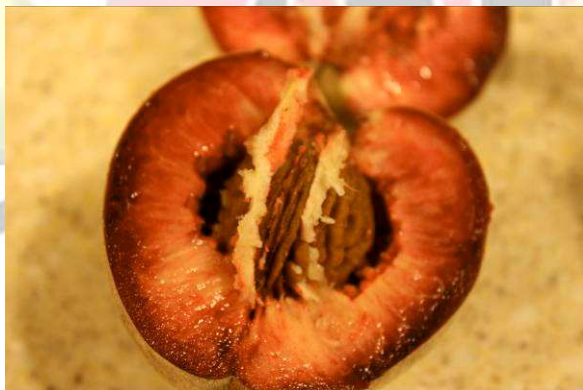


September

Cool August weather should mean an extended season for English soft fruits, unless they are hit by an early frost. **Suffolk Strawberries** should carry on — weather permitting. **Blackberries** won't be as plentiful as you might imagine.

English **Apples** start to show their face. English **Conference Pears** will be crunchy and delicious and **French Williams** will be excellent too. The best fruit arrives from France and Italy mid-month.

Get ready for a tearful goodbye to **Peaches, Nectarines** and **Apricots**. All are around at the beginning of the month, but have virtually disappeared by the end. Peaches go out with a bang though. Beautiful red veined **Blood Peaches** flirt briefly with our senses in September. The appearance of **Blood Oranges** also make their debut. In run-of-the-mill citrus, problems are possible. This is because the gaps between the Northern and Southern hemisphere seasons don't quite line up. This can cause a spike in **Lemons** and **Limes** that can last for a few months until the markets stabilise.



Seedless Grapes may begin to get problematical. You can forget about **Cherries** and also **Lychees**. **Rambutans** are likely to be excellent though. **Plums** should, at least, be plentiful at the beginning of the month. **Greengages** and **Victoria's** will also be finishing

September is truly a time to return to your roots. **Celeriac** is back on form and **Carrots, Turnips** and **Swedes** are likely to be good value for money. Even **Parsnips** begin to develop their full, sweet taste, especially given a September frost. Milky, crunchy, beautiful French Red- Skinned **Jerusalem Artichokes** will be with us by the end of the month. **Leeks** should also be value, and **English Onion** prices should remain low.

Local Ardleigh **Salad** crops are definitely at the mercy of the weather. A few frosty September nights can spell the end for local outdoor-grown **Lettuces**. In recent years, however, the mild weather has prevailed throughout the month, and the quality and price of home-grown salads has remained good. English **Radicchio** thrives in the cooler weather, becoming incredibly beautiful.

In addition to wonderful golden and orange sweet **Pumpkins**, we should see plenty of late summer Squashes in the market. **Marrows** and **Courgettes** may be plentiful too but a cold snap can cause them to disappear rapidly. **Spinach** is likely to be good, as the cool weather allows it to take on a darker colour. **Brassiccas** are usually excellent in early autumn.

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Broccoli should be dark and tight, and **Cauliflowers**, bright and close-textured. Pyramid-floreted **Romanesco** will be at its best and it tastes as good as it looks. Real, super-crinkly **Savoy Cabbages** will arrive, replacing the less wrinkled summer crop. We have even managed to find some early **Curly Kale**, but if you'd rather go for something more exotic, **Swiss Chard** and **Pak Choi** pack plenty of taste and good looks.



The excitement of the first mushroom hunt of the season invariably renews one's addiction. In September fungi begin to pour in from all over Europe, and prices should start to drop. Revel in **Trompettes**, **Pieds de Moutons**, **Girolles** and, of course, wonderful **Ceps**. If your looking for a 'cheaper' option we can get frozen **Morels** and **Girolles**



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