

MARKET MENU

AUGUST

Expect to see **Spanish Victoria Plums** at the beginning of the month, followed by English in the third or fourth week. Superb **Damsons** should be available too, as will **French Greengages**.

New Bramleys make their first appearance and the **English Dessert Apple** scene begins to take shape. **New Season Golden Delicious** arrives from France towards month end.

Pears are still short in supply, but should hopefully start to become readily available towards the end of the month.

Peaches and **Nectarines** are at the top of their game, but **Apricots** begin to disappear towards the end of the month.

Cherry quality starts to decline and will be gone by month end.

Local Strawberries have been top quality again this year and should continue throughout the month, as long as we don't have long periods of rain.

English Sweetcorn will appear this month. The sweet fresh cobs far out shine the taste of any of the imported varieties.



Bobby Beans should be a good buy and **English Runner Beans** become excellent value-for-money.

Broccoli is at the mercy of the weather, but should be good, as long as we don't experience a heatwave.

Slender Leaf Broccoli spears are expected to be available throughout the month.

Cauliflowers in the summer tend to be smaller than the winter varieties and can be discoloured.

Parsnips, Turnips, Swede and **Carrots** become much more plentiful and therefore better value for money.

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The month ends on an exciting veg-note with the arrival of the **English Squashes**. Such a wide selection become available, **Acorn, Gem, Spaghetti, and Turk's Turban**, plus many more! Potatoes should drop in value and there'll be a good choice of early varieties.

Rosevale Red-Skinned Mids are set to return for another season. They're at their best in August. **Jersey Royals** may fade, but **English Mids** will be plentiful. Larger **New Potatoes** will begin to set their skins.



English salad growers have not yet mastered the art of growing good **Frisee**, but our local grower at Anglia Salads in Thorrington, Essex in particular, excels at **Radicchio**. Throughout August and into September his glossy purple-red heads are a true delight. **Colchester Rocket** is also of very high quality and good value.



Peppers represent good value and bargains can be found in all colours. Even the Dutch crops are often reasonably priced.

Local Celery arrives from our farm in Ardleigh and is excellent quality picked daily. All the other local salads are in their prime.

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We are also stocking a large selection of [WOW Microherbs \(Click to go to website\)](#). The new Micro Oriental Mix is a mixture of Thai Basil, Mizuna, Red Pak Choi, and Coriander, which is a nice garnish for any Asian flavoured dishes. There are also their Pea Shoots which come in 100g punnets, they are a nice alternative to Afillia Cress.



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