

## JANUARY



It's a rainbow of citrus here at the Market. Seville oranges (for marmalade) have now arrived for their short season. These join leafy oranges from southern Europe, blood oranges from Sicily and Spain and the variety 'Chocolate Orange', which is on trend this year.

Other citrus includes clementines, bergamot, nadorcotts and kumquats.

Brassicas are on form, of course. Sprouts and their tops are not just for Christmas – new crops now available. All the kales are prime season.

All roots are in fine fettle, including beetroot, carrots and niche lines such as chervil root, leafy celeriac, salsify and parsley root.

All types of radish are ready. Look out for Breakfast, Red Meat, Purple Meat and Watermelon.

For other salad crops, watch out for fennel, puntarelle and the radicchios such as Tardivo, Rosa and Castelfranco. During the colder months, parsley is one of the most robust herbs.

January is a good month for artichokes such as Purple Violet and Globe. Aubergines and squashes are also on hand.

English apples and pears are still eating beautifully out of the cold store.

Other recommended fruits include lychees, mangoes, quince and pomegranate.

Don't forget the humble chilli to spice up your plate. There are dozens of varieties available.

Not long now until the first Yorkshire forced rhubarb, a unique British product and one of our very favourites!

**By Tom Moggach (on behalf of Kirby's Fresh Produce)**

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