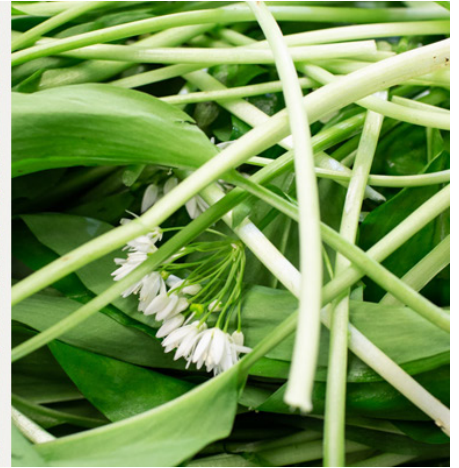


ALL GREENS

MARKET REPORT MAY 2024



HIGHLIGHTS

- Stone fruit - cherries, apricots, peaches and nectarines (yellow / white)
- Asparagus - green (UK), white, purple, wild
- Wild garlic - now in flower (UK)
- Peas and broad beans
- Wet garlic
- Courgettes (incl. round)
- Artichokes - globe, Petit Violet bunched
- Morel mushrooms
- Tomatoes (incl. early UK crops)
- Berries - raspberries, strawberries (incl. Gariguettes), blueberries
- Outdoor rhubarb (UK)
- Jersey Royals: ware and mid grades (UK)

COMING SOON

- British peas and broad beans
- Yellow beans

GOING OUT

- Blood oranges (Italy) - last month or so
- Purple sprouting (UK)

PRODUCT OF THE MONTH

Asparagus

All Greens can supply every type of asparagus: green, white, purple, wild. Traditionally, the English season begins on St George's Day on 23rd April. But these days it begins earlier as savvy growers have mastered techniques to stretch the season. Here are 8 key facts:

1. Ever seen an asparagus fern? Check the photo below. In late June growers stop harvesting the spears and let the plant grow tall like this so it can photosynthesis and build up energy for next year's crop. This energy is stored in the 'crowns' or root system.
2. Asparagus grows fast – up to four inches in 24 hours in hot weather.
3. It takes three years from planting the first asparagus crowns to get a decent crop
4. Many growers use some kind of protection over part of their crop, such as plastic cloches or polytunnels. This helps to protect the plant from frost and traps the heat, which accelerates the harvest.
5. Asparagus is a perennial plant native to the coast of much of Western Europe and beyond.
6. The spears contains vitamin K and C, which helps to boost the immune system. Asparagus is also a mild diuretic and is believed to help detoxify the body.
7. The Ancient Greeks and Romans loved asparagus and even dried it out of season.
8. A few growers offer English asparagus in the autumn (expensive!). They use a "reverse season" technique: letting the plants grow their fern earlier in the season then cutting it back.



MEET THE TEAM: Prince Richard Obimeeh

"I've worked here for roughly four months. I organise and stack the warehouse. I find it very exciting imagining the food going to the end customers. I grew up in Ghana and love to cook Ghanaian food. I cook fufu, banku and waakye - which is rice with beans and a specific leaf that is a bit like spinach. I buy the special leaves from an African market in Peckham."

DAIRY | DRY GOODS | PRE-PREPARED



Don't forget that All Greens also sells a wide range of other products for your kitchen, including dry goods, dairy and staples such as blue roll. Bestsellers include cooking oil, Maldon salt, nuts, Heinz ketchup and Hellmann's mayonnaise. The range extends to specialist lines such as agave syrup, Turkish red pepper flakes and kimchi. Contact us to find out more.

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