



MARKET REPORT

Oct 2024

Finding Roots to the Autumnal Plate

OCTOBER 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

October is a month of varying temperatures, not only with autumnal sunshine and cooler nights but also on the plate.

The glorious array of roots, orchard fruit and brassicas on offer will help create warming soups with thickly buttered crusty bread or indulgent crumbles smothered in cream.

Look out for some stunning pumpkins and squashes in the coming weeks which will add an instant touch of indulgent luxury to many dishes.

The transition over to winter salads will begin in earnest along with Spanish stone fruit and melons coming to an end.

It will be an emotional goodbye to summer fruits which will signal a minefield of imported product. Now the summer parties are coming to an end, what products will be shaping the very best autumnal vibes in the coming weeks and beyond.

VEGETABLES



Carrots and swede are two classic roots which, when combined, will deliver full marks all around in the flavour front!

The sweetness of the orange root balance perfectly with the parsnips' earthy tones. Roast, mash or boil these two dependable favourites.

UK Celeriac is a brilliant option this month. The quirky product falls drastically short in looks but redeems itself spectacularly in the flavour department, packing a serious punch on the plate.



Traditional orange pumpkins have started to arrive. At the moment, growers are reporting decent crops although we would advise you to get your orders in early to avoid disappointment.

The stunning mixed squash will continue to arrive from our growers. Fresh horseradish, which can add a fiery kick, is a delightful autumnal product. The punchy root, with subtle aromatics, should be used sparingly but will create a tsunami of flavours in many dishes.

A few other products to mention are UK cauliflower, UK parsnips and some wonderful kale.



FRUIT

Sadly the summer fruit season will wind down towards the end of the month and prices will begin to firm up from late October / early November.



UK apples have started off in great style this year.

Discovery apples, with their distinctive pink flesh, can be used in a wide range of sweet or savoury dishes.

Coxs Pippins and Russet apples are now arriving from UK orchards. Two terrific varieties packed with distinctive flavours, great value and stunning looks.

Pears will add a warm autumnal feeling when either lightly poached or in a warming crumble. Conference, which hold their elegant shape, are a great option this month.



Look out for UK quince, a traditional autumnal product. We may see Spanish clementines, a classic sign of the approaching winter months, arriving by the end of the month.



Southern hemisphere lemons have been incredibly short recently, stock levels will begin to ease with the Spanish season starting. Late month Southern Hemisphere grapes will begin to appear from South Africa. With fruit travelling further, this will increase pricing although quality will be top-notch!

SALAD

October is the main transitional month in salads with many key products switching seasons. UK salads will come to an end with whole head lettuce starting to arrive from Spain, France and Italy.

Our Dutch season officially ends on October 19th although we are already seeing Spanish tomatoes, cucumber and peppers gradually beginning to appear.



AT THEIR BEST

- Butternut squash
- Pumpkins
- Celeriac
- Parsnips
- Quince
- Horseradish
- Leeks



It is worth noting Spanish product will not have the sculpted looks of Dutch produce although quality is not compromised.

All grower reports are pointing to a smooth transition; however, our buyers are in regular contact and we will keep you well informed over the coming weeks.

PLANNING AHEAD?

- Looking ahead
- Blood oranges
- Brussel Sprouts
- Red Cabbage

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