



Squeezing in a lighter touch

JANUARY UPDATE

Each month Dole provides an update on what is happening in the marketplace.

We explain which new lines we expect to see in the following month, the produce causing us concern and which lines are at their very best.

OVERVIEW

Happy New Year!! January will prove to be a challenging period for many key products. The storms in early Autumn together with the excessive rainfall towards the end of the year have affected crop yields.

It is not all doom and gloom for menu planners with a great selection of products due to arrive, all of which can add a subtle lightness to the plate. So to ensure you are getting best value for your menus.... read on!



VEGETABLES



Volumes of Yorkshire Forced rhubarb will start to increase over the coming weeks. This seasonal gem is incredibly versatile, packed with flavour and gives, an almost, springlike feel to the menu.

Broccoli and tenderstem broccoli are great options this month along with some terrific savoy cabbage arriving from Ian Backway in St Eval, Cornwall. With Burns Night at the end of the month, swede arriving from Frank Clarke & Sons In Cullompton, Devon is an absolute must.

Cauliflower prices will remain high with low volumes arriving. The shortage could potentially remain until UK products start in spring.

Parsnips remain in good supply and remember, sprouts are not just for Christmas!

A few other options to consider are fine beans, sugar snaps and some wonderful UK red cabbage.

Potato yields are significantly down due to the excessive rainfall last year. This has already firmed up pricing with warnings of further increases in the coming weeks. The longer view isn't any more encouraging with growers already predicting a severe lack of product by early spring.

Cyprus potatoes are available this month and can offer a delightful alternative. The oval-shaped spuds, grown in distinctive red soil, make a wickedly delicious mash and are quite superb to roast or chip.



FRUIT

Spanish soft fruit always offers a refreshing twist, by mid-month both strawberries and raspberries will be arriving. Sevilles, also known as marmalade oranges, without fail, create excitement when they arrive.

The season is relatively short and demand is always high so do not hang about! Also, look out for some sensational Italian blood oranges arriving. The warmer days together with cooler evening temperatures give this much-loved citrus fruit its distinctive flavour and colour.



Nadorcotts, which will be coming through early in the month, are a late-maturing easy peeler with a wonderful balance of acidity and sweetness. Staying on the citrus theme, pink grapefruit arriving from Florida are at their best in January which can go a long way to brighten up the dark winter nights.

This iconic product has a pleasing sharpness which works incredibly well mixed with natural yoghurt, matches perfectly with Salmon or is ideal for adding sharpness to a winter salad dressing.

Bramley apples are available all year round but they really do come into their own this month.

This traditional orchard fruit is ideal for sauces, pies and, of course, classically in a warming crumble.



SALAD

Tomato prices firmed up towards the end of last year with products arriving from Spain and Morocco.

Egyptian product is expected this month which may ease pricing although, according to grower reports, we expect this will help prices remain stable rather than dropping significantly.

Peppers, cucumbers and lettuce products all remain in good supply from Spain which is encouraging.

Celery can offer a pleasing lightness to the plate.



This underrated salad product is terrific in soups, shaved into salads or, for extra flavour, an ideal addition to so many sauces. Our 500gm bags of rocket, exotic leaves and red chard all remain decent value.

AT THEIR BEST

- Cyprus Potatoes
- Seville Oranges (Marmalades)
- Yorkshire Rhubarb
- Blood Oranges
- Savoy Cabbage
- Spanish Strawberries
- Pink Grapefruit
- Nadorcotts
- Bramley Apples



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