

Fresh



NOVEMBER 2022



Ready, Set, ...Xmas Prep

Winter starts next month so it's time to enjoy the last fruits of autumn and get stuck in to pre-Xmas planning and prep. There's still tons of fresh UK grown produce out there – and with a bit of butter and garlic our great value, locally grown greens – cabbages, kales, broccolis, sprouts – can be served alongside just about any dish.

White and red cabbage remains plentiful and top value for winter salads. Add some early cranberries and English apples to your order and start prepping for braised red cabbage, spicy pickles and relishes. Hearty fresh roots are available too so add flavour and bulk out mains with new season carrots, swedes, turnips and beetroot. Or liven up your potato offer by mashing main crop with other roots, or serve mashed and roast celeriac and Jerusalem artichoke gratin.

Look out for some delicious new season melons from the southern hemisphere and European easy peeler oranges to brighten up deserts.

What's in season this November?

Beginning

- | | |
|---------------------|---------------------|
| • Cranberries | US fresh |
| • Easy Peel Oranges | Northern hemisphere |
| • Melons | Southern hemisphere |
| • Sprout Tops | UK north |

Mid

- | | |
|------------------------|--------------------|
| • Apples | UK |
| • Artichokes Jerusalem | UK & France |
| • Beetroot | UK bunched & loose |
| • Brussels Sprouts | Lancashire |
| • Carrots Chantenay | UK |
| • Cauliflower | UK – great quality |
| • Cavolo Nero | UK |
| • Celeriac | UK |
| • Curly Kale | Yorks & Lancs |
| • Parsnips | Yorkshire |
| • Potatoes | UK main crop |
| • Red Cabbage | UK great value |
| • Romanesco | UK |
| • Savoy Cabbage | UK |
| • Spring Greens | UK |
| • Swede | UK |
| • Tenderstem Broccoli | UK |

Ending

- | | |
|----------|--|
| • Marrow | UK |
| • Squash | UK ends – Butternut/
French pumpkins
available |

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FRESH VALUE

FOR NOVEMBER

Stock up and start your Xmas prep now with these 12 best-price picks.



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