



MARKET REPORT – JUNE 17



Is there anything lovelier than the beginning of summer? June brings with it plenty of sunshine, and a general lightness that is reflected in menu choices featuring plenty of fresh vegetables and juicy fruit. Not to mention the fact that it's World Meat Free Day on 12th June – what better excuse to turn to mouth-watering fresh produce?



Along with the sunshine, June brings a welcome flourish of colour out in markets packed full of seasonal British produce. It's been a great season for **Asparagus**, which we're now coming to the slightly premature end of...so snap it up quickly.



Heritage Tomatoes are particularly fabulous for those light summery salads, and you'll still find plenty of fantastic **Broccoli**, **Cauliflowers**, **New Potatoes** and **Spring Greens** available. **Peas**, **Celery** and **Broad Beans** are lovely at this time of year, and just the thing to help bring a simple feta cheese salad to life.



Courgettes remain a good value purchase, whilst English **Lettuces** are particularly lush. If you *insist* on buying Continental produce over British, you'll find plenty of **Aubergine**, **Fennel**, **Peppers** and multi-coloured **Carrots** available.



We shouldn't forget the abundance of fresh herbs around now, including **Mint**, **Dill**, **Parsley** and the blooming **Coriander**. **Elderflower** is a wonderful seasonal addition, too.



On the home-grown fruit front, as you might expect, summer berries are out in force to brighten up your seasonal platters – with plenty of colourful **Blueberries**, **Raspberries** and **Strawberries**. **Cherries**, both homegrown and Continental, are in good supply so this should also translate to good value, whilst **Peaches** and **Nectarines** are not yet at their height. Sit tight on these and prices will start to fall as quantity and quality rise.



Apricots are good value and great eating, whilst from Spain, **Plums** are becoming more abundant. Be cautious with citrus fruits such as **Lemons** and **Limes**, however, as the low-yield season means these are in shorter supply – and therefore more expensive.



You'll find **Melons** are really in their prime now...ideal for a hot summer's day. Galia and Canteloupe varieties are particularly recommended. Those looking for something a tad more exotic to liven up their dishes should consider **Mangoes**, **Figs** and **Papaya**, direct from sun-soaked Venezuela and Brazil.



We hope you're enjoying the onset of summer as much as we are, and until next month we wish you plenty of happy menu planning.

