



MARKET REPORT – MARCH 2017



After what has seemed like forever, we're finally springing into Spring with the type of weather that means leaving the winter coats firmly at home (if not the umbrella just yet).

Colourful bursts of flowers are starting to bloom beautifully, and with the European climate regulating, the market is finally starting to get back to normal with a wonderful selection of great value produce that will add some tasty and seasonal colour to your dishes.



Easter falls in April this year, but traditional Sunday roast dinners for Mother's Day will no doubt be very much on the menu. So, it's a good thing the great British **Cauliflower** is still ahead on price this month – and why not brighten up your plates with some purple and orange **Chantenay Carrots**, readily available? Generally, brassicas are still doing well and still good value, with plenty of early **Jersey Royals** on hand too.



Salad-wise, Iceberg **Lettuce** is currently the best value, and as volumes slowly start to rise, prices are finally dropping on other varieties. Italian **Radicchio** is especially great tasting at this time of year. On the tomato front, many varieties are starting to flourish and **Cherry Tomatoes** are lovely and juicy now, if not the cheapest available – in fact, just like **Cherries** themselves.



The French climate is, of course, warmer than ours, so we're seeing fresh spring crops of Gallic **Asparagus** and beautifully mellow **Wild Garlic**...though there are some British varieties of both emerging too, for the truly patriotic. The French are also great for early **Strawberries** that provide a tempting hint of summer, just starting to arrive along with the trusty Spanish which are good value now.



Staying on the fruit track, a **Plum** crumble always goes down well (with custard of course.) and the red ones from South Africa are deliciously ripe. Now is the time for the last batch of **Forced Rhubarb**, and all-English **Conference Pears** and **Braeburn Apples** are reliable, well-priced mainstays.



For a taste of the slightly more exotic, Italian **Blood Oranges** are doing very well now, and **Kaffir Limes** are in plentiful abundance for citrus cocktails or even just brightening up the odd G&T. Late variety **Nardacott Clementines** are still available, and dependably tasty.



Though the sun is starting to shine, it's not quite enough for a good crop of **Peaches** or **Nectarines** just yet. It's best to wait for later on in the year for their quality to rise – and at the moment at least, the same goes for **Apricots**.



So that about wraps it up for March – wishing you some very happy spring menu planning, and we'll see you again in April.

