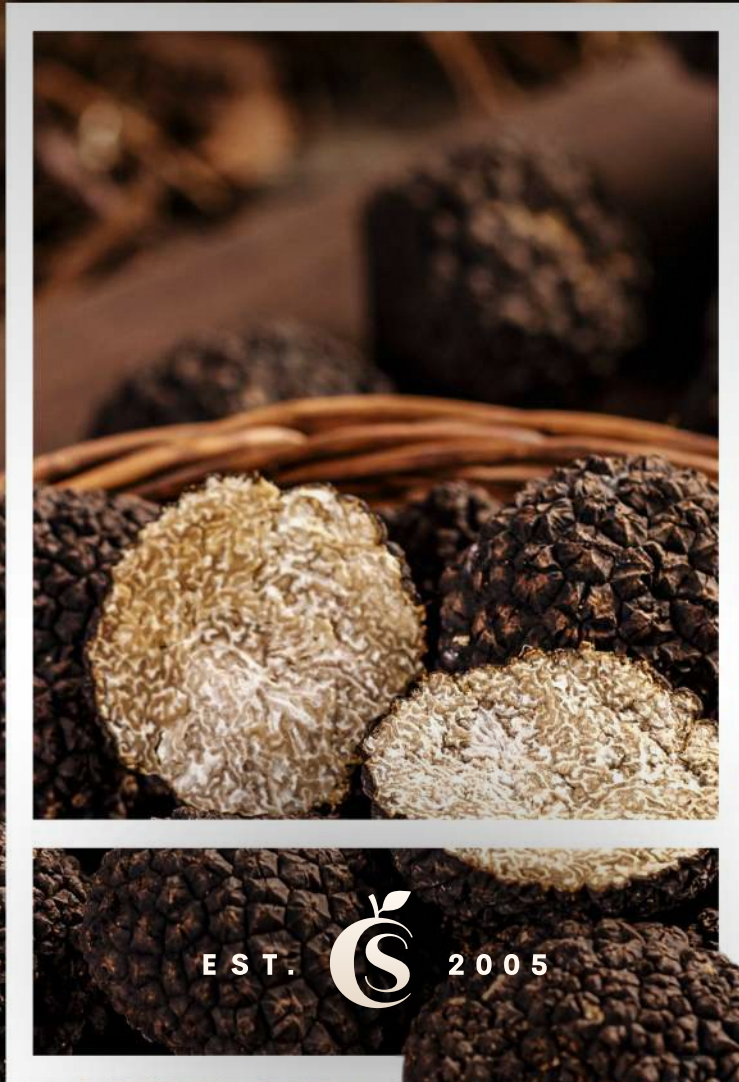


FOODSERVICE SUPPLIER OF THE YEAR '22 & FINALIST '23

by
**FRESH
AWARDS**



FRUIT AND VEGETABLE

MARKET REPORT

MAY 2024

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COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



MAY 2024

Hello!

Sandwiched between spring and summer, May brings with it an abundance of fresh seasonal fruit and veg.

Spring vegetables including artichokes, broccoli, broad beans, peas, spinach, spring greens and tomatoes are widely available and we're still celebrating the season of Jersey Royals and British asparagus – but make the most of them while you can!

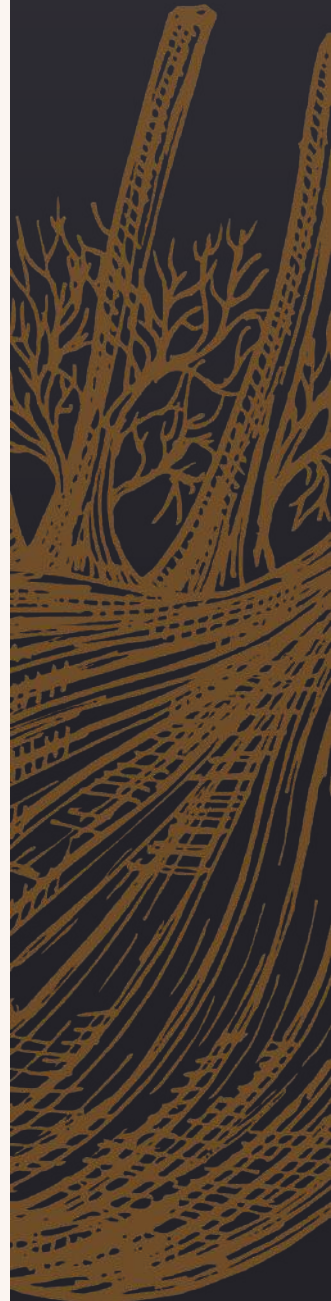
This month also welcomes the arrival of the first strawberries of the season while rhubarb is still going strong and joined by early stone fruits including apricots, nectarines and peaches.

So, with such a colourful and tasty array of produce, warmer temperatures (hopefully!) and two Bank Holidays this month – Early May Bank Holiday (6th) and Spring Bank Holiday (27th) – what's not to love?

Happy May!



The County Supplies Team





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THE MARKET CHEF

Our *Market Chef* series is a celebration of how to cook with fresh seasonal produce. This month, one of our favourite chefs, Great British Menu's Ryan Stafford serves up two delicious dishes featuring the finest produce this season has to offer.

We mark the arrival of the British berry season with strawberries from Fiveways Farm in Colchester and celebrate the long-awaited (yet short-lived) asparagus season with spears from Portwood Farm in Norfolk.

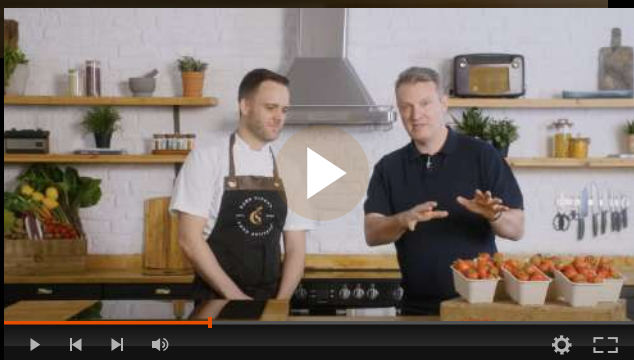
Let's get cooking!

1. English Strawberry Cheesecake with Shortbread & Black Cardamom

Are you craving something rich & creamy? We've got a modern take on an English classic – the summer strawberry cheesecake. It's the berry best!

2. English Asparagus, Salsa Romesco & Leafy Lemon Aioli

Making the most of the best of British asparagus, we're plating up a Mediterranean twist on the traditional asparagus and hollandaise sauce. Tasty!



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

♦ **Asparagus green**

Portwood, English

♦ **Asparagus white & purple**

Wye Valley, English

♦ **Black cabbage**

Italian & Spanish

♦ **Borlotti beans**

Italian

♦ **Broad beans**

Italian

♦ **Broccoli**

Spanish

♦ **Cime di rapa**

Italian

♦ **Courgette**

Spanish

♦ **Curly kale**

English & Spanish

♦ **Hispi cabbage**

Portuguese

♦ **Jersey Royal potatoes
(Ware, Mids & Pearls)**

Jersey

♦ **Jerusalem artichokes**

French

♦ **Pale aubergine**

Italian

♦ **Peas**

Italian

♦ **Puntarella**

Italian

♦ **Rainbow chard**

English & Italian

♦ **Salsify**

French

♦ **Sandy carrots**

French

♦ **Spring greens**

English

♦ **Watercress**

Alre Farm, English

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THE BEST OF

FRUITS



♦ **Alphonso mango**

Thai

♦ **Blackberries**

Dutch

♦ **Blueberries**

South African

♦ **Figs**

Brazilian

♦ **Frais Des Bois**

French & Spanish

♦ **Gariguette strawberries**

French

♦ **Green & white grapes**

South African & Indian

♦ **Leafy oranges**

Italian

♦ **Loquats**

Spanish

♦ **Nardicots**

South African

♦ **Pineberries**

Dutch

♦ **Plums**

South African/Chilean

♦ **Quince**

Turkish

♦ **Raspberries**

Morocco

♦ **Strasberries**

Dutch

♦ **Strawberries**

English & Dutch

♦ **Watermelon**

Brazilian & Spanish

THE BEST OF

SALAD & HERBS



♦ **Baby gem**

G's Farm, English & Spanish

♦ **Baby mixed leaf**

G's Farm, English & Spanish

♦ **Castelfranco**

Italian

♦ **Coriander**

Cherry Tree Farm, English

♦ **Cos lettuce**

G's Farm, English & Spanish

♦ **Cucumbers**

English & Dutch

♦ **Heritage tomatoes**

Westlands, English

♦ **Italian rocket**

Italian

♦ **Rainbow radish**

French & Dutch

♦ **Red baby gem**

G's Farm, English & Spanish

♦ **Treviso**

Italian

♦ **Bergamot**

Italian

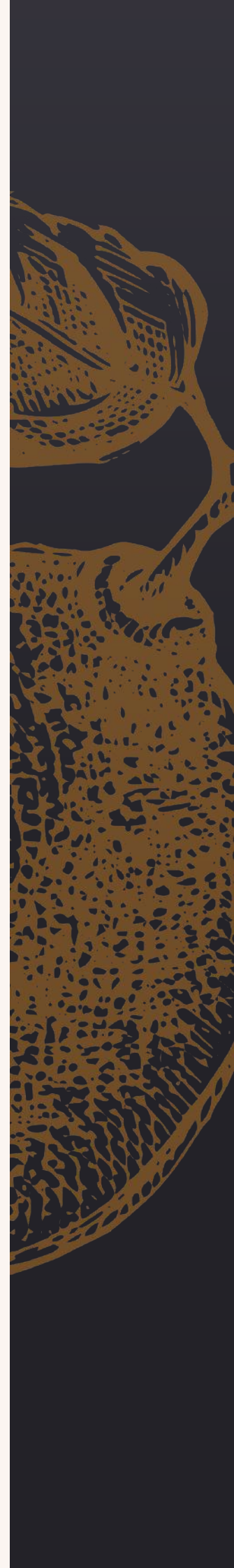
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COUNTY SUPPLIES

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ARRIVING



- ♦ **Almonds**

Lebanese

- ♦ **Apricots**

Spanish

- ♦ **Black truffles**

Australian

- ♦ **Broad beans**

English

- ♦ **Bunched baby vegetables**

Remfresh, English

- ♦ **Flowers**

Nurtured Norfolk, English

- ♦ **Herbs**

English

- ♦ **Lettuce**

English

- ♦ **Nectarines**

Spanish

- ♦ **Outdoor rhubarb**

English

- ♦ **Peaches**

Spanish

- ♦ **Strawberries**

Fiveways Farm, English

- ♦ **Tomatoes**

English

DEPARTING



- ♦ **Blood oranges**

Italian

- ♦ **Blue meat radish**

French

- ♦ **Morel mushrooms**

- ♦ **Pink meat radish**

French

- ♦ **Tardivo**

Italian

- ♦ **Tokyo turnips**

Italian

- ♦ **Watermelon radish**

French

- ♦ **Wild garlic**

English

- ♦ **Winter tomatoes**

Italian

EST.



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COUNTY SUPPLIES

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THE BEST OF

WILD FOODS



FROM THE FOREST

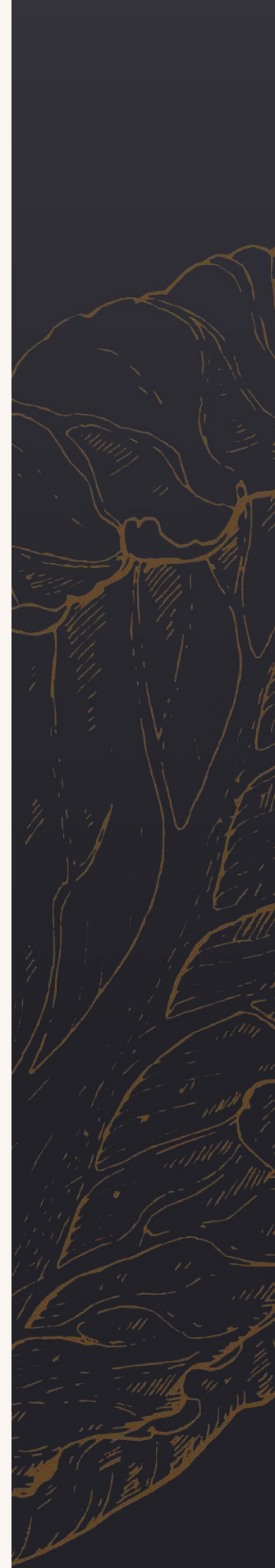
- ♦ Douglas fir
- ♦ Hay
- ♦ Juniper branches
- ♦ Scots pine

FROM THE SEA

- ♦ Fresh seaweed
- ♦ Salty fingers
- ♦ Sea beet
- ♦ Sea purslane

WILD MUSHROOM

- ♦ Cep
South African
- ♦ Truffle
Italian



MAY

TOP INSIGHTS



- May is one of our big change-over months, moving away from our Spanish growers to our English and Dutch growers for tomatoes, salads and leaves – from now until October.
- Weather permitting, we're also excited to shortly receive the first of this season's British strawberries from Julian Mead at Fiveways Farm in Colchester (expected mid-May).
- It looks like UK parsnip supply will stop very soon. Due to poor yields after the recent rain and the crops being sat in water for so long, we're down to a trickle in supply and Spanish crops won't be ready until around mid-May. It's a similar picture with carrots although it's not quite as tight as there's more import options. We're already supplying imported carrots alongside the ever-decreasing UK supply.
- It's been a terrible season for spuds. Plantings are down, yields decimated and crops have been left in the ground to rot due to the wet weather. And now our growers are struggling to plant this year's crop due to short and expensive potato seeds, again, down to the wet weather.
- **In summary, we've had two challenging vegetable growing seasons and it looks like we could be facing a third. As a result, over the next few months, we'll likely be facing higher than usual levels of imports.**

MAY

COUNTY SUPPLIES NEWS



May Bank Holidays

With two bank holidays this month (Monday 6th & Monday 27th), please place your orders as early as possible to avoid produce shortages. Keep an eye out on our socials for news on our delivery schedules across both weekends.

Sustainability drive

We've taken a big step forward to reduce the amount of paper we use as a business. All orders are now packed and checked by the team using handheld tablets and this welcomed transition has now been fully adopted by the CS team.

EST.  2005

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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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