

Market Menu – August

Expect to see **Spanish Victoria Plums** at the beginning of the month, followed by English in the third or fourth week. Superb **Damsons** should be available too, as will **French Greengages**.

New Bramleys make their first appearance and the **English Dessert Apple** scene begins to take shape. **New Season Golden Delicious** arrives from France towards month end.

Peaches and **Nectarines** are at the top of their game, but **Apricots** begin to disappear towards the end of the month. **Flat Peaches and Nectarines** should still also be of good quality and flavour.

English Cherries start off being amazing quality but they begin to decline in quality towards the end of August and could be gone by the end of the month.

Local Strawberries from New Home Farm, In Ardleigh, Essex have been top quality again this year and should continue to be.

English Sweetcorn will appear this month. The sweet fresh cobs far out shine the taste of any of the imported varieties.



Broad Beans should be a good buy and **English Runner Beans** become excellent value-for-money as are **Fresh Peas**.

Slender tenderstem Broccoli spears are expected to be available throughout the month and are available in 200g punnets as well. **Broccoli** is at the mercy of the weather, but should be good, as long as we don't experience a heatwave.

Cauliflowers in the summer tend to be smaller than the winter varieties and can be discoloured.

Parsnips, Turnips, and Carrots become much more plentiful and therefore better value for money.

English salad growers have not yet mastered the art of growing good **Frisee**, so we continue with beautiful white hearted French heads. **Colchester Rocket** is also of very high quality and good value.

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The month ends on an exciting veg-note with the arrival of the **English Squashes**. Such a wide selection become available, **Acorn, Gem, Spaghetti, and Turk's Turban**, plus many more!



Turks Turban



Acorn Squash



Spaghetti Squash

Rosevale Red-Skinned Mids are set to return for another season. They're at their best in August. **Jersey Royals** will fade, but **English Mids** will be plentiful. Larger **New Potatoes** will begin to set their skins.



Pomegranates are a good choice for summery salads, sauces, and dressings.

You cant go wrong with stunning locally grown mixed **Heritage Tomatoes** from Hillside Nurseries in Dereham, Norfolk (3 Kg Box). They will add amazing colour and loads of flavour to plate..



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Also a great summer option are **Courgette Flowers (currently in boxes of 15)** which can be stuffed with a variety of things like my herby ricotta or my favourite crab meat then tempura battered deep fried.



Peppers represent good value and will have developed good flavour. Even the Dutch crops are often reasonably priced.

Cavalo Nero (AKA Black Cabbage) is now in stock and looking good. Crop will continue to gain in quality and is a great side dish alternative.



In England, autumn's approach is apparent. In Scotland, the signs are more obvious. **Pied De Moutons, Ceps** and **Giroles** all spring forth from the wooded Highlands. They are usually of exceptional quality and keenly priced against French.

Bright green early **Kent Cob Nuts** are the first nuts of autumn. They're beautiful enough to decorate fruit bowls, and cheeseboards and they have a deliciously creamy fresh taste. Try them roasted, chopped into salads or pounded into sauces.

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