

Market Menu – April

April is a wonderful month, we start to see a lot more interesting fruit and veg although sometimes the beginning of the season starts with some higher prices. We are already stocking Local **Asparagus** from New Home Farm in Ardleigh, Essex. It is a must for all menus!



If we are lucky with the weather we should see English lettuces and spinach near the end of the month. We have also been told to expect local lettuces by the end of the month as well. Varieties including **Lollo Rosso**, **Lollo Bionda**, **Oak Leaf**, **Baby Gems**, and possibly **radicchio** will be available.



Oak Leaf



Lollo Bionda



Lollo Rosso

Jersey Royals are likely to be available throughout the month but will only become reasonably priced towards the end. Their quality is always very good in both mids and wares and availability increases drastically by the end of April.

English Spinach gets better and better as the weather becomes milder.

Dutch Aubergines are rarely anything other than excellent. Their price is as high as their quality in March, but in April they should start to creep back down.

New season **French Turnips** are a real April treat.

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Spanish Onions are coming to the end of their season and will start to deteriorate in quality. **English Onions** are better in quality and flavour at this time of year. **Chilean Onions** will start as well but will come in at a high price although the firm, fresh, large new season bulbs, have a great flavour.

Don't bother to order **Brussel Sprouts** though. If there are any, they're likely to be of poor quality. Spring Greens are a great quality and a special treat.

Hispi Cabbage pops up in March but it's not until the English crop is ready in April that the price falls enough to allow full-scale cabbage abuse.



French and USA **Apples** begin to suffer from ageing and we will turn to Chile and South Africa for our supplies. Coxes fade from the scene too but the Royal Gala are not a bad alternative.

Melon prices often reach ridiculous heights in April as supplies become short. Citrus is between seasons, and can have some pricing swings.

Blood Oranges started early this year so they may not last the month.

Quality problems are likely in **Grapes**. White Seedless usually suffer very badly but some good Chilean fruit may arrive

Price is the main attraction of **Spanish Strawberries**. Sadly, their quality may falter if warm weather hits Spain early. English will be around by mid-month, but are usually watery at first. Dutch are often tastier, but can be quite expensive.

If you are looking for a substitute for fading Bramley Apples, you could do worse than choosing **English Rhubarb**.

Salad crops will also be great quality in spring. **Tomatoes, Lettuce** and **Cucumber** prices should fall as the English production gets underway.

Dutch **Peppers** monopolise the market and as usual they take advantage of the situation by putting prices up, however the quality of them is really unbeatable.

Avocados go through a bad patch as the Spanish season winds down. Fortunately, the South African season is due to start mid-month and the fruit is invariably excellent.

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Wonderful **Wild Garlic** will continue to be a great menu choice throughout the month.



In **Mushrooms, Fresh Morelles** are the fungi stars. They'll be available throughout the month, followed much later by the first **Fresh Ceps** of the season. **St Georges** are supposed to appear on April 23rd but often don't arrive until early May.



Morelles



Cepes



St. Georges

Micro Herbs, Sea Vegetables and other **Specialty Garnishes** are becoming more and more popular. We go to our local farm, Nurtured in Norfolk almost every day to collect the freshest herbs. Their range is massive and is ever growing as the weather starts to warm up. For ideas, new products, and up to date availability please feel free to ring us, or send an email request to sales@angliaproduce.com or visit their new website www.nurturedinnorfolk.co.uk/



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