

FOODSERVICE SUPPLIER OF THE YEAR '22 & FINALIST '23

by
FRESH
AWARDS
FPC



FRUIT AND VEGETABLE

MARKET REPORT

OCTOBER 2024

10
24

EST.



2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



OCTOBER 2024

Hello!

October is the month to make the most of autumn.

As the nights draw in and the temperatures start to cool, we welcome the arrival of the season's hearty British produce.

Homegrown root vegetables such as carrots, parsnips, beetroots and celeriac are joined by leafy kale, cabbages and broccoli. It's also, of course, the month of the pumpkin and we're delighted to see the return of autumn squashes from one of our favourite growers, **Bedlam Farms Organic** in Cambridgeshire.

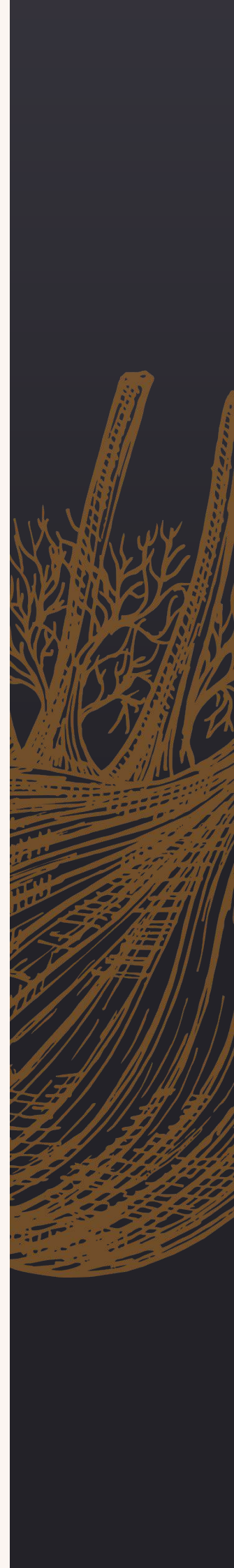
British pomme fruit is abundant this month too with many apple varieties – from Bramley, Cox and Gala to Discovery, Russet and Windsor – at their peak along with Conference and Comice pears. Quince and kaki persimmon also arrive from further afield to help sweeten things up, accompanying figs which are not only in season but great value right now too!

So, if ever there was a month to freshen up your menus and take advantage of the tasty fresh produce that's available from our shores and beyond, it's now.

Happy October!



The County Supplies Team





THE BEST OF
VEGETABLES

- ◆ **Autumn squashes**
Bedlam Farms Organic, English
- ◆ **Baby parsnips**
English
- ◆ **Beetroot**
Royal Oak Organics, English
- ◆ **Beetroot (golden & candy)**
Royal Oak Organics, English
- ◆ **Black cabbage**
English
- ◆ **Bobby beans**
MWW Farm, English
- ◆ **Broccoli**
Windy Ridge Farm, English
- ◆ **Brussels sprouts**
James Heyes & Sons, English
- ◆ **Brussels sprouts tops**
James Heyes & Sons, English
- ◆ **Bunched carrots (large)**
Pagets Farm, English
- ◆ **Celeriac**
Jack Buck Farms, English
- ◆ **Chantenay carrots (mixed)**
English
- ◆ **Chantenay carrots (orange)**
English
- ◆ **Chioggia beetroot**
Royal Oak Organics, English
- ◆ **Curly kale (green)**
Butlers Farm, English
- ◆ **Curly kale (purple)**
Molyneux Farm, English
- ◆ **Globe artichokes**
Bedlam Farms Organic, English
- ◆ **Hispi cabbage**
Thorolds Farm, English
- ◆ **Marrow**
English
- ◆ **New potatoes**
English
- ◆ **Purple sprouting broccoli**
Sanders Farm, English
- ◆ **Rainbow chard**
Stanhill Farm, English
- ◆ **Savoy cabbage**
Hundred End Farm, English
- ◆ **Tenderstem broccoli**
English
- ◆ **Variegated kale**
Molyneux Farm, English
- ◆ **Leeks**
English & Dutch
- ◆ **Romero red peppers**
English & Dutch
- ◆ **Borlotti beans**
Italian
- ◆ **Cime de rapa**
Italian
- ◆ **Coco beans**
French
- ◆ **Courgettes**
Belgium & Spanish
- ◆ **Delica squash**
Italian
- ◆ **Nettles**
Italian
- ◆ **Parsley root**
French
- ◆ **Puntarella**
Italian
- ◆ **Watermelon radish**
French

EST.  2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



THE BEST OF

SALAD & HERBS

- ◆ **Baby gem**
G's Farm, English
- ◆ **Baby kale**
LJ Betts Farm, English
- ◆ **Baby mixed leaf**
G's Farm, English
- ◆ **Baby spinach**
G's Farm, English
- ◆ **Cos lettuce**
G's Farm, English
- ◆ **Landcress**
LJ Betts Farm, English
- ◆ **Lollo biondi**
LJ Betts Farm, English
- ◆ **Lollo rosso**
LJ Betts Farm, English
- ◆ **Oakleaf**
LJ Betts Farm, English
- ◆ **Raddichio**
Sunnyside Farm, English
- ◆ **Red baby gem**
G's Farm, English
- ◆ **Cucumbers**
English & Dutch
- ◆ **Breakfast radish**
Dutch
- ◆ **Castelfranco**
Italian
- ◆ **Heritage tomatoes**
French
- ◆ **Rainbow radish**
Dutch
- ◆ **Tardivo**
Italian
- ◆ **Treviso**
Italian

EST.  2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.





- ◆ **Bramley apples**
M.J. Eastwood, English
- ◆ **Cob nuts**
English
- ◆ **Comice pears**
Pipers Farm, English
- ◆ **Conference pears**
Pipers Farm, English
- ◆ **Cox apples**
Collinwood, English
- ◆ **Discovery apples**
English
- ◆ **Early Windsor apples**
M.J Eastwood, English
- ◆ **Royal Gala apples**
M.J Eastwood, English
- ◆ **Russet apples**
Collinwood, English
- ◆ **Blueberries**
English & Peruvian
- ◆ **Bergamot oranges**
Italian
- ◆ **Cantaloupe melon**
Brazilian & French
- ◆ **Figs**
French & Turkish
- ◆ **Grapes (green & white)**
Spanish
- ◆ **Hass avocados**
Columbian
- ◆ **Miyagawa**
Italian
- ◆ **Nardicots**
South African
- ◆ **Kaki persimmon**
Italian & Spanish
- ◆ **Rhubarb**
Dutch

EST.  2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



ARRIVING

- ◆ **Carving pumpkins**
English
- ◆ **January King cabbage**
English
- ◆ **Parsnips**
Royal Oak Organics, English
- ◆ **Jerusalem artichokes
(new season)**
English & French
- ◆ **Chestnuts**
French
- ◆ **Crosnes**
French
- ◆ **Fenland celery**
English
- ◆ **Long watermelons**
Italian
- ◆ **Quince**
French & Turkish
- ◆ **White truffles**
Italian
- ◆ **Winter tomatoes**
Italian



DEPARTING

- ◆ **Blueberries**
Wye Valley, English
- ◆ **Courgettes**
English
- ◆ **Raspberries**
Fiveways Farm, English
- ◆ **Victoria plums**
English
- ◆ **Fig leaves**
Italian
- ◆ **Greengages**
French & Italian
- ◆ **Honeymoon melon**
Italian
- ◆ **Round courgettes
(green and yellow)**
French & Italian





THE BEST OF
WILD FOODS

FROM THE FOREST

- ◆ Decorative moss
- ◆ Douglas fir
- ◆ Juniper branches
- ◆ Scots pine

FROM THE SEA

- ◆ Arrow grass
- ◆ Fresh seaweed
- ◆ Rock samphire
- ◆ Salty fingers
- ◆ Sea purslane

WILD MUSHROOM

- ◆ **Cep**
European
- ◆ **Chanterelle
(grey and yellow)**
Swiss
- ◆ **Girolles**
Scottish
- ◆ **Pied Blue**
French
- ◆ **Pied de mouton**
Swedish
- ◆ **Trompette**
French & Swiss

TRUFFLE

- ◆ **Autumn Truffles**
Italian & French

EST.  2005

COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.

◆ Strawberries season

As we say goodbye to the English strawberry season – which drew to an earlier close than expected – we move across to our European growers (Belgium & Dutch). However, at the moment, both the quality and price are not to standard. We may also experience periods of non-availability.

Our Head Buyer, Oliver Hurren, continues to monitor the situation daily. Therefore, should you require strawberries for an event or particular dish, please let your County Supplies Sales Representative know and, along with Oliver, they will guide you to sourcing the best quality and price available.

◆ Dairy update

Prices for milk, cream, and butter have been increasing lately and show no signs of slowing down. This is primarily because of low production in the spring, when farmers experienced an extended period of wet weather. As a result, the winter-conserved forage – including hay and silage – is, once again, of poorer quality due to the grass not being harvested at its optimal time.

As we enter the last quarter of the year, the dairy industry also continues to experience declining milk volumes which is affecting the cream and butter market, with butter stocks now reaching historically low levels.

We will, of course, keep you informed of further changes in the dairy market and as the situation progresses.

◆ New Covent Garden Market (NCGM) – Golden Anniversary

Next month sees NCGM celebrate its 50th anniversary.

Yes, it's been half a century since the Market relocated from Covent Garden to Nine Elms in 1974.

Here at County Supplies, we're incredibly proud to be part of the oldest (*and best**) wholesale market in the UK. With lots of activities and celebrations planned in the coming weeks, we look forward to commemorating this historic milestone with our fellow NCGM traders and tenants!

*Named Best Wholesale Market at the Great British Market Awards 2024.

◆ Compostable bags

We know that the choices we make today can have a far-reaching positive impact on tomorrow.

As part of our ongoing sustainability commitment and our vision for a greener future, our new compostable packaging, which is fully biodegradable, is now available and making its way onto customer deliveries.





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

UK: 020 7720 3160

countysupplies.com

CONNECT WITH US ON **SOCIAL MEDIA**



LINKEDIN



YOUTUBE



INSTAGRAM