

Fresh



APRIL 2023



Spring produce for your menu

Spring is now in full swing, and it's time to swap those heavy winter dishes for lighter ones and spice up your menu with springtime classics.

April is an exciting month for crisp springtime ingredients like asparagus, chard and rhubarb. Rhubarb is great in both sweet and savoury spring dishes, with great UK availability in both Yorkshire and Lancashire.

Due to weather patterns, some home grown crops may be in short supply this spring, including leeks, cauliflowers and carrots, but we are maintaining availability and also have a steady European supply. Spruce up some cabbage to make some premium sides, with wonderfully sweet red cabbage from all over England, good quality white from Lincolnshire and spring greens from Lancashire.

Foraged and wild ingredients are also still in season from wild garlic to young nettles. These will add the perfect finishing local touches to your menu. Melons are also back so look out for these fresh juicy options for desserts, salads and starters – guaranteed to wake up your customers' taste buds.

What's in season this April?

Beginning

- **Asparagus** English
- **Chard** Swiss and Rainbow from Evesham
- **Melons** Cantaloupe/Galia/Honeydew – prices will fall soon
- **Potatoes New** Cornwall/Cheshire – expensive to start
- **Strawberries** Holland/UK

Mid

- **Beetroot** UK
- **Cauliflower** UK/France
- **Celeriac** UK/Holland
- **Onions** UK
- **Rhubarb** Yorkshire & Lancashire – Good Availability
- **Red Cabbage** UK/Holland – Beautifully Sweet
- **Spring Green Cabbage** Lancashire
- **Wild Garlic** UK – Weather Dependent
- **Swede** Scotland
- **White Cabbage** Lincolnshire

Ending

- **Carrots** UK/Europe
- **Leeks** UK/France/Belgium
- **Parsnips** UK – product finished
- **Salsify** UK
- **Savoy Cabbage** France
- **Tenderstem Broccoli** Kenya
- **Turnips** UK – Outdoors

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