

Market Menu - July

Soft fruit should be very plentiful and taste great. **Local Raspberries, Blueberries, Strawberries** from New Home Farm in Ardleigh, Essex are all excellent quality and are full of flavour. **English Gooseberries** are wonderful and should be available throughout the month.



English Cherries are often scruffy but they have a great flavour. July is a good time to freeze whole or pureed cherries for later use.

Spanish Plums will continue to dominate the market and **Greengages** should be also become available.

Black Grapes can be a little difficult, but **Israeli White Seedless** are expected to remain good throughout the month.

Peaches and **Nectarines** continue to offer good value and **French Apricots** will reach their best.

Apples will continue to arrive from the southern hemisphere. Some will begin to deteriorate slightly, but **New Zealand Braeburns** should remain good.

Citrus fruit will come predominantly from South America and South Africa.

In **Melons**, there's a fabulous range in July. **Galias & Honeydew** can be reasonably priced. For something a little bit special the perfumed **French Charantais** are unbeatable.

We will wave goodbye to **Local Asparagus**. Although some growers continue to cut during the first couple weeks of July, but the price is high due to tight supplies rather than high quality; Peru and America will supply well into autumn.

Home-grown **Parsnips** are succulent when they first arrive. Young tender and Sugar-sweet. Well worth their high price-tag.

Tender stem Broccoli can fill asparagus's shoes remarkably well. The tender leafy spears look great on the plate.

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English Kohlrabi starts to show as a good salad alternative. Purple and Green heads will be around until early autumn.

Make the most of **Local Baby Vegetables. Beetroot (All colours Purple, Golden, & Candy), Carrots, Fennel, Leeks** and **Turnips** picked from our friends at Remfresh farm in Ardleigh.



English Peas are a great choice. They are excellent quality in July and are usually available at a good price.

English Runner Beans and **Broad Beans** are available. Their quality is excellent.

Cauliflowers and Broccoli are controlled by the weather; Hopefully some warmer weather can help the rain soaked fields and crops.

Pak Choi isn't a typical English crop, but it certainly grows well here at this time of the year. **English Celery**, although somewhat boring and often overlooked is full of flavour. If you are after some colour why not try some **Rainbow chard** as well.



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Heritage Tomatoes boxes from Nurtured In Norfolk are going to be great, full of flavour and vibrant colour. As soon as they are ready I will let you know!



New English Onions will replace the old crop.

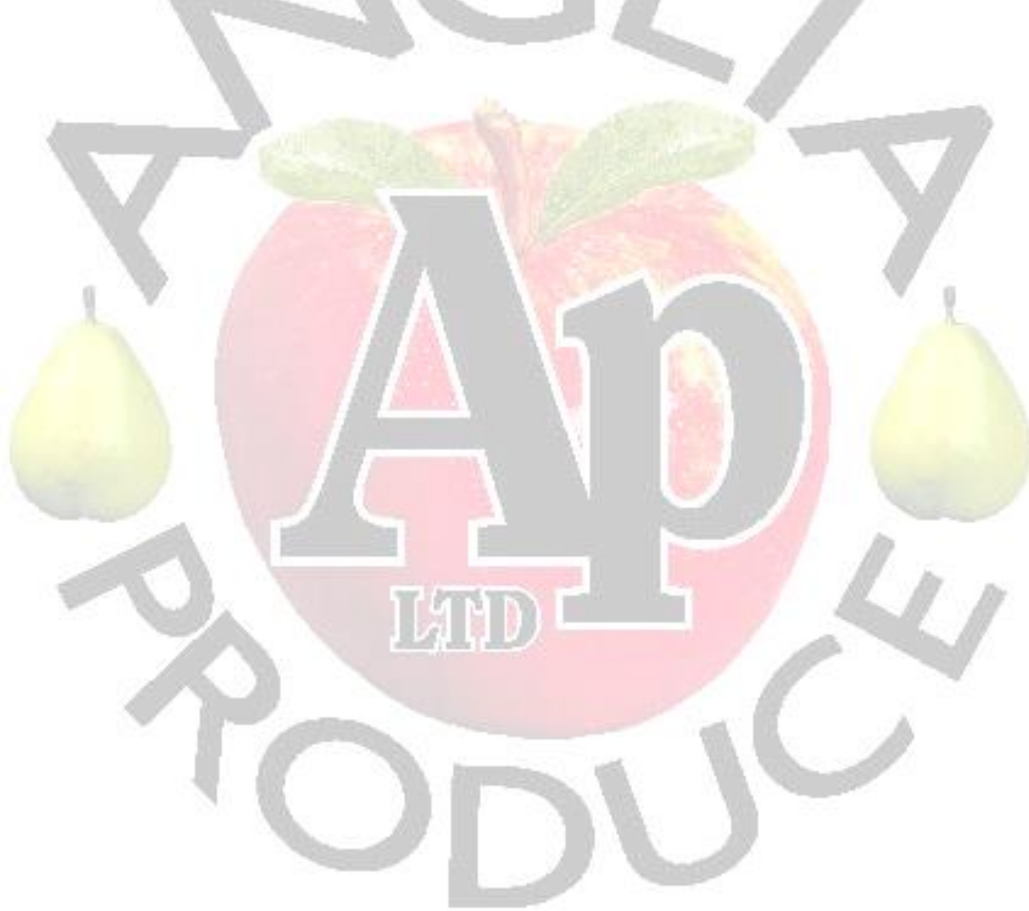
Samphire is a really superb and is plentiful in July.

New Season Local Radicchio starts to appear which completes the full range of our local lettuces including **Rossa, Bionda, Oak, Batavia and Gem.**

Large old season **potatoes** have already been a problem through June and will continue to degrade until the new crop arrives. Most of the stores are nearly empty and the large ones are less and less common. This happens at this time every year, as the new season potatoes are not out of the ground yet and last years potato stocks are starting to sprout, rot, and deteriorate. Making the potatoes that are left more valuable and therefore more expensive. New English set skin **mids** will also be in full swing as well. New season **Bakers** will appear towards month end.

If you want something a little bit different for your dessert menu why not try **Doughnut/Flat Peaches & Nectarines.** You can take the middle out with a cookie cutter, batter them, fry them, dust them with cinnamon sugar, and serve with ice cream for a cool dessert.

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