

Seasonal Guide

Good Value

- Apples / Braeburn New Zealand
- Local Greens
- Kale / Green & Black
- Citrus Fruit / Ask for smaller Lemons & Yellow Grapefruit
- Exotic Fruit / Unripe Mango, Figs & Pomegranate
- Salads / Vac-pack Beetroot
- Squash / Butternut & Crown Prince
- Potatoes / Washed, Reds & Sweet
- Veg / Swede, Celeriac & Leek
- Berries / Spanish Raspberry & Blueberry

Use with Caution

- Micros/ Shortages, check for availability
- Melons / Prices up for imports, portion control needed
- Soft Fruit / Blackberry, forage if you can
- Chilli / Market prices up
- Citrus / Juicers & Limes, prices up
- Red Chicory / Use yellow for value
- Tomato / Prices up, portion control needed, see below
- Dutch Salad Crops / Greenhouse heaters are being turned off due to energy cost vs yields, switching from Dutch to Spanish

In Season at Source

- WestCountry Gourmet Baby Leaves
- English Eating Apples / volumes lower
- Squash / Autumn varieties & Pumpkins
- Soft Fruit / Strawberry
- Tomato / IOW Mixed Heritage
- Veg / Sweet Corn & Tenderstem
- Potatoes / King Edwards, Chippers & Mids
- Cabbage / Cornish Pointed, Savoy, UK Spring Green, January King, Curly Kale & Cavolo Nero
- Salad / Bunched Radish
- UK Apples / Gala, Cox & Russet
- Sprouts / Season starting
- Exotic Fruit / Figs

On Promotion

Toffee Apples
only 90p each

Chocolate Apples
only 90p each

Extra Large Local Pumpkins
only £3.50 each



Please note all produce is marketed and sold subject to daily grower and market availability.
This document is accurate at the point of release 25/10/2021

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

- Potatoes / 2kg Pre-Packed, Mids, Petite, Washed, Duchy Fries & King Edwards
- Berries / Strawberry
- Microcress / Coriander & Peashoots (STA)
- Veg / Regular, Green & Romanesque Cauliflower, Calabrese & Swede
- Salad / Bunched Radish & Fennel with tops
- Cabbage / Red, Savoy, January King & Hispi and Cavolo Nero, Russian & Curly Green Kale
- Tomato / Mixed Cherry
- Squash / Patti Pan & Pumpkins
- Canara Farm / Break in harvest until Winter Crops

Devon

- Potatoes / 40s Bakers & Washed Marfona
- Salad / Red Beetroot
- Veg / Swede, Parsnip & Cauliflower
- Cabbage / Savoy & Hispi, Curly Kale & Cavolo Nero
- Soft Fruit / Strawberry
- Rainbow Chard
- Mushroom / Forest Fungi Gourmet Mix (pre-order required)

English Highlights

- Apples / Cox, Gala & Russet
 - Squash / Gem, Onion, Crown Prince, Mixed Box & Pumpkins
 - Rainbow Chard
 - Lettuce / Gem, Cos, Iceberg & Flat
 - Salad / Red, Candy & Golden Beets
 - Veg / Carrot & Chantenay, Parsnip & Piccolo, Turnip, Purple Sprouting Broccoli, Sprouts & Kohlrabi
 - Tomatoes / Isle of Wight Heritage Mix
- For a full list view our weekly newsletter or ask our team



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