



## July is in Full Swing

### JULY 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

Sweet, earthy, and a bit leafy—that's July for you! It's the month when the homegrown season really hits its stride, with extra varieties of soft fruit, dazzling brassicas and succulent new season roots all ready to shine.

With some unexpected treasures arriving and ever-increasing volumes of new-crop spuds, there's never been a better time to celebrate the riches of nature's garden.

### VEGETABLES

Golden King potatoes have finally arrived. The washed spud is the ultimate all-rounder geared towards the professional kitchen.

Clean skins are evenly graded and will deliver on taste and quality time after time. Appearance albeit slightly smaller in size until volumes increase.



With warmer temperatures, broccoli, cauliflower and tender stem have been arriving in abundance in excellent quality.

UK purple sprouting broccoli, which takes very little cooking and happy to mix with a host of flavours, is a terrific choice this month.



New season carrots have also arrived with new season English leeks and parsnips should start arriving mid-way through July.



UK Courgettes have already started and the quality is superb, along with some wonderful UK broad beans.

Fresh peas also have been arriving from our growers, they are fresh and packed with vibrant flavours.



Look out for girolles by the end of the month. The arrival of the foraged fungi is very weather dependent as it thrives on warmer temperatures and damp conditions, keep an eye out from your local depot for updates.

## FRUIT

Summer blackberries have joined the summer fruit fiesta! These sweet, earthy berries—balanced with a subtle sharpness—pair perfectly with a wide range of dairy products.



If you're after a retro classic, red and green gooseberries should be on your radar. This underrated fruit will be around throughout July.

UK Cherries are still around. This flavour-packed stone fruit has a short season, so don't hang about!



Spanish stone fruit continues to arrive in decent volumes and look out for the quirky flat (donut) peaches and nectarines on offer.

## SALAD



Fresh oakleaf, cos and lollo lettuces, with radicchio expected later in the month. Cherry-vine tomatoes are a cost-effective switch to add a whole new level of flavour on the plate.

Each small red ball is packed with richness, loves a slow roasting and fuses perfectly with a sprinkling of salt.

UK flat lettuce has a subtle taste with a delicate leaf. While not intensely flavoured, the mild sweetness will pair perfectly with both mild and sharper flavours.



## WHAT'S NEW

- UK Blackberries
- UK Gooseberries
- UK Tenderstem Broccoli
- UK Runner Beans
- UK Purple Sprouting

Dutch sweet pointed peppers are becoming evermore popular and a great switch for traditional capsicums.

Their pleasing intensity and crisp texture make them versatile for various culinary uses including salads, grilling, roasting or stuffing.

## LOOKING AHEAD

- Leeks
- Parsnips
- Girolles
- Turkish Figs



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