

Market Menu - 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 Tatin 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 and are great value, should be on starter and dessert menus alike!



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



Another nice seasonal choice would be **English Purple Sprouting Broccoli**. It's always a good side dish with minimal prep involved as well.



Cabbages are also a good option this month with the appearance of **Cavalo Nero (Black Cabbage)**. **Savoy's** are still very good, as are the **English Primo Cabbages**. Also appearing at market are fresh **Lotus Root** 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



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As for local produce this month there we should be getting from Maldon, Essex the lovely **mixed boxes of heritage squash** as well which are not only beautiful, but are very tasty as well. We will say farewell to **English Strawberries** as well.



We are hoping for an extended availability of the local Baby Veg as well including **Baby Beetroot** in 3 different varieties **Baby Fennel**, **Baby Turnips**, and **Baby Leeks**. That said it's up to Mother Nature how long they will be about for. Unfortunately **Baby Carrots** have now finished, which marks the end in sight for the rest too, so get them while you can!



Piccolo Parsnips have been around for a few years now, and are always a great menu choice. They are small, sweet, and tender **Baby Parsnips**. They are similar to Chantenay Carrots in the way that there is no need to peel them, just top them and cook whole. Get them on the menu they really are very good!!



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