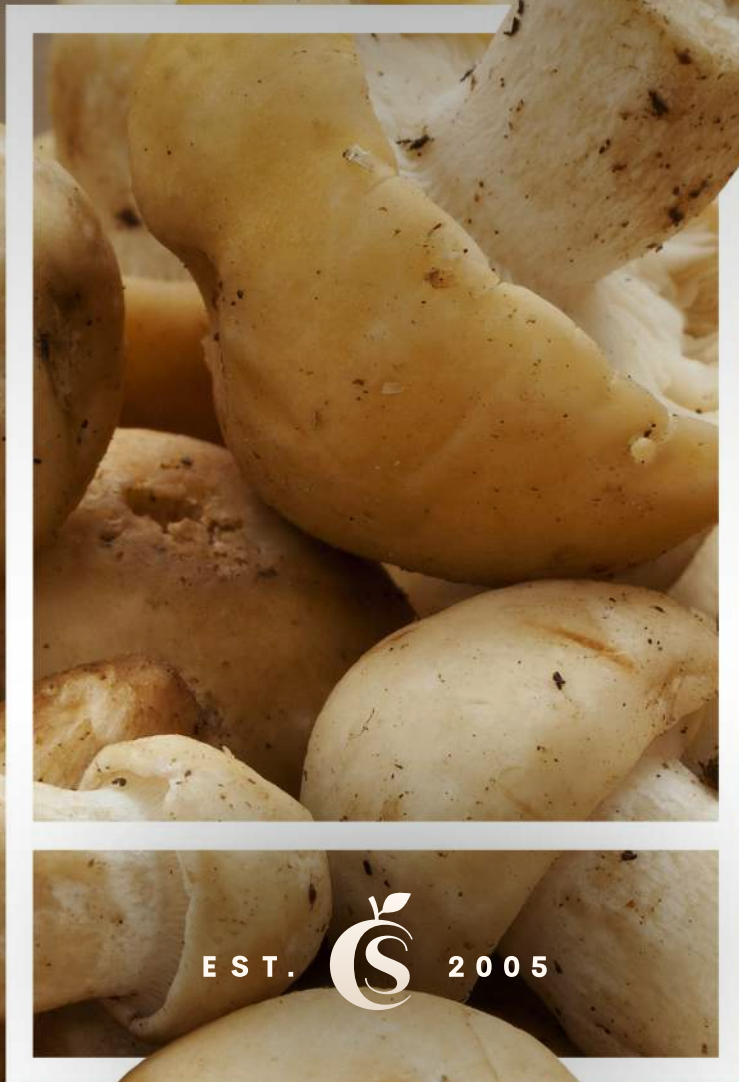


FOODSERVICE SUPPLIER OF THE YEAR '22 & FINALIST '23

by  
**FRESH  
AWARDS**



EST.



2005

FRUIT AND VEGETABLE

**MARKET REPORT**

APRIL 2024

EST.



2005

# COUNTY SUPPLIES

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## APRIL 2024

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Hello!

Spring has finally sprung. April can be a month of surprises – you can be fooled one day, only to be caught out by an unexpected downpour the next! – and it brings with it the best of spring fruit and vegetables.

This month, asparagus and artichokes are at their peak, along with purple sprouting broccoli, curly kale, radishes, watercress and the arrival of coriander from Cherry Tree Farm – helping to cheer up our plates!

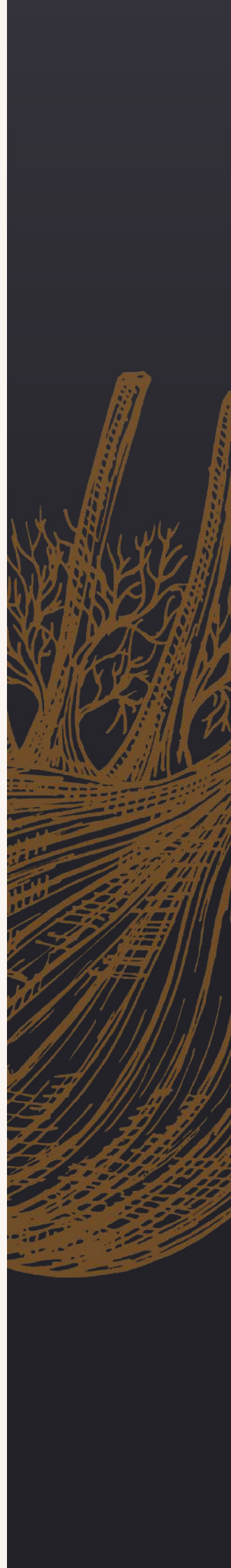
And while we're not quite yet into the plentiful months of summer, we can still enjoy a colourful array of fruits including blueberries, leafy oranges, pears, plums and our favourite, indoor rhubarb.

**Let's not forget it's also the month we celebrate St. George's Day (23rd April) and the long-awaited, albeit short, season of the delicious St. George's mushroom.**

**Happy April!**



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 delicious dishes featuring the best this season has to offer – British asparagus from Portwood Farm in Norfolk and the most sought-after new potato, the Jersey Royal.

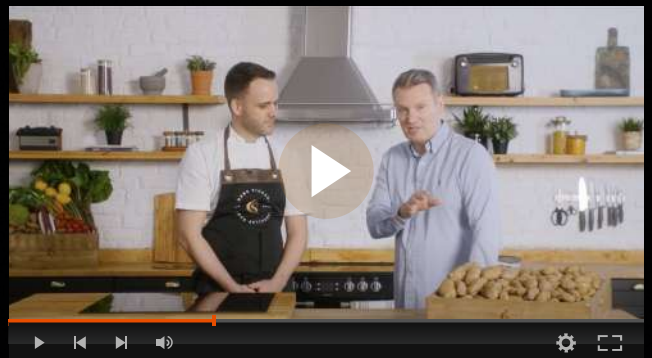
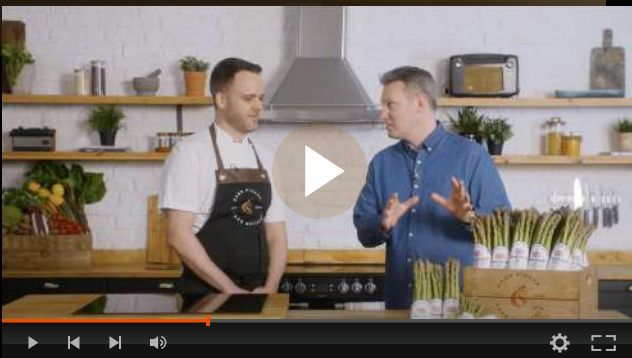
Let's get cooking!

### 1. English Asparagus, Salsa Romesco & Leafy Lemon Aioli

Taking full advantage of the upcoming asparagus season, we're plating up a Mediterranean twist on the traditional asparagus and hollandaise sauce. Tasty!

### 2. Jersey Royals with Gold Top Crème Fraîche, Chives & Exmoor Caviar

A firm 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!).



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



♦ **Agría potatoes**

English

♦ **Asparagus**

Wye Valley & Portwood Farm, English

♦ **Black cabbage**

Italian & Spanish

♦ **Cime di rapa**

Italian

♦ **Broccoli**

Spanish

♦ **Courgette**

Spanish

♦ **Curly kale**

English & Spanish

♦ **Hispi cabbage**

Portuguese

♦ **Jersey Royal potatoes**

Jersey

♦ **Jersey Mids potatoes**

Jersey

♦ **Jerusalem artichokes**

French

♦ **Mixed Chantenay carrots**

Fresh Gro, Spanish

♦ **Orange Chantenay carrots**

Fresh Gro, Spanish

♦ **Pale aubergines**

Italian

♦ **Pumpkin**

French

♦ **Puntarella**

Italian

♦ **Purple sprouting broccoli**

Portwood Farm, English

♦ **Rainbow chard**

Italian

♦ **Romanesco**

French

♦ **Salsify**

French

♦ **Sandy carrots**

French

♦ **Savoy cabbage**

English & French

♦ **Tokyo turnips**

Italian

♦ **Turnips**

English

♦ **Watercress**

Alre Farm, English

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THE BEST OF

FRUITS



◆ **Blackberries**

Mexican

◆ **Blood oranges**

Italian

◆ **Blueberries**

South African

◆ **Conference pears**

Belgian

◆ **Figs**

Brazilian

◆ **Fraises des bois**

French & Spanish

◆ **Gariguette strawberries**

French

◆ **Green & white grapes**

South African

◆ **Heritage tomatoes**

French & Spanish

◆ **Leafy oranges**

Italian

◆ **Nardicots**

Moroccan

◆ **Passe Crassane pears**

French

◆ **Plums**

South African

◆ **Quince**

Turkish

◆ **Raspberries**

Moroccan

◆ **Rhubarb (indoor)**

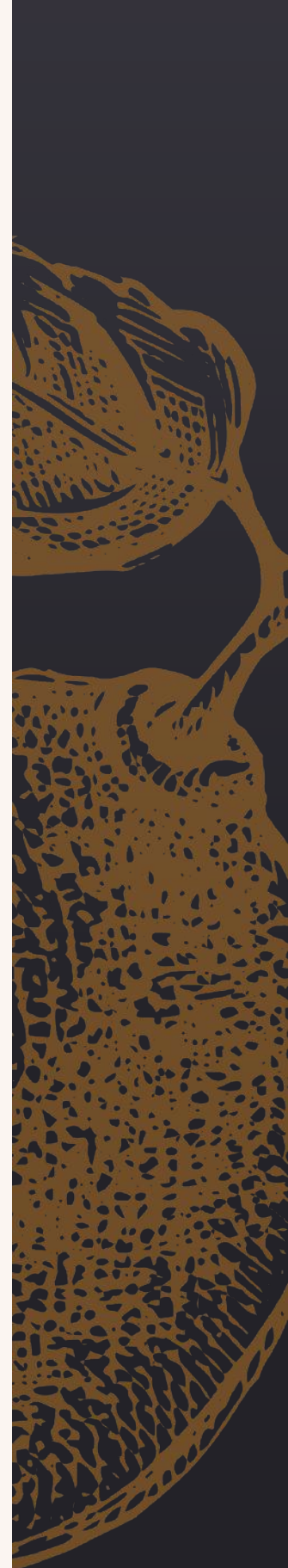
Wye Valley, English

◆ **Strawberries**

Dutch & Belgian

◆ **Watermelon**

Costa Rican



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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

♦ **Rainbow radish**

French & Dutch

♦ **Red baby gem**

G's Farm, Spanish

♦ **Tardivo**

Italian

♦ **Treviso**

Italian

♦ **Wild rocket**

Italian

♦ **Winter tomatoes**

Italian

## ARRIVING



♦ **Almonds**

Lebanon & French

♦ **Borlotti beans**

Italian

♦ **Coriander**

Cherry Tree Farm, English

♦ **St. George's mushrooms**

English

♦ **Truffles (white)**

Italian

♦ **Truffles (black)**

Australian

## DEPARTING



♦ **Winter truffles**

♦ **Monk's Beard**

Italian

♦ **Braeburn apples**

English

♦ **Royal gala apples**

English

♦ **Conference pears**

English

♦ **Strawberries**

Spanish

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THE BEST OF

# WILD FOODS



## FROM THE FOREST

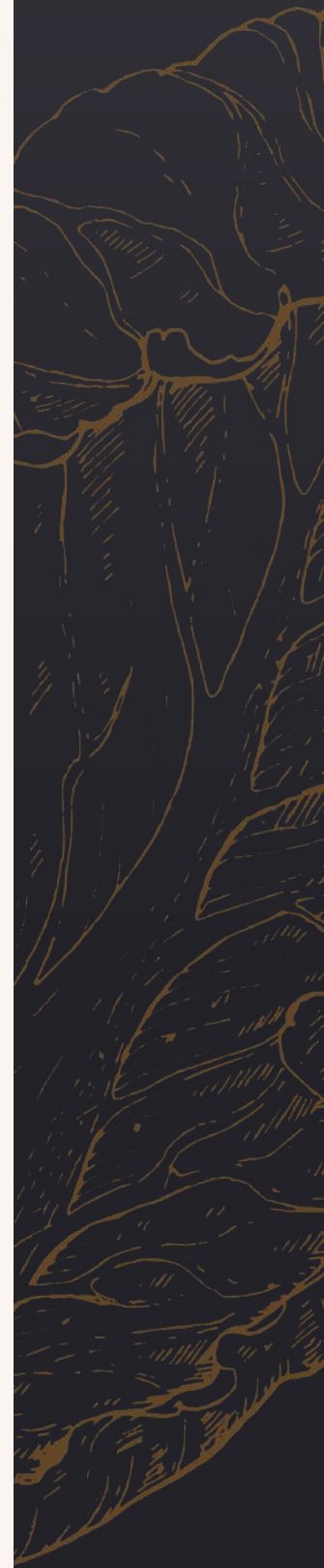
- ♦ Wild garlic (foraged)
- ♦ Three-cornered garlic
- ♦ Juniper branches
- ♦ Douglas fir
- ♦ Scots pine
- ♦ Hay

## FROM THE SEA

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

## WILD MUSHROOM

- ♦ Morels  
Turkish
- ♦ Pied de Mouton
- ♦ Trompette



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APRIL

## TOP INSIGHTS



It's April and that mean's one thing...the arrival of St. George's mushrooms. The first of the large edible fungi to appear, the name derives from St. George's Day (23rd April) – the date when this delicious mushroom can usually be found in the UK. But be quick, folks! They have a short season of just 6 weeks.

With the days now getting lighter and (hopefully) warmer too, we'll soon start to see the arrival of English asparagus including the best in the business from Portwood Farm in Norfolk.

We've also started to see Dutch peppers and cucumbers on the market. However, this month, we'll be working with our Spanish growers before we move over to our English and Dutch growers for the start of the salad season at the beginning of May.

British strawberry season will shortly be fast upon us too. We're expecting the season to commence between the end of May and beginning of June. However, in the meantime, we'll soon be moving away from Spanish strawberries before switching to Dutch and Belgian varieties and then onto British.

APRIL

## COUNTY SUPPLIES NEWS



### 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. It's your complete guide to all-year round seasonality – coming soon, exclusively at County Supplies!

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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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UK: 020 7720 3160

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

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