

JULY



London has been sweltering and the market is bursting with choice. Fruit brings lashings of colour.

English cherries are on good form. Not the cheapest, but top quality.

Stone fruits are real highlight of this month; Spanish nectarines in force alongside flat and round peaches (including white), plums and apricots.

It's still a touch early for English plums. Expect the first Discovery apples next month.

British gooseberries have arrived, too – both green and red for the latter.

From further afield, you'll also find white and red currants, raspberries, blueberries, blackberries and black currants.

English Black currants made their first appearance – you need to be quick – they may be gone within few weeks.

British field-grown rhubarb is also available.

For other fruit, melons of all sorts are a good bet. The outstanding one is Italian stripy Cantaloupe melon – extraordinary smell and lovely flavour!

For home grown veg, runner beans are a highlight, joining broad beans and peas. English and Spanish asparagus are finished and now we switched to pricey South American.

Brassicas such as pointed and Savoy cabbage and kales are on good form.

Tomatoes, marrows, courgettes, spring onions, kohlrabi, banana shallots, chard, beetroot and bunched carrots are also looking good.

English salads are in their prime.

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JULY CONTINUED



Sweetcorn is still French - we need some serious sun before English crops will ripen up.

From the Continent, you may find fennel, Borlotti beans, Coco de Paimpol beans, courgette flowers, stripy aubergines, fresh almonds, artichokes, Romanesco and more.

The Gariguette Strawberries are still going strong.

July is a poor month for wild mushrooms. Morels are all but over.

See you in August - plums and apples coming up!

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

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T: 0207 622 4494 **F:** 0207 720 5352 **E:** info@kirbysproduce.com **W:** www.kirbysproduce.com