

October

October is a great month for warming, wholesome vegetables. **Squashes** take the starring role. Expect colourful **Turk's Turbans** and **Spaghetti Squash**. **Pumpkins** will be in good supply too. Expect **Butternut squash** to be deep orange and very sweet when slow roasted

For me, the fruity highlight of the month is the arrival from France and Greece of wonderful sunshine-yellow **Quinces**, with their pungent aroma. A good time to make and stock up on Quince jelly.

The squirrels amongst us have a wonderful time in October. **Nuts** start too! Really roastable **Chestnuts** and **Wet Walnuts** first reach the markets in September, but become riper and more keenly priced in October.

European Plums start the month on a luscious ripe note, but soon fade away to be replaced by more beautiful, but less flavoursome US and Israeli fruit.

Leafy Clementine's from Spain start to appear on the market, a sign that Christmas is just around the corner!

Seedless Grape supplies can become more than a little difficult in late October, usually meaning that prices tend to be unstable.

English Cox's are at their sweetest and crunchiest throughout the month. All apples are in great shape in October really so get your Tarte Tartin pans seasoned and ready.

The first **Persimmons** arrive from Greece (remember not to eat them until they're squidgy-ripe, or they'll taste worse than soap).

Pomegranates are always a brilliant autumn buy, and can add great flavour and texture to salads, desserts, or Moroccan inspired lamb dishes.

Succulent Greek and Turkish Figs are now in full swing.



English **Brown-Skinned Jerusalem Artichokes** are becoming more and more popular, try them mashed with lots of butter and cream for an indulgent side.

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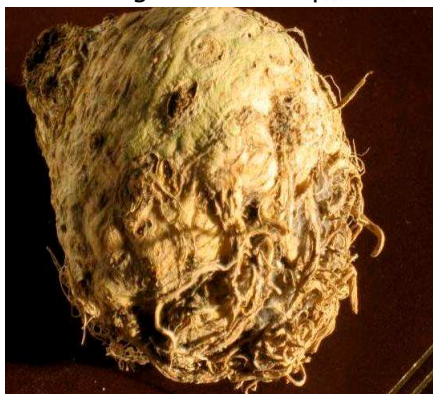


Crosnes or **Japanese Artichokes** are a delicious and unusual addition to salads and cooked dishes. Try them blanched and finished in beurré noisette and fresh sage for a nice side dish.



Cabbages are also a good option this month with the appearance of **Cavolo Nero (Black Cabbage)**. **Savoy's** are still very good, as are the **English Primo Cabbages**. Also appearing at market are fresh **lotus roots** which can make a great garnish for any Oriental inspired dish

Celeriac, the ugliest of all the root vegetables is a warming choice for October and like most of the other root vegetables will be in excellent supply. Also don't forget about **Salsify** for something a bit different. Try them mashed, roasted, or even deep fried for an interesting twist on chips



As for local produce for this month there will be **Oak Leaf, Lollo Rosso, Lola Bionda, Radicchio, Wild Rocket, Little Gems, Cos, celery** and **Spinach**. We will have said

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farewell to **English Strawberries** by now, and the amazingly sweet **Baby Plum Tomatoes** from Lawford should be about for a couple more weeks.



We are hoping for an extended supply of the local Baby Veg as well including **Baby Beetroot** in 3 different varieties, **Baby Carrots**, **Baby Fennel**, **Baby Turnips**, and **Baby Leeks**. That said it's up to Mother Nature how long they will be about for.



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