

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 the 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 possible 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, fruit. Some of can come from as far away as Australia. 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 still be available for a couple weeks, but the deeply flavoured **Muscat Pumpkins** from France remain the foodie's choice for best flavour. **Mixed Heritage 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.

We have said a fond farewell to our **English Lettuces**, and will have to wait for their return next year. **Frisee, Oakleaf, Lola Bionda** and **Lollo Rosso** will be mainly coming from Provence and are of very high quality.

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



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



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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, **Green Kohlrabi**, **Curly Kale**, and **Broccoli** should also be excellent.



Romanesco are likely to make regular appearances and are a great alternative to cauliflower and/or broccoli. Also we will be able to get a hold of **Purple and Yellow Cauliflowers** if that's your thing. They make a very interesting soup or puree as well.



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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