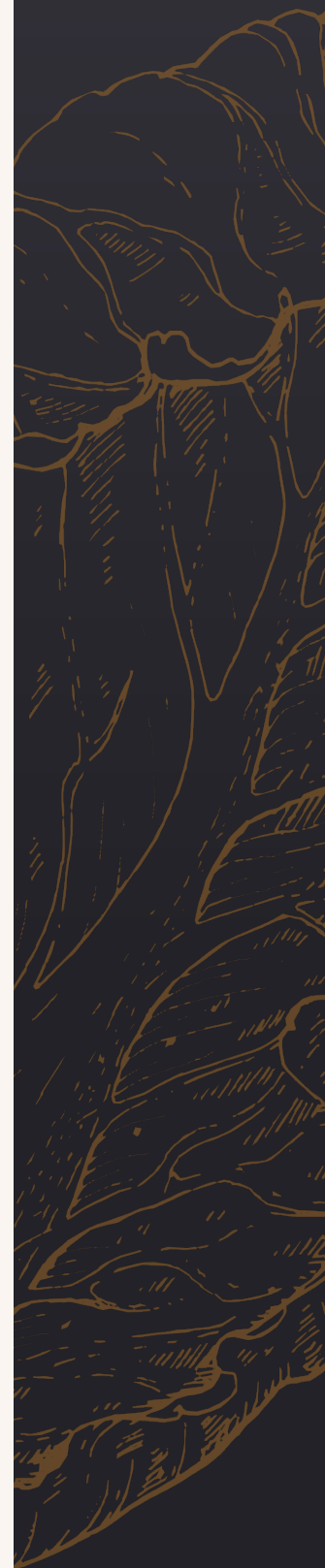
- ♦ Pied de Mouton
- ♦ Chanterelle
- ♦ Trompette

FORAGED

- ♦ Hay
- ♦ Juniper branches
- ♦ Scots pine
- ♦ Three-cornered garlic
- ♦ Wild garlic

TRUFFLES

- ♦ Winter truffles
French & Spanish



MARCH

TOP INSIGHTS



The first batch of English asparagus has arrived from our growers at Wye Valley Produce, near Ross-on-Wye in Herefordshire. If you'd like to place an order please contact our Sales team for assistance as availability is low until we hit peak season in May.

The price of watermelons remains high. We have, therefore, taken the decision to not stock them while we wait for the European deliveries to arrive in March. Again, please talk to our Sales team if you would like to discuss pricing.

MARCH

COUNTY SUPPLIES NEWS



Customer Interview – Grazing

Our latest interview series showcases our customers and their commitment to using the finest fresh produce.

To celebrate the start of Spring, this month, we interview the Founder of Grazing, one of London's leading contract caterers, Sam Hurst. We talk about the importance of using seasonal produce, the challenge of catering for multiple dietary requirements and Grazing's ongoing commitment to ethical and environmental sustainability. Read the interview in full on our website [here](#).



A-Z Seasonal Guide

Keep your eyes peeled for our new seasonal produce guide.

From avocados to zucchinis, you'll discover all the information you need to create delicious seasonal menus.

Your complete guide to all-year round seasonality – coming soon!

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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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