

# MARKET MENU

## June

June is one of the most exciting months in the fruit and vegetable calendar. **Norfolk Asparagus** is one of the highlights, even though its season officially ends on the 21st of the month.

There are lots of local products in the warehouse now that are of amazing quality including; **Baby Carrots, Baby Leeks, Baby Fennel, Baby Turnips, Baby Beets** (both golden and purple), **Lollo Rosso, Lolla Bionda, Oak Leaf**, and **Little Gems**.

Soft fruit will try hard to steal the limelight. **Cherries** from France, Spain, Italy, Greece and Turkey reach their best in the first half of the month and, later, scruffy, but cheap **English Cherries** make their debut. **English Strawberries** are very good from Lodge Farm in Lindsey, Suffolk. **Blueberries** are abundant and, besides strawberries, are the cheapest soft fruit.

**Grapes** can be a problem but, in recent years, supplies of Californian have started early and have been followed shortly by the Israeli and Cypriot crops. **Citrus fruit** from our hemisphere will end, allowing in supplies from South Africa and South America. The same applies to **Apples**.

**Peaches, Nectarines** and **Apricots** will start to come down in price and will taste wonderful too. **Lychees** will be out, **Rambutans** in!

**English Peas** will hit the market and represent great value for money. Home produced **Broad Beans** are a must too.

**Large Potato** prices always shoot up in early June due to dwindling stocks. Last year, shortages were more acute than usual and prices went sky-high. **New Crop Large Potatoes** often don't appear until the last week of the month.

**English Swede** should be left off June menus as the crop becomes unacceptably bad. The new season Spanish crop is viewed by most as too expensive. **French Turnips**, though, are a more than adequate alternative. **Parsnips** can become hard to find too.

**Shallots** can be difficult to find until the new season bulbs reach us late in the month.

**Wet Garlic** is going to start and is highly recommendable, and **Italian White Onions** have a sweet, hot, fresh taste, ideal for salads and cooking.

**Tomatoes** are cheap, but really tasty ones are hard to find even amongst the mountains of French, Dutch and English fruit available. You may have more luck with **Italian Plum** and **Vine Tomatoes**. If your budget allows, it's worth paying twice the price for tomatoes with real flavour.

**Colchester Rocket and Baby Spinach (250g bags)** are good and cheap in June. **Watercress** and **Spring Onions** will be at their best too.

**Wild Mushroom** begin to show with tight new **Ceps** becoming more plentiful. **Scottish Giroles** may show themselves too.

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Lastly, for those fish dishes, **Samphire** becomes super value in June. The quality is guaranteed to be superb and the price becomes truly reasonable.

We also stock lots and lots of **microherbs** these days due to their increasing popularity. From [KoppertCress \(Click to go to website\)](#) in Holland (all alive and growing) we are stocking the amazing **Micro Samphire** (They call it Salicornia Cress). There's also **Honey Cress** (does what it says on the tin and is very sweet), **Limon Cress** (a refreshing micro cress great for fish and desserts). Of course we stock other microherbs like **Rock Chives**, **Tahoon Cress** (Tastes like Brazil nuts and garlic, great for cheese and wild mushroom dishes), and **Mixed Micro Cress Boxes**. They have a huge amount of other amazing products, but I would need a whole newsletter by itself to wax lyrical about it all.

We are also stocking a large selection of [WOW Microherbs \(Click to go to website\)](#) which are cut in punnets (rather than growing like the Dutch ones). Including **Micro Celery, Flat Leaf Parsley, Watercress, Mizuna, Rocket, Lemon Balm, Garlic Chives, & Red Amaranth** to name but a few...



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