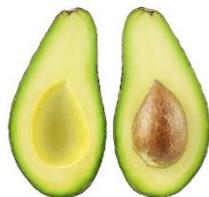




MARKET REPORT – MAY 2017



With two Bank Holidays bookending May, and the Financial Times publishing a recent feature all about the rocketing prices of avocados, you could definitely say this is quite a hectic month. Luckily, we've still got time to tell you more about May's best – and worst – buys and flavours on the fresh produce front.



The reason for the **Avocado**-based panic is due to bad weather conditions in Mexico, the world's leading producer of the fruit. Peruvian avocados previously bound for Europe are therefore being relocated to the US, leaving our supplies in decline...and also, unfortunately, at much higher prices.



Other shortages are expected as we begin the transition from Moroccan and Spanish crops to UK-grown, and this is currently affecting peas such as **Sugar Snap** and **Mangetout**, along with selected varieties of herbs. We are approaching the end of the Spanish season for **Strawberries**, though availability – and therefore price – won't be a problem if you're looking to add some sunshine to your dessert menus.



Salad-wise, expect smaller quantities of lettuce including **Lollo Rosso** and **Red Oakleaf** until UK crops begin to gather momentum towards the end of May.



It's not all bad news, though. We're proud to start on highlighting the very best of British this month, including beautiful brassicas such as **Cavolo Nero** and **Curly Kale**, both at their best at this spring time of year and packed with antioxidants that will lighten up your plates in time for those pre-summer holiday health kicks.



Fabulous **Jersey Royals**, the traditional benchmark of British quality and a truly wonderful opening to the UK season, are in abundance too, and at their most flavoursome right up until June. Of course, **Asparagus** is a real spring mainstay and we're starting to see some long-awaited homegrown varieties at the moment – delicious when steamed at its simplest, with perhaps a twist of **Lemon** to bring out the earthy flavour.



Chantenay Carrots are also a good buy and particularly delicious at this time of year, along with the ever-reliable **Spring Greens**...ideal with roast lamb.



Fruit-wise, the seasonally definitive British **Bramley Apple** makes a wonderful crumble or tarte tatin, and its amazing versatility means you can also whip up a few compotes and sauces. **Pomegranates** are harvesting well at the moment, too.



As ever, we wish you a fantastic month of recipes, and hope you're as excited as we are about the beginning of summer in June – with the emergence of the very best of British crops. We'll see you then with our next market report.

