

## OCTOBER



Fantastic colour from the first citrus of the year, including Miyagawa clementines. You'll find some green citrus picked early when their essential oils are at their peak.

Niche fruits such as bergamots and cedro available; large leafy oranges just starting from Southern Europe.

UK apples are in their prime - varieties at time of writing include Gala, Cox, Bramleys and Russets. Conference pears are also now here.

Gorgeous UK squashes - dozens of varieties (mixed, Crown Prince, Onion...) English Carving Pumpkins just started with different sizes.

Other autumn lines include chestnuts in their shell and wet walnuts.

UK brassicas are back as the weather gets colder: purple sprouting, kales, sprouts and their tops.

You can still find UK green and yellow fine beans, too.

Roots include Jerusalem artichokes - plus specialities such as chervil root, parsley root and speciality radishes such as Red Meat.

Bursa black figs are still one of the highlights.

It's good time for grapes, including Muscat.

Other fruit highlights are Osteen mangoes, quince and custard apples.

Wild mushrooms include Ceps, Trompette and Chanterelle.

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

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