

Fresh

JANUARY 2023



With chilly temperatures in full force and customers looking for an alternative to turkey, January is the perfect month to make the most of the fresh seasonal ingredients available.

Take advantage of hearty veg such as carrots, cabbage and turnip perfect for warming winter soups served with crusty bread. Or why not simply roast or sautee the veg to make creative sides to accompany a roast dinner or homemade pie?

UK grown purple sprouting broccoli will bring a welcome colour to a winter plate and has the added bonus of being super nutritious for those customers on a new year health drive!

The month sees the arrival of Spanish blood and Seville oranges to liven up desserts – and Yorkshire forced rhubarb is back. The pale pink stems pack a punch of flavour and are a real treat that never disappoints. A delicious crumble is a dessert winner, and to mix up the combinations why not make use of the last of the English apples or freeze some for serving later in the year?

What's in season this January?

Beginning

- **Purple Sprouting Broccoli** UK grown, great quality
- **Rhubarb** Yorkshire Forced
- **Blood Oranges** Spain
- **Seville Oranges** Spain

Mid

- **Jerusalem Artichokes** Good sized UK
- **Beetroot** UK bunched and loose
- **Brussels Sprouts** Great UK supply
- **Carrots** UK season
- **Cavolo Nero** Lincolnshire
- **Curly Kale** Local and great supply
- **Leeks** Lancashire
- **Potatoes** UK grown mids – Maris Piper
- **Red Cabbage** UK – great value
- **Turnips** UK
- **Savoy Cabbage** UK and Lincolnshire
- **Spring Green Cabbage** UK produce
- **Swede** Local and Scottish
- **Tenderstem Broccoli** Great UK options

Ending

- **Apples** English season ends
- **Chestnuts** Short season over

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