

October Seasonal Guide

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

Seasonal Highlight - Pumpkins & Squashes

October brings a whole host of edible squash, gourds and pumpkins with carving pumpkins grown nearby to our Devon and Cornwall depots from longstanding local growers.

Shop our **'Squash Mixed'** box for a variety of squashes.



In Peak Season

As the weather cools we celebrate the peak of greens and root vegetables. British locally sourced produce is currently plentiful and very good condition.



Red Beetroot

Available from Thorne's Farm in Devon.



Cauliflower

Locally grown including Romanesque available.



Pickling Onions

The perfect time to start pickling for Christmas menus.



Cabbages

Savoy, pointed, spring green, red and white all available locally.



Kale

Great quality both green kale and cavolo nero available locally.



Broccoli

Cornish Calabrese, Purple Sprouting & Tenderstem available.



Leeks

Grown locally from two farms in Cornwall.



Potatoes

Red Monte Carlo now available, locally grown and great for mash.



Apples

British Cox, Russet and Bramley now in season.



Mixed Mushrooms

Gourmet mushrooms from Forest Fungi in Dawlish.



Lions Mane & Oyster

Local Lions Mane and Oyster mushrooms available.



Parsley

Curly Parsley and Flat Parsley available from Luscombe Farm.

Seasonal Changes

- French plums season now finished, onto Italian harder fruit.
- Lemons moving from Southern hemisphere to Northern, initial shortfall in volume, but better quality.
- UK blackberry season is finishing and prices will increase as we reach out for imported.
- Nardicott clementines season has started, eating very well.
- Turkish figs season has started (usually Brazilian), therefore the price is likely to improve.

All produce is marketed and sold subject to daily grower and market availability.

This document is accurate at the point of release.