

SHERINGHAMS FINE FOODS Ltd.

Market Report 25th February '16 – 10th March '16

Hello and welcome to the latest market report.

Plenty to tell you about this week but remember you can always find all the latest news and information at:

www.sheringhams.com

New website coming soon!



Clockwise from top left: **Young Coconuts**, **Jersey New Potatoes**, **Morel Mushrooms** and **Lychees**

Vegetables

Delicious fresh **Morel Mushrooms** are due to come in from early next week and the first **Wild Garlic** is already here.

Due to the recent cold weather, particularly at night, **Cauliflowers** have suffered and are in short supply as a result. This may mean a small price

increase but as ever we will do our best to avoid passing that on to our customers.

Best Buys: Mixed Heritage Carrots, Green Courgettes, Savoy Cabbage and Extra Small New Potatoes

Salads

The first **Jersey Potatoes** of the season are starting to arrive. As always they look great but are quite expensive for now. This should change soon though with more due in the market soon.

Rainbow Chard is still available for the time being but supply is limited and the price has risen sharply as a result.

Best Buys: Cos Lettuce, Baby Gem Lettuce, UK Watercress, Cherry Vine Tomatoes and Mixed Leaf Salad

Fruits

Unfortunately, **Apricots** have come to an end and we'd recommend that you avoid both **Peaches** and **Nectarines** too as the quality is poor at the moment. Sadly, the same also applies to **Golden Plums**.

In better news **Blood Oranges** and **Italian unwaxed Lemons** are going strong and **Young Coconuts** are readily available.

The Brazilian **Melon** season has come to an end and we are now stocking Honduran grown varieties. They are slightly more expensive at the moment but we hope to see them come down in price soon.

The first **Forelle Pears** of the season are arriving and with their smooth texture and

distinct cinnamon spice flavour they're well worth a try!

Fresh Cherries are in stock but are very expensive and the quality isn't great. We do however have them frozen and they're much better value.

Best Buys: Gala Apples, Blueberries, Figs, Lychees and Comice Pears

We would like to remind everyone that we also supply an extensive range of dried goods and dairy products.



We kindly ask that all customers return as many boxes as possible as we try to strengthen our environmental policy and recycle as much as possible. Thank you.

[Sheringhams Fine Foods](#)

(T) 0207 622 6662

(F) 0207 627 4437

enquiries@sheringhams.com

UK Produce Currently Available		
Vegetables	Salads	Fruit
Banana Shallots	Bean Sprouts	Conference Pears
Brussel Sprouts	Beetroot	Cooking Apples
Button Onions	Bok Choi	Cox Apples
Cabbage Primo	Crunchy Mixed Leaf Salad	Rhubarb
Cabbage Savoy	Extra Small Mids	Williams Pears
Carrots	Radish	
Cauliflower	Red Cabbage	
Celeriac	Round Lettuce	
Chippers Choice Potatoes	Salad Cress	
Donkey Carrots	Watercress	
Jackets 40s, 50s, 60s	White Cabbage	
Kale		
King Edward Potatoes		
Leeks		
Main Crop White Potatoes		
Parsnips		
Red Kale		
Red Onions		
Red Potatoes		
Round Shallots		
Spanish Onions		
Spring Greens		
Swede		
Turnip		
Washed Mids		

Please Note: Although these UK products are available we may well be stocking produce from other countries due to quality or price issues. If you require UK grown items please specify when placing your order.