

Market Menu – June

June is one of the most exciting months in the fruit and vegetable calendar. **Norfolk Asparagus** is one of the highlights, even though its season officially ends on the 21st of the month.



There are lots of local products in the warehouse now that are of amazing quality including; **Baby Carrots, Baby Leeks, Baby Fennel, Baby Turnips, and Baby Beets** (both golden and purple) from Remfresh Farm in Ardleigh, Essex.

There are also plenty of local salad leaves from Kent in the house like **Lollo Rosso, Lolla Bionda, And Oak Leaf. Rocket** from De-Fries in Boxted, Colchester, is not only a great product but also is great value for money from a passionate local grower.

Soft fruit will try hard to steal the limelight. **Cherries** from France, Spain, Italy, Greece and Turkey reach their best in the first half of the month and, later, scruffy but very tasty **English Cherries** make their debut.



Local Strawberries and Raspberries are very good from New Home Farm, in Ardleigh Essex. With their lovely **Blueberries** soon to follow

Grapes can be a problem but, in recent years, supplies of Californian have started early and have been followed shortly by the Israeli and Cypriot crops. **Citrus fruit** from our hemisphere will end, allowing in supplies from South Africa and South America. The same applies to **Apples**.

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Peaches, Nectarines and **Apricots** will start to come down in price and will taste wonderful too. **Lychees** will be out, **Rambutans** in!



English Peas will be the pick of the market and are just begging to be pureed, blanched, and if you're so inclined spherified. Home produced **Broad Beans** are a must too, as the first of the season are the sweetest.



English Swede should be left off June menus as the crop becomes unacceptably bad. The new season Spanish crop is viewed by most as too expensive. **French Turnips**, though, are a more than adequate alternative. **Parsnips** can become hard to find too.

Tomatoes are at their best, but really tasty ones are hard to find even amongst the mountains of French, Dutch and English fruit available. Other suggestions based on flavour you can always with **Cherry vine**, **Italian Plum** and **Vine Tomatoes** or the 3Kg box of **Heritage Tomatoes** are my favourite.

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Wild Mushrooms begin to show with tight new **Ceps** becoming more plentiful. **Scottish Giroles** may begin show themselves too.

As for your fish dishes, **Samphire** is always a good choice in June. The quality is guaranteed to be superb and also requires little to no prep.

Shallots can be difficult to find until the new season bulbs reach us late in the month. Sweet **English Onions** are a great alternative if the price goes sky high.

Italian White Onions have a sweet, hot, fresh taste, ideal for salads and cooking.

Watercress and **Spring Onions** will be at their best.

Jersey Royals will continue to be great value for money and will still be superb quality. **Washed mids** will be of good quality though they will be Israeli until early July, when new crop English will come in.



[Nurtured In Norfolk](#) products are going from strength to strength, and they are always coming up with new and wonderful garnishes and trying out new things. The range is massive and can be found on their website just click the blue link above. The range is absolutely mind blowing!

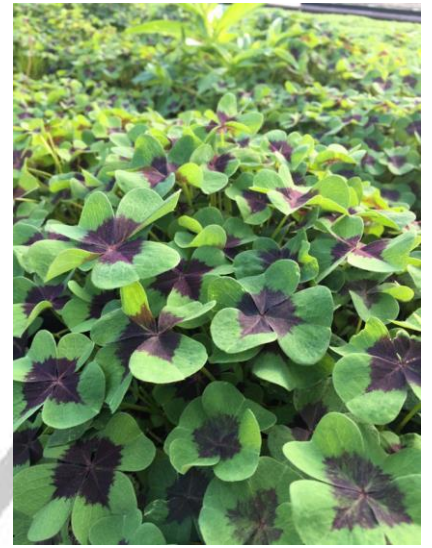
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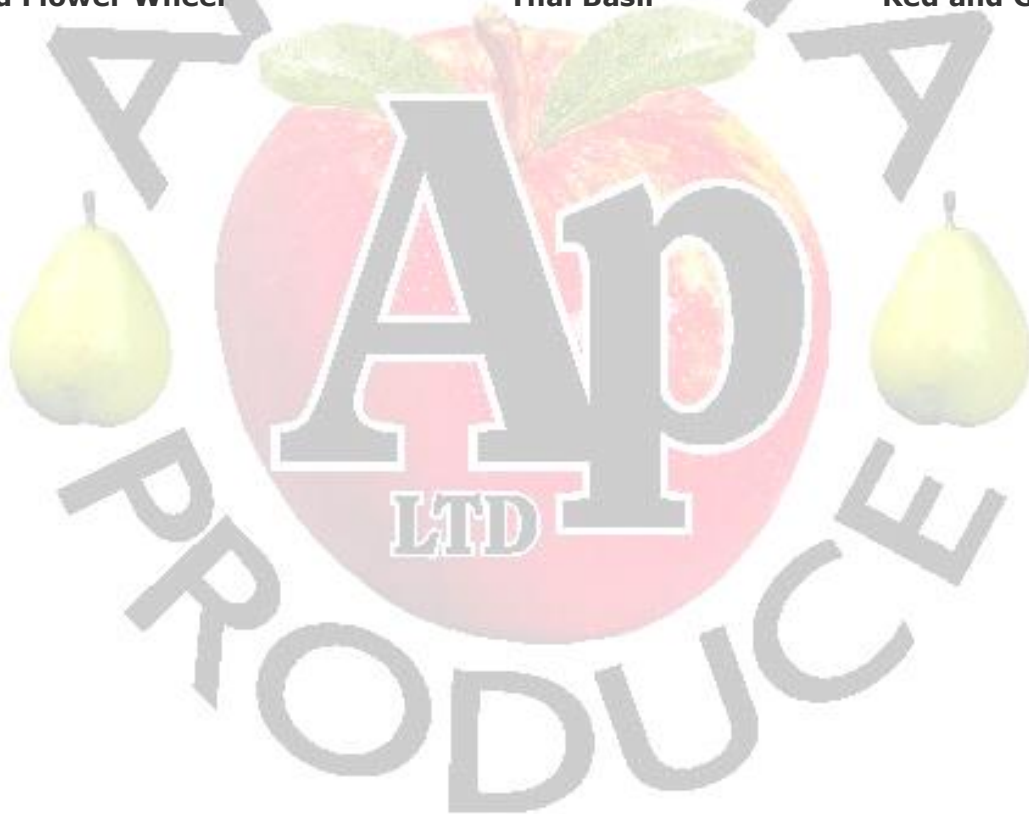
Mixed Flower Wheel



Thai Basil



Red and Green Sorrel



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