

August's Seasonal Guide

Our expert buyers bringing you the most up to date information on market availability, what's in season and what's changing.

In Season from Cornwall

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| • Duchy Fries | • Courgette | • Red Cabbage | • Cavolo Nero |
| • Washed Ware Potatoes | • French Beans | • White Cabbage | • Cauliflower |
| • Salad Mid Potatoes | • Cherry Tomato | • Savoy Cabbage | • Calabrese/Broccoli |
| • Pre-packed Potatoes 2kg | • Hispi Cabbage | • Pointed Cabbage | • Tenderstem |
| • Blueberries | • Runner Beans | • Green Kale | • Green Kale |
| • Rainbow Chard | • Oregano | • Land Cress | • Strawberries |
| • Gooseberries | • Raspberries | • Redcurrants | • Blackcurrants |
| • Rhubarb | • Edible Flowers | • Micro Coriander | • Pea shoot Tendrils |

In Season from Devon

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| • Martin Berryman , South Milton | - Tender-stem, Red Cabbage, Broccoli, Savoy Cabbage, Kale |
| • Sky Sprouts , Totnes | - Sprouting mixed beans, Alfa Alfa shoots. |
| • The Watercress Co. , Dorchester | - Watercress 100g |
| • Anthony Thorne , CREDITON | - Strawberries, Rhubarb, Beetroot, Cauliflower, Red & Savoy Cabbage |
| • Lidstone A J & Sons , Kingsbridge | - Washed Marfona, Bakers 40s, 50s, 60s (New Season mid July) |
| • Frank Clarks & Sons , Cullompton | - Swede , Parsnip 5kg (New season mid July) |
| • Forest Fungi , Dawlish Warren | - Mixed Gourmet Mushroom, Shiitake, Shiro & Buna Shimeji |
| | Oyster mushrooms (grey, pink, yellow) |

Seasonal Changes

- Potatoes - new season
- Large Onion - new season Spanish
- Swede - new season UK

