

FOODSERVICE SUPPLIER OF THE YEAR '22 & FINALIST '23

by  
**FRESH  
AWARDS**



EST. 2005

FRUIT AND VEGETABLE

**MARKET REPORT**

MAY 2025

05  
25

EST.  2005

# COUNTY SUPPLIES

HAND PICKED. HAND DELIVERED.



MAY 2025

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Hello,

May has arrived, bringing with it a fresh wave of delicious seasonal produce. With longer days and warmer temperatures, some of our spring favourites are starting to burst into life and early summer crops are beginning to appear.

British asparagus hits its stride this month, joined by the early arrival of peas and broad beans, adding a welcome sweetness to seasonal dishes. Jersey Royals continue to delight too, and there's an abundance of spring greens, wild garlic and salad leaves to help bring that all-important colour and crunch to your plate.

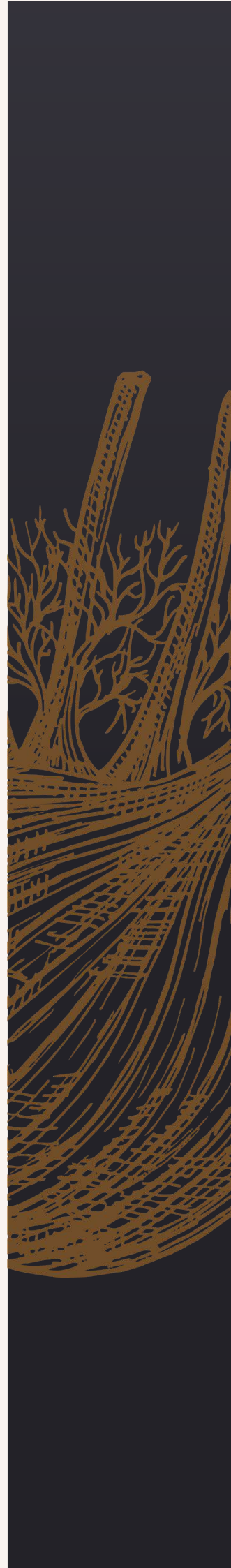
While we're still waiting for the full arrival of British soft fruits, there's no shortage of flavour – look out for juicy oranges, early melons and the final few apples from last season.

So whether you're creating fresh spring salads or pairing seasonal sides, this month offers plenty to inspire.

Happy May!



The County Supplies Team





THE BEST OF  
**VEGETABLES**

- ◆ **Agria potatoes**  
English
- ◆ **Asparagus**  
Portwood & Wye Valley Produce, English
- ◆ **Bunched carrots**  
Pagets Produce, English
- ◆ **Bunched heritage carrots**  
Pagets Produce, English
- ◆ **Cauliflower**  
Bones & Windy Ridge, English
- ◆ **Celeriac**  
Jack Buck Farms, English
- ◆ **Jersey Royal potatoes**  
English
- ◆ **New potatoes**  
Mayfield Farm, English
- ◆ **Purple sprouting broccoli**  
Bedlam Farms Organic & Portwood, English
- ◆ **Rainbow chard**  
D & J Haywood Growers, English
- ◆ **Spring greens**  
Baxters, English
- ◆ **Spring onions**  
English
- ◆ **Tenderstem broccoli**  
Bedlam Farms Organic, English
- ◆ **Watercress**  
Alre Farm, English
- ◆ **Black cabbage**  
Italian
- ◆ **Broccoli**  
Spanish
- ◆ **Cime di rapa**  
Italian
- ◆ **Courgettes**  
Belgium & Spanish
- ◆ **Curly kale**  
Spanish
- ◆ **Hispi cabbage**  
Portuguese
- ◆ **Jerusalem artichokes**  
French
- ◆ **Leeks**  
Dutch & French
- ◆ **Monk's Beard**  
Italian
- ◆ **Nettles**  
French & Italian
- ◆ **Peas in the Pod**  
Italian
- ◆ **Puntarella**  
Italian
- ◆ **Romero peppers**  
Spanish & Dutch
- ◆ **Savoy cabbage**  
Portuguese
- ◆ **Swiss chard**  
French
- ◆ **Tokyo turnips**  
Italian
- ◆ **Yellow beans**  
Italian



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THE BEST OF

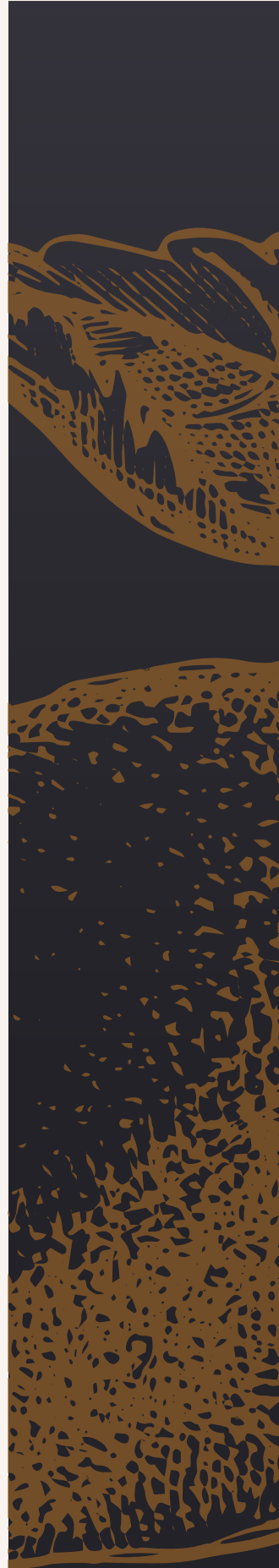
## SALAD & HERBS

- ◆ **Baby gem**  
G's Growers, English
- ◆ **Baby mixed leaf**  
G's Growers, English
- ◆ **Baby spinach**  
G's Growers, English
- ◆ **Cos lettuce**  
G's Growers, English
- ◆ **Iceberg lettuce**  
G's Growers, English
- ◆ **Cucumbers**  
English & Dutch
- ◆ **Breakfast radish**  
Dutch
- ◆ **Castelfranco**  
Italian
- ◆ **Heritage tomatoes**  
French
- ◆ **Radicchio**  
Italian
- ◆ **Radicchio (pink)**  
Italian
- ◆ **Rainbow radish**  
Dutch
- ◆ **Tardivo**  
Italian
- ◆ **Treviso**  
Italian

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THE BEST OF  
**FRUITS**

- ◆ **Bramley apples**  
Goodale, English
- ◆ **Alfonso mango**  
Indian
- ◆ **Avocados**  
South American
- ◆ **Bergamot**  
Italian
- ◆ **Black figs**  
French & Turkish
- ◆ **Blackberries**  
Moroccan & Spanish
- ◆ **Blueberries**  
Moroccan & Spanish
- ◆ **Cantaloupe melon**  
Spanish & Italian
- ◆ **Frais de bois**  
Spanish
- ◆ **Galia melon**  
Spanish
- ◆ **Gariguette strawberries**  
French
- ◆ **Grapes (green & white)**  
South African & Egyptian
- ◆ **Leafy oranges**  
Italian
- ◆ **Plums**  
Chilean
- ◆ **Pomegranates**  
Peruvian
- ◆ **Quince**  
Turkish & Italian
- ◆ **Raspberries**  
Moroccan
- ◆ **Satsuma**  
South African
- ◆ **Strawberries**  
Belgium & Dutch
- ◆ **Watermelon**  
Costa Rican
- ◆ **Wild strawberries**  
Spanish

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## ARRIVING

- ◆ **Coriander**  
Cherry Tree Farm, English
- ◆ **Cornish Mids potatoes**  
English
- ◆ **Lovage**  
English
- ◆ **Peas**  
English
- ◆ **Strawberries**  
English
- ◆ **Lemon verbena**  
English & Italian
- ◆ **Apricots**  
Spanish
- ◆ **Basil**  
Genovese
- ◆ **Borlotti beans**  
Italian
- ◆ **Bunched baby vegetables**  
French
- ◆ **Charentais melon**  
French & Spanish
- ◆ **Fresh almonds**  
Lebanese & French
- ◆ **Loquats**  
Spanish
- ◆ **Peaches**  
Italian & Spanish
- ◆ **Truffles**  
Austrian
- ◆ **Wet garlic**  
French



## DEPARTING

- ◆ **Indoor rhubarb**  
English
- ◆ **Crosnes**  
French
- ◆ **Delica winter squash**  
Italian



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THE BEST OF  
**WILD FOODS**

FROM THE FOREST

- ◆ Decorative moss
- ◆ Douglas fir
- ◆ Juniper branches
- ◆ Scots pine
- ◆ Three-cornered garlic
- ◆ Wild garlic
- ◆ Wild garlic flowers

FROM THE SEA

- ◆ Fresh seaweed
- ◆ Rock samphire
- ◆ Salty fingers
- ◆ Sea kale – English
- ◆ Sea purslane

WILD MUSHROOM

- ◆ **Chanterelle**  
Swedish
- ◆ **Morels**  
Turkish
- ◆ **Pied de Mouton**  
Swedish

TRUFFLE

- ◆ **Summer truffles**  
Italian & French

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MAY 2025 - PRODUCE HIGHLIGHT

## BRITISH ASPARAGUS



### Seasonal, sustainable and full of flavour!

A seasonal favourite, British asparagus is widely regarded as one of the delicacies of the vegetable world. With peak season running from late April through to June, it's a true springtime treasure – prized for its fresh flavour and tender texture.

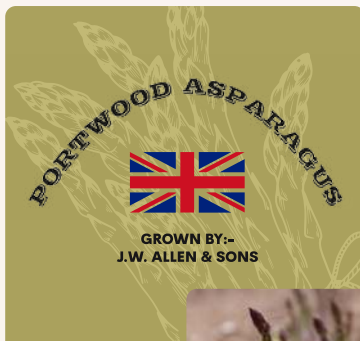
Grown in the UK since the 16th Century, British asparagus thrives in regions including Norfolk and Kent where expert growers combine traditional techniques with sustainable practices such as crop rotation and organic fertilisers.

Packed with health benefits, it's low in calories, high in fibre and rich in vitamins. Deliciously versatile, it can also be roasted, pan-fried, steamed or sautéed, pairing beautifully with chicken and fish, and adding a touch of spring to risottos, pastas, soups and tarts.



MAY 2025 - GROWER SPOTLIGHT

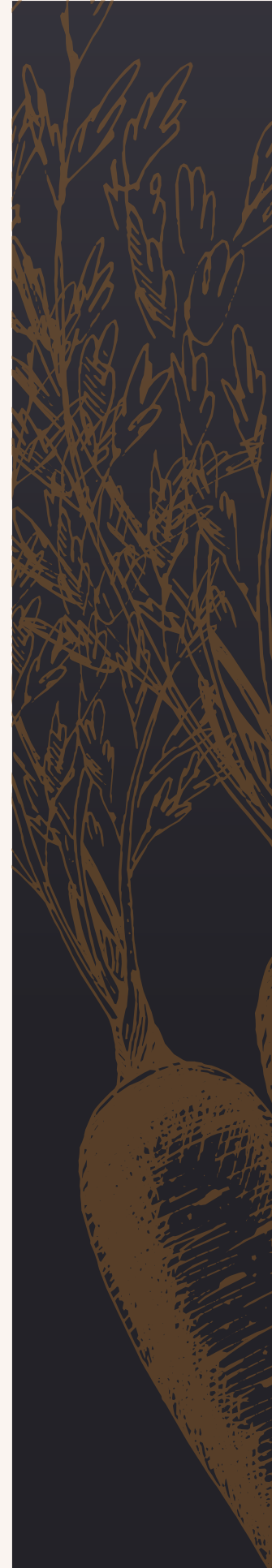
## PORTWOOD ASPARAGUS



The Allen family has proudly farmed in Norfolk for over 250 years, continuing a legacy that's rooted in tradition and excellence. In 1980, the JW Allen & Sons partnership was established, and five years later, the family introduced asparagus to their 1,000-acre farm. Since then, they have dedicated 200 acres to growing this seasonal favourite, marketed under the Portwood Asparagus brand.

Grown using proven sustainable methods – including solar electricity, heat recovery and waste recycling – their asparagus meets the exacting standards of the Red Tractor scheme, ensuring exceptional quality, flavour and freshness. Although it takes three years from seed to harvest, the reward is evident during the short but highly anticipated and celebrated asparagus season, when Portwood produces more than 250 tonnes every year.

To learn more about Portwood Asparagus, read our [interview](#) with farm owner and former Chairman of the British Asparagus Growers Association, Andy Allen.





MAY 2025

## COUNTY SUPPLIES NEWS

### Plan your menu around the seasons

Launching this month, our **NEW** online produce guide has everything you need to create delicious, seasonal menus.

From summer berries to autumnal squashes, discover which fruits and vegetables are at their peak. Enjoy the freshest produce from the UK, Europe and around the world, any time of the year.

**Sign up to our monthly [Market Report](#) to be the first to hear when it launches - and let the seasons inspire your menu!**

Category	PRODUCE NAME	Month:	Origin:		
			UK	EUR	ROW
Vegetables	Acorn squash	UK: Aug, Sep, Oct, Nov, Dec	✓		
Cresses	Afflia cress	UK: Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec EUR: Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec	✓	✓	
Vegetables	Agria potato	UK: Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec	✓		
Fruit	Airfreight mango	ROW: Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec			✓
Vegetables	Alfalfa sprouts	UK: Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec	✓		
Fruit	Almonds	EUR: Apr, May, Jun, Jul		✓	
Flowers	Apple blossom	UK: Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec EUR: Jan, Feb, Mar, Apr, May, Jun, Jul, Aug, Sep, Oct, Nov, Dec	✓	✓	

*\*Please note: This is an informational guide only and does not reflect current stock availability.*



# 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](mailto:enquiries@countysupplies.com)

UK: 020 7720 3160

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

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