

## Seasonal Guide

### Good Value

- |                      |                |                |
|----------------------|----------------|----------------|
| - Butternut Squash   | - Maris Pipers | - Tomatoes     |
| - Sprouting Beans    | - Celeriac     | - Calabrese    |
| - Duchy Fries Potato | - Small Lemons | - Runner Beans |
| - Large Onion        | - Flat Lettuce | - Sweet Potato |



### In Season at Source

**Autumn Squash** - Muscat Pumpkin, Spaghetti, Crown Prince, Gem, Acorn, Kabocha & Onion Squash all available on request

**Conference Pears**

**English Apples** - Cox, Russet, Discovery, Katy, Red Robyn & Bramleys

**Carrots & Parsnips** - New Season English

**Potatoes** - New Season Duchy Fries Chipping Potato

**Isle of Wight Heritage Tomatoes**

**UK Lettuce** - Iceberg, Cos, Little Gem, Lollo & Oakleaf

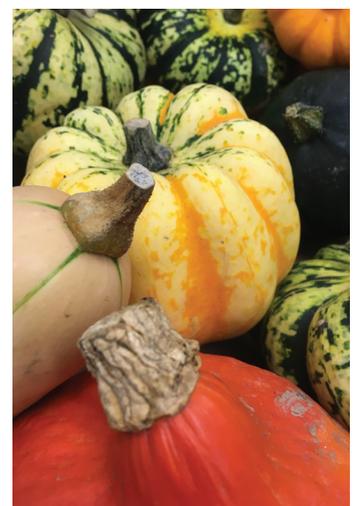
**Broad Beans & English Spring Onion**

**Watercress** - Regular & Babyleaf to Order

**10kg celeriac nets** in for roasts/function menus etc

**Devon Sprouting Beans and Alfalfa Seeds** - nutritious salad option

**Forest Fungi Mushrooms** - fantastic range available to pre-order



### Use with Caution

**Cucumbers** - prices remain high

**Lemons** - price increase before Spanish crop starts in 3-4 weeks

**Limes** - supplies are tight & prices reflect this

All produce is marketed and sold subject to daily grower and market availability. This document is accurate at the point of release 16/09/2024

## Local Produce

The beating heart of the WestCountry food group, built on a daily commitment to sourcing the finest fresh produce from across the southwest and beyond.

### Cornwall

- Micro Herbs / Peashoots, Coriander, Red Radish & Garlic Chive
- Edible Flowers / Mixed & Viola
- Courgette
- Cauliflower / New Season Crop
- Potatoes / Salad Mids, New Season Duchy Fries, Maris Pipers, Prepacked 10x2kg & Washed Ware
- Curly Green & Cavolo Nero Kale
- Red, Savoy & Pointed Cabbage
- Spring Green Cabbage
- Calabrese & Tenderstem
- Purple Sprouting
- Rainbow Chard & Outdoor Rhubarb
- Strawberries
- Runner Bean

### Devon

- Forest Fungi Mushrooms / Shitake, Yellow, Grey & Mixed Oyster & Shimeji (STA 3 day pre-order)
- Sky Sprouts / Sprouting Mixed Beans & Alfalfa Shoot (3 day pre-order)
- Savoy & White Cabbage
- Red Cabbage (STA Limited Supply)
- Watercress
- Lidstone Washed Potatoes
- Bakers 40s, 50s & 60s
- Tenderstem & Calabrese (STA Limited Supply)
- Strawberry & Raspberry (STA Limited Supply)
- Bunched Beetroot (STA Limited Supply)
- Green & Cavolo Nero Kale (STA Limited Supply)
- Parsnips & Swede
- Romanesque & Purple Cauli (Limited Supply)
- Rainbow Chard (STA Limited Supply)



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