

LENARDS OF COVENT GARDEN MARKET REPORT

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ASPARAGUS

Spanish asparagus has started but it is very thin in size.

English Asparagus has also started, but be aware its glass house grown and costs a fortune! Outside will start in 2-3 weeks with the weather permitting.

Wild Garlic leaf is now plentiful and as good as ever!

There is Outdoor Rhubarb on the market, which indicates that forced will stop very soon.

Blood Oranges are still around but only for another 2-3 weeks.

Spanish Broad Beans and Peas have now started.

Large Leaf French Spinach is absolutely superb!

From Italy twice weekly:

Rapinni
Chipolinni
Unwaxed Lemons
Trevisse
Monks Beard
Blood Oranges

Spanish Peaches and Nectarines will start soon.

GRAPES

Cape Grape is now coming to a close, and we have moved onto Chilean. Although it is a bit more expensive, they are very good.

PEPPERS

The Spanish pepper season is coming to a close and unfortunately we will see a substantial rise in price as only Dutch will be available!

Purple Sprouting Broccoli is great value at the moment.

ENGLISH

The best English greens, in terms of price and quality around at the moment are:

Cauliflower
Savoy Cabbage
Spring Green
Hispi
Kale.

Cavello Nero is still expensive though.

As we are coming into the spring there are some fantastic salad leaves on the market –

Cos
Iceberg
Red and Green Batavia
Frisee
Lollo Red and White
Oakleaf
Gem
Pissenlit
Baby Red Chard
Raddichio
Mizzuna
Roquette
Red Mustard
Casto Franco