

LENARDS OF COVENT GARDEN MARKET REPORT

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Bobby Beans are now finished for the season and Runner Beans will not be far behind! If you are looking for some green veg, the list below will give you plenty to choose from –

Spring Green
Savoy Cabbage
Hispi Cabbage
Cavelo Nero
Brussel Tops
Green/ Red Curly Kale
Variegated Kale.

Other than the savoy and hispi, they are all the new autumn/winter crop!

English Squashes

Are now in full swing with the following available –

Kaboucha
Onion
Crown Prince
Turban
Gem
Acorn.

There is also Gourds for display purposes.

Air freight Mangoes and Papaya are around and as usual very tasty!

FRANCE

All New season salads and vegetables available from France.

Chervil Root
Parsley Root
Globe Artichokes
Jerusalem Artichokes
Green Swiss chard
Rainbow Swiss chard
Black/White/Yellow Carrots
Golden/Candy Beetroot
Heritage Tomatoes

Brandsen Farms

Khol Rabi
Spinach
Fennel

All good quality and reasonably priced.

Berries

Strawberries
Raspberries
Blueberries are all English.

Blackberries are Dutch and very expensive.

Air freight Mangoes and Paw Paws are around and as usual very tasty!

Finally after 4 months Lemons have come down dramatically in price! Please be aware that Italian Leafy Lemons are very expensive.

English Damson Plums have now finished, and the only Plums available are from Spain and Italy.

Cherries and Apricots have finished, and to our surprise Peaches and Nectarines are still around!

Cauliflowers

There are lovely English White cabbages available, and some French Orange, Purple and Green around. Although the French cauliflowers are more expensive!

Just a quick note that we are in the process of building a website and if there is anything you would like on there that would be useful to you. Please let us know by emailing Shelley at lenards@btconnect.com