



## 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

The month of Veganuary, Burns Night and new beginnings will provide a range of tempting roots, cult citrus favourites and a sprinkle of Spring-like produce. The heavier frosts in December will pave the way to make full use of the flavour enhanced UK produce on offer.

Spanish soft fruit will make a welcome, albeit gradual, appearance mid to late month. Salad product is tentatively recovering from the recent floods in Spain with product also beginning to arrive from Morocco & possibly Egypt.

Which products shall be sticking to their New Year resolutions religiously and which produce will be flaked out on the couch by the 5th .... Read on!

### VEGETABLES

Yorkshire forced rhubarb is somewhat unique as it is one of a few products left in the seasonal calendar which has a clearly defined season.

The culinary treat, with a host of uses, will arrive mid-month helping to add a welcome feel on menus.



Many key home-grown and UK products will have enjoyed basking in the harder frosts throughout December.

This process raises starch levels within the product intensifying the flavour of roasted roots adding another layer of sweetness to many brassicas.

Savoy cabbage is a wonderful option this month with the colder snap making this loveable brassica even more appealing on the plate.



Butternut squash is an outstanding option in the coming weeks. Gently roast this dependable product, then blitz it into a warming indulgent soup... sorted!

Searching for a curve ball option this month? Consider salsify, also known as oyster plant due to its flavour. The long stringy root can be roasted, boiled, mashed or popped into your soups.



## FRUIT

The Spanish soft fruit will begin this month with strawberries and raspberries gradually arriving from Huelva in Southwest Spain. Early grower reports are encouraging which, hopefully, will make for a good season.



The price of red & green grapes remains firm with products arriving from the Southern Hemisphere although this may ease depending on the volumes arriving.

Look out for a trio of iconic products arriving from our Spanish chums.

Marmalade oranges are always in high demand and with the season being relatively short, be sure not to miss out.

Blood oranges have enjoyed lounging in the late summer sunshine and slowly maturing in the cooler evenings.

This gives the highly sought-after citrus its unique flavour and colour. Keep a close eye out for the breathtaking Nadorcott - The late-maturing easy

peeler has a wonderful depth of flavour, balanced delightfully with a hint of sweetness.

For a refreshing twist, pink grapefruit should be considered in the coming weeks. The flavour packed citrus can be applied in a number of dishes with quite spectacular results.



## SALAD

Salad products arriving from Spain have made a steady recovery throughout December. Prices remain firm although, with good grower relationships, the product has continued to arrive as planned.

This month, we are also expecting tomatoes along with cucumber and peppers to start arriving from Morocco and Egypt.

Generally, growers are remaining positive although this will be very weather dependent. French friée lettuce, also known as curly endive, can make an excellent addition to your winter salad.



### PLANNING AHEAD?

- Spanish Artichokes
- Spanish Peas
- Valencia Oranges

The hardier leaves with a delicate sharpness hold their shape well and do a decent job bulking up the dish. Tendril pea shoots are a thrifty way to pad out your salad or create an elegant garnish.

This crisp green product will add a pea pod like flavour as well as a vibrant crunch.

### AT THEIR BEST

- Forced Rhubarb
- Blood Oranges
- Marmalade Oranges
- Savoy Cabbage
- Pink Grapefruit
- Cyprus Potatoes



Be sure to check out our website & sign up to your local depots mailing list