

# LENARDS OF COVENT GARDEN MARKET REPORT

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Blood Oranges currently at their cheapest and their best! Along with Yorkshire Forced Rhubarb, both Thick and Thin. The Thin Rhubarb is cheaper at the moment.

Portuguese Hispi Cabbage is around as a substitute for Brussel Tops, as they have now finished.

Also there is Cavolo Nero, Curly Kale (red and green), Savoy Cabbage and Spring Green around.

## FROM FRANCE –

Jerusalem Artichokes  
Large Globe Artichokes  
Baby Artichokes  
Japanese Artichokes  
(Crones)

English Purple Sprouting Broccoli is around, but expensive!

Also on the expensive side is French Spinach, although the quality is second to none!

Spanish Peppers are coming to an end, hence why the price is rising!

## Italian Produce (available twice weekly)

### Trevisse – Large and Spikey

Cima De Rappi  
Leafy Lemons  
Chipolini Onions  
San Mezzano Tomatoes  
Leafy Celery  
Punterella  
Chicoria

English Braeburn apples and Conference Pears are very good at the minute.

Clementines have now finished and we have moved onto Nardacottes, they are a little more expensive but well worth it.

South African Stone Fruit has finished, apart from Plums which are still going strong.

Air Freight Mangoes and Paw Paw from Brazil are very good.

## Lovely Spanish Lettuces around at the moment –

Cos  
Little Gem  
Iceberg  
Pousse  
Baby Red Chard  
Red Mustard

Also some good French Swiss Chard around both Green and Mixed.

There are Currants and Berries around from various parts of the world. They all look very nice but in our opinion do not taste great.

Some good Root Veg around –

Parsnips  
Turnips  
Swede  
Celearc

If you're fed up with the root veg it is not long until Italian Broad Bean and Peas start.