

LENARDS OF COVENT GARDEN MARKET REPORT

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01st August 2016

English Asparagus has now finished and we have moved onto Mexican, with the quality remaining just as good.

There is Dutch White Asparagus around, but it is very expensive.

Corn in the cob in husk is now in full swing!

Stone Fruit

- Peaches and Nectarines are still going strong.
- Apricots and Cherries will finish shortly so make the most of them.
- French Greengages have now started and although they are expensive, in our opinion worth the money!
- English Greengages will start soon, but nobody produces them like the French!

French Cobnuts have started, meaning English will follow soon.

Artichokes

- = Globe Artichokes are available in a very large French, or a medium organic English.
- = Jerusalem Artichokes have risen in price, which is due to the availability!
- = On a positive note Baby Artichokes have finally come down in price!

Salads

All salads are now English and at their very best.

Salads available are:

Little Gem
Cos
Iceberg
Radicchio
Round Lettuce
Baby Red Chard
Bulls Blood

Tomatoes

Good tomatoes that are available on the market are:

- = Baby Plum
- = Long Pointed San
Manzanno
- = Heirloom – French and English
- = Red and Yellow
Cherry Vine.

Jersey Mids have finished, as an alternative there are some excellent quality potatoes from Norfolk available!

Very good Red and White chicory around. Just be aware that Red is expensive.

Berries and Currants

All UK berries available – Strawberries, Raspberries, Blackberries and Blueberries.
Also Red, White and Black currants.

Still some very good Broad Beans and Peas around, along with Runner Beans.

Bobby Beans are excellent value for money at minute!

Just a quick note that we also stock a variety of Dairy Products. If you would like a dairy list please email us at lenards@btconnect.com or contact Paul on 0207 498 0927.