

LENARDS OF COVENT GARDEN MARKET REPORT

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January 2017

ENGLISH PRODUCE

Below is the lovely variety of English Produce around at the moment!

Greens:

Savoy Cabbage
Hispi Cabbage
Spring Green
Cavelo Nero
Purple Sprouting
Tender Stem Broccoli

Kale:

Curly Kale
Regular Green
Purple
Variegated Kale

Potatoes:

There are New Potatoes from Norfolk and if you want to go or something different there is also Pink Fur Apple, Ratte and Black Potatoes.

Root Veg:

Swede
Turnip
Parsnip
Celeriac

There is some lovely English Forced Rhubarb!

From Italy there is the first arrival of:

Monks Beard
Blood Oranges

Also around from Italy:

Rappini
Punterella
Chicoria
Chipolini
Leafy Lemons
Leafy Clems
Bergamont Lemons

The Cape season is in Full Swing. They never disappoint us, and there are some excellent:

Nectarines
Peaches
Apricots
Plums
Black and White Grape

Air Freight Mango and Paw Paw from Brazil.

Please be aware that there are Chilean Cherries around but they are very expensive.

There are also some French artichokes around and Chervil/Parsley Root.

The English Berries are now finished and unfortunately nobody does berries like us! Across the board they are all expensive and not full of the flavour we have been used to over the last few months.

As you are aware the continent has been experiencing some severe weather, meaning that the price of Courgettes and Broccoli in particular have sky rocketed! We are hoping it is short lived.

On the Salad front the English Season is now over. We have moved onto Spanish Leaves which are good quality but a tad more expensive as they have come from further afield. The best of the bunch is:

Baby Red Chard
Bulls Blood
Mizzuna
Red Mustard
Cos
Little Gem
Iceberg