

## 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

