

# CREAM OF THE CROP

As fresh as it gets!



## Market Report March/April 2012



## Vegetables

We're officially in Spring and as well as the lovely rise in temperature COTC are very excited for the new English Variety of **Asparagus**, **Wild Garlic** and **Jersey Royals** in the Market.



**Did you know...** Pumpkins and Avocados are actually fruits not vegetables!



**Jersey Mids & Wares** are just starting to enter the market. It's the first of the new season so its not cheap but the taste and price should improve as the season progresses, so watch this space!

**English Wild Garlic** has started which is also one of the first signs of Spring. **Wild Garlic** is native to the UK and is an indicator of an ancient woodland. The plant blooms between April and June and is one of our favourite sights of the year, each beautiful cluster of star-shaped white flowers forms. The flowers are also edible and make an impressing garnish. Also garlic is incredibly healthy, what more could you ask for?

We have welcomed the first of the **Spanish** and **Italian** fresh **Peas** and **Broad Beans**, they are looking and tasting great. The price will improve as the season progresses.

**Turkish Morrel Mushrooms** are great at the moment, the price is quite steep but they are worth it. **Girole Mushrooms** however, are still causing a problem. Availability is very hit and miss so it may be best to steer clear for the time being. You will be pleased to know we have got the first of the **English Asparagus** coming in fresh this week. The price is very high now but will come down in the coming weeks as the season kicks in.

## Warning!



The new legislation (E.U Battery Hen Ban) and rising farming costs are causing there to be a **major shortage** on eggs. This unfortunately means the price has increased, so please keep this in mind.



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## Fruit

We are expecting the **English Mix Heritage Tomatoes** in any day now, Our friends at Nutbourne Nursery have been providing us with excellent quality mix tomatoes for 4 years and they never fail to disappoint.

**Strawberries** have really improved, they are the **Spanish** variety. They are a good flavour, deep colour and very easy on the pocket. If your looking for something a bit more luxurious I would recommend **Garriguette Strawberries**. The most fragrant strawberry variety and makes the most fantastic strawberry sorbet. They are from Rungis Market, France and need to be pre ordered.

Lovely **Lychees** are coming in from Madagascar very plentiful. Make the most of it while you can, the season is very short!

Our **Ready To Eat Air Freight Mangos** are great as usual, their highly sweet flavour is always very popular so I would recommend giving them a try.

The **Passion Fruit** has to be one of the most alluring scented of all fruits. Although its not exactly a local fruit, thanks to good quality imports they are conveniently available most of the year. **Passion Fruit** can be enjoyed on its own, on yoghurt or ice-cream or use their fantastic flavour for a variety of desserts.

**Pomegranates** are in their prime at the moment. Their glossy, leathery skin contains hundreds of bright red pulp which provides not only an attractive appearance on plates but the sweet-sharp juice adds excitement to both sweet or savoury dishes.



## Salads



The **Dutch** salad season is nearly upon us, as we progress into the season the current high prices should start to decrease as the weather warms up. **Dutch Green Tomatoes** have arrived and are looking great. These will soon be followed by **Orange and Yellow Vine Tomatoes**. We have also just seen **Dutch Aubergines** entering the market, looking lovely.

Our **Ready to Eat Hass Avocados** are nice and ripe inside while having a creamy soft flesh inside. Our **Hass Variety** has a distinctive nutty flavour and can be used as soon as they arrive. If your looking for a cheaper avo, we also sell a value variety, but they are quite a lot firmer and can take a while to ripen.

**Did you know...**A banana ripens quickly (overnight), when you put it into a paperbag with a tomato or apple!

