

JUNE

Cherries, apricots, nectarines and peaches – it's time for the stone fruit to shine!

Most of cherries at the moment are Spanish and French but English cherries should be along towards the end of the month.

The market is awash with the other stone fruit too, including nectarines, peaches, flat peaches and apricots.

English strawberries are the other big story. They fly out quick, so get here early to be sure of claiming your stock. There are Belgium and Dutch Strawberries also available.

Peas and broad beans are plentiful – English new crop! English runner beans have not yet hit their stride.

English salads are going strong now after a late start, especially with the recent mix of sun and rain. Expect the full range, including Little Germ, Iceberg, butterhead and spinach. First of English radicchio just arrived!

British tomatoes and cucumbers are also plentiful. There's a glorious range of tomatoes, including heritage from Nutbourne Nurseries and Westlands.

Among the brassicas, British Spring Leaves, Hispi cabbages and kale are your best bet.

Nettles and elderflower are other foraged delights from the British Isles.

British-grown outdoor rhubarb is highly recommended.

The first local green gooseberries just appeared. Home grown options include strawberries, blackberries and raspberries Currants are still foreign.

Continental specialties include aubergines, borlotti, peppers, courgettes (incl. flowers), radish, celeriac and fresh almonds. Fresh Corn on the Cob with husks has just started and is coming from Morocco.

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Melons are also gathering momentum – Spanish and Italian. Main varieties are Cantaloupe, Gala, Honeydew and watermelon.

You can also find wild asparagus – the ancient ancestor of modern cultivars.

Wild garlic edging towards out of season with last French available.

For radicchio, note that tardivo and the larger pink rosa are all but over. You'll still find speckled Castelfranco.

Wild mushrooms include: cep, mousseron, girolle and morel.

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