

Market Menu - November

November is the best time to buy **Cranberries**, before the Christmas rush forces-up prices. They keep brilliantly in the freezer, and of course can be made early into fresh cranberry sauce. Frozen cranberries are also always in stock as well if you prefer.

The market starts to flood with flame-orange Satsuma's and are joined by equally brilliant **Leaf Clementine's**. Although they may have a greenish tinge to their peels, this doesn't necessarily mean they're under-ripe.

Chestnuts and **Walnuts** start in October and continue to be good buys throughout the month. **Pecans, Hazelnuts, Brazils** and **Almonds** are at their freshest in November.

November is a time when the Southern Hemisphere season gets underway with the reappearance of **Peaches** and **Nectarines** towards the end of the month. They will be somewhat pricey compared to the summer but the quality should be ok after giving them time to ripen.

Blueberries return mid-month with the influx of excellent, if pricey, Australian fruit. In fact all soft fruit starts to change origin making their pricing fairly unstable.

Lychees make a welcome come-back **Figs** should start the month well, but may become short towards the back end of November.

White Seedless Grapes can often start off with varying quality and **Red Seedless** supplies will be erratic, too.

Williams Pears will continue to arrive in good condition and **English Comice** begins to soften up and develop good taste.

Rhubarb returns to the market —forced, but it doesn't mind really. That said the price will be fairly high, but the colour and flavour is well worth the money.

English Pumpkins should be plenty and flavoursome, and the deeply flavoured **Muscat Pumpkins** from France remain the foodie's choice for best flavour. **Squashes** continue to take the starring role. Expect colourful **Turk's Turbans** and **Spaghetti Squash**. **Butternut squash** will be deep orange and very sweet when slow roasted.



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Celeriac and other root vegetables usually continue to excel throughout the month, but severe weather can halt the harvesting of earth-stored roots.

Our **Local Lettuces** are all likely to be killed off by frost and shorter days by the end of November. **Frisee, Oakleaf, Lola Bionda** and **Lollo Rosso** will be mainly coming from Provence and are of very high quality. Except for **Local Radicchio** which can endure the cold a little bit better, so should take us well into December.



We will say goodbye by now to locally grown Colchester **Rocket** but will move to French and Italian bunched rocket which is amazing.



Providing the British weather doesn't become too harsh our **Spinach** will continue to be good. If we experience some hard frost we'll have to call in Italian and French reinforcements, obviously at extra cost.

Brassicas are the stars of the vegetable world in November. **English Cavalo Nero (Black Cabbage)** and **Savoy Cabbage** will be wonderful, **Red** and **Green Kohlrabi**, **Curly Kale**, and **Broccoli** should also be excellent.

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Brussels and **Brussel Tops** are traditionally good in November and December.

Romanesco are likely to make regular appearances and are a great alternative to cauliflower and/or broccoli.



Local **Sweetcorn** will be coming to an end so we will have to rely on **Israeli Corn**.

English Beetroot will not have had time to deteriorate in storage, so will be sweet and delicious.

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