

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 should start to show up, and we are hoping to still get 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.



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 from Spain if their weather plays ball and. Caulis will continue in quality, with nice tight florets.

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



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! Please make sure to ring in and check availability as they can come and go and of course pre-ordering is essential.

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

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



Lettuces are still looking fairly short as the weather from the continent has played a big role in their availability this year. They might not drop in price until the English crops start to appear hopefully towards the end of the month.

If you are looking for the Rolls Royce of chipping and roasting potatoes give **Lovers Potatoes** a go. They are clean, and graded so give you a nice consistent size as well.

