

Fresh



MARCH 2023



Time
to go
green

It's the official start of spring and that's great news for chefs who favour putting as much British produce as they can on menus.

Although supplies of certain salads, tomatoes, herbs and veg from southern Europe and north Africa look likely to remain unpredictable for the next few weeks, there's lots more UK produce to choose from.

Look out for our lovely greens – new season's spring greens, leeks, savoy cabbage, kale and purple sprouting broccoli. Tender and full of flavour, they require hardly any prep, cooking time or finishing. Globe artichokes and field-grown rhubarb will also be appearing soon and the first Jersey Royals – fresh tastes and treats that will delight your customers.

Green shoots mean foraging is back too. Yorkshire-foraged wild garlic is fresh and versatile, and so are nettle leaves. And for something a bit different, add a case of moolis to your order. Packed with vitamins, potassium and iron, moolis are a type of radish and can be grated into salads, or cooked in soups, stews, Indian and Asian dishes. Almost 99% is edible so there's virtually no waste. For some colour, candy-stripe and golden beetroot are also available. Salt-bake to lock in the flavours and colours.

What's in season this March?

Beginning

- **Artichoke, Globe** UK and France
- **Savoy Cabbage** Lancashire
- **Hispi Cabbage** Portugal
- **Potatoes, Jersey** Mid-month – weather permitting
- **Rhubarb** Lancashire – field-grown
- **Wild Garlic** Yorkshire-foraged

Mid

- **Jerusalem Artichokes** Good-sized UK
- **Beetroot** UK-bunched and loose
- **Chantenay Carrot** UK season
- **Carrots** Lancashire/Scotland
- **Cauliflower** French/English
- **Celeriac** Evesham/France
- **Curly Kale** Lancashire and UK
- **Leeks** Lancashire
- **Purple Sprouting Broccoli** Weather dependent
- **Onions** UK/Spain
- **Parsnips** Yorkshire parsnips
- **Potatoes** Main crop
- **Red Cabbage** Lincolnshire
- **Salsify** Root veg
- **Spring Green Cabbage** UK produce
- **Swede** Scottish
- **Tenderstem Broccoli** Great UK options

Ending

- **Cavalo Nero** UK season over
- **Rhubarb, Yorkshire** Forced rhubarb – now finished

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