

## SEPTEMBER



The mood has shifted on Buyer's Walk, as summer slides into autumn.

UK fruit includes early apples such as russets, Worcester, Robin, Cox and Early Windsor, plus soft fruits – blueberries, blackberries, raspberries and the end of the strawberries.

Cobnuts are now in their golden stage with a full flavour. Plums are also in peak season. (You will also find Mirabelle, damsons and greengages).

Highlights of UK veg include sweetcorn, autumn squashes (mixed, patty pan, little gem, etc...) and all the roots.

Runner beans are on fine form and you will still find broad beans and the last of the home-grown peas. (Other beans available include Italian Borlotti and Coco beans from France).

Salads are still strong – watercress is particularly good at this time of year.

From across the Channel, you will see imports of speciality root crops such as chervil and parsley root and sand carrots.

Jerusalem artichokes are also in season and it's a fine time for wild mushrooms – especially ceps and girolle.

September is a good month for figs. There are high end French figs on the Market but look to Bursa black figs from Turkey for the best value. These will be abundant for the next couple of months.

Other speciality crops include Lautrec garlic, with its lovely pink colour. There are also excellent tomatoes on the Market – a huge range of varieties.

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

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