

February is a good time to start preparing for the coming year, shaking out any cobwebs, reviewing pricing, planning menus and most importantly saving money. If you keep menus **seasonal** and **local**, savings will be made. If you are costing menus, if you need advice or help with average prices or availability call the office.

Gavin

Vegetable

Peaking at this time of year are both **French Jerusalem Artichokes** and **Egyptian Globe Artichokes**.



English Brussel Sprouts are still available but will be drawing to an end.

Local Cabbages are at their best at this time of year with

many varieties to choose from:

- **Local English Curly Kale** and **Cavolo Nero** – fantastic alternatives to **Spinach**.
- **Local January King Cabbage** –fantastic purple tinge to the outer leaves.
- **Local Savoy Cabbage**– with dark green crinkly, curled leaves.



Portuguese Hispi Cabbage will make an appearance in the markets.

Spanish Broccoli is at its best. **English Purple Sprouting Broccoli** is appearing in the markets however there are limited amounts available.

French Swiss Chard is still available.

French Cauliflower is small to medium size and unpredictable in price. **French Romanesco Cauliflower** is available until the end of the month. **French Romanesco** is the one that looks like cauliflower but is a limey green colour with peaked florets.

Kenyan Sugar Snaps, **Fine Beans** and **Mange Tout** are very good value. The first crops of **Egyptian Peas** and **Bobby Beans** are being harvested. Supplies can be a little erratic at first, so please bear this in mind when planning your menu.

Onions are the most widely used vegetable in the world, yet supplies are tight and consequently prices have risen.

Another under-rated vegetable, the root **Salsify** is at its peak during February, and is rich in fibre with a delicate flavour that will remind you of **Asparagus**.

Fruit

The **Bramley Apple** has come to your rescue, and to celebrate; the 4th -11th Feb is '**Bramley Apple Week**' do something special with a



Bramley Apple! **Citrus Fruit** will be entering a difficult time. **Clementine** and **Satsuma** often begin to turn scruffy. If they do, we will switch to a **Minneola**; they taste great but tend to be more difficult to peel. **Seville Oranges** have finished. **Italian Blood Oranges** are still available but will be drawing to an end. Fresh **English Forced Rhubarb** has finally arrived. **Cyprus Grapefruit** in particular is at its best at this time of year. **South African Nectarine** and **Peach** are still available in the market.

Heavy rainfall in the melon growing region of **Brazil** is creating a shortage of **Melons**; **Water** and **Honeydew** are particularly scarce.

Salad

Europe-wide bad weather is still affecting the availability and price of **Peppers**, **Tomatoes**, **Cucumbers**, **Iceburgs**, **Aubergines** and **Courgettes**. **Italian/Spanish Baby Spinach** is in short supply.

Dutch Chicory is excellent value at the moment and can be roasted or braised. Why not try something different like **Red Chicory** giving excellent colour to the plate

French Dandelions are available - an excellent addition to any dish.

SPECIAL DAYS THIS MONTH

Sunday 14TH – Chinese New Year (year of the tiger) so don't forget! Why not create an exciting dish with a choice of **South African Lychees**, **Spring Onions**, **Bean Sprouts** or **Ginger**.

Valentine's Day - many exotic fruits will be available such as **Passion Fruit** an ideal complement to a **Melon** or **Mango** dish.



Why not try something different like **Edible Orchid Flowers**.

Tuesday 16th – Pancake day (Shrove Tuesday) Don't forget your **Lemons!**

We stock all flavours of **Boiron Purees** including **Passion Fruit**, **Mango** and **Raspberry** all year round great for coulis or smoothies.

