

## Market Menu – March

March is a not really a great month for vegetables as we are right between the seasons. If we are lucky we will see the arrival of the first **English Asparagus** of the season — glasshouse grown, and perfectly graded and presented. Although it is coaxed out of the ground with a little heat, it is not forced, and in previous years has tasted exceptional.

**Wild Garlic** has already started, and this is the first year that we have a local supply of it. Its Strong, tangy, and bright green leaves with a fresh garlic taste.



**Seakale** is a wonderful seaside treat. Supplies should continue through March.



More good news! **Rambutans** make a come-back. They'll sell well too, if only because the **Lychee** season finishes this month.

The **Cape Apple** season starts in earnest. Best for taste is likely to be **Golden Delicious or Gala**.

Spanish **Strawberries** are a good choice for your dessert menus. Their flavour and quality are excellent in March.

**Raspberries** should be around, too, but **Blueberries** may prove difficult.

South American **Blackberries** look and taste great, and will be available. Albeit at a high price.

**Peaches** and **Nectarines** are finished now and certain to be missing from the market.

**Plum** supplies are far from reliable. Hard, Chilean fruit should remain available, but are better suited to cooking than for your fruit bowl.

**Yorkshire Rhubarb** is a good choice for your March menus. Dutch will carry on when Yorkshire finishes and is also and is a nice deep pink colour. Pricing will be fairly high on both though.

As for notable English produce **Purple Sprouting Broccoli** and **Leeks** should continue to shine. We should see the arrival of English **Spinach**.



**Dutch Aubergines** are already available this month are always glossy and firm.

**Broccoli** is expected to be excellent with crops arriving from Spain and Jersey and some home grown spears appearing if weather permits. Caulis will continue in quality, with nice tight florets.

If you fancy something a little more exotic, **Cavalo Nero** is likely to be around. The delicious and dark, crinkly Italian leaves are perfect wilted in olive oil, or used in Italian stews.



The Rolls Royce of versatile potatoes, the **Cyprus Potato** becomes a more viable proposition as **Old English Potatoes** begin to show signs of deterioration. **Jersey Royals** make a spring debut and the indoor crop is fabulous. Sadly, the price is sure to be fabulous too.



Cyprus Potatoes



Jersey Royals

Fresh **Morelles** should arrive mid-month. **Pied De Moutons** and **Chanterelles** should continue to arrive with reasonable regularity. Last year we received a few **Giroles** and **Trompettes**, and of course the **Mixed Wild Mushrooms** are of good quality and value for money. They can even contain the odd Cepe or two!

**French Salads** look good in the spring, Spider Endive being at its best. **English lettuces** will begin to filter back into the market including nice purple heads of **Radicchio**.



Another nice multi use leaf that is good in March is Watercress. Great in salads and with steak of course, but can make a very tasty pesto served with red meat and fish

