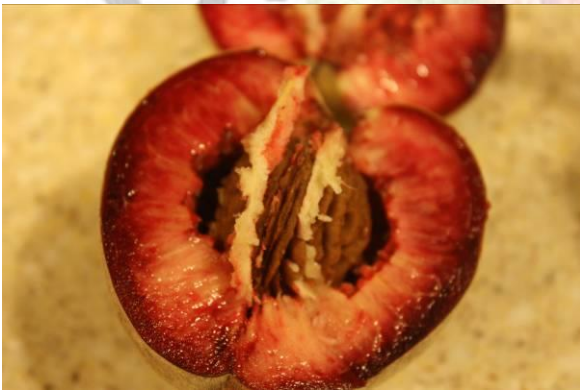


Market Menu - September

Poor weather could mean the end of the English soft fruit season. **Essex Strawberries** should carry on though for the best part of October. **Blackberries** won't be as plentiful as you might imagine, and English Raspberries will begin to disappear altogether.

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 to say goodbye to **Peaches, Nectarines** and **Apricots**. All are around at the beginning of the month, but will virtually disappear by the end. Peaches go out with a bang though, as the end of the season are usually the sweetest. Beautiful red veined **Blood Peaches** often flitter in and out in September. The appearance of **Blood Oranges** also make their debut. In run-of-the-mill citrus (lemons, limes, and oranges), problems are possible. This is because the gaps between the Northern and Southern hemisphere seasons don't quite line up.



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 towards the end of the month.

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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 and crunchy New Season French Red Skinned **Jerusalem Artichokes** will be with us by the end of the month. **Leeks** should also be good value for money, and **English Onion** prices should remain low.

UK **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 the best quality of the year.

In addition to wonderful deep orange sweet **Muscat Pumpkins**, we will have plenty of late summer squashes in the market, and are already in stock. Especially the boxes of **English Mixed Heritage Squashes** are worth a look.



Marrows and **Courgettes** may be plentiful too but a cold snap can cause them to disappear rapidly.

Brassicacs are usually excellent in early autumn. **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.



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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 **Ceppes**. If your looking for a 'cheaper' option we can get frozen **Morels, Ceppes** and **Girollles**



If you want something a bit different and good value for money than why not try some **King Oyster Mushrooms (AKA Eryngii Mushrooms)**. Or give some Hen of the Woods (AKA Maitake) Mushrooms a go as they not only taste good but add something a little different to your plates, they come in 125g punnets.



Lemons and **Limes** continue to be on the expensive side.

Spinach is likely to be good, as the cool weather allows it to take on a darker colour.

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