

AUGUST

You'll need your sunglasses this August – there's a rainbow of fresh produce here on the Market.

British produce is abundant. Soft fruit still strong includes gooseberries, raspberries, currants, blueberries and strawberries.

English cherries are coming to the end of their season. Not long now until the first home-grown apples, with Discovery variety leading the way. Cobnuts also are imminent.

British plums are here – early varieties such as Opal and Victoria's.

Stone fruit from the Continent is superb. Apricots are tailing off, but peaches and nectarines are on hand.

On the veg front, it's a fantastic time for beans. English Green and Yellow Fine Beans have started. English Runner Beans are shading away due to hot weather but you can still find some Broad Beans.

Other lines include excellent French garlic, smoked garlic, girolle mushrooms and the full gamut of courgettes including patty pans and round.

Other UK produce includes courgettes, carrots, beets, cabbages, salads, kales, marrows and sweetcorn. The first of summer squashes appeared.

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

Looking for a trusted produce supplier? Get in touch...

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