

ALL GREENS

MARKET REPORT MAY 2026



SEASON HIGHLIGHTS

- Stone fruit - cherries, apricots, peaches and nectarines (yellow / white)
- Asparagus - green (UK), white, purple, wild
- Peas
- Broad beans
- Courgettes (incl. round)
- Artichokes - globe, Petit Violet bunched
- Morel mushrooms
- Tomatoes (incl. early UK crops)
- Berries - raspberries, strawberries (incl. Gariguette), blueberries
- Outdoor rhubarb (UK)
- Jersey Royals: ware and mid grades (UK)
- Mangos - Alphonso/Kesar (India)
- Medlars (Spain)

SEASON ENDING

- Blood oranges
- Sandy Carrots
- Purple Sprouting Broccoli
- Romanesco
- January King Cabbage
- Iberico Tomato
- Kumquats
- Wild garlic - now in flower (UK)
- Monks Beard/Agretti

* = special order

PRODUCT OF THE MONTH

ALPHONSO MANGO

Often called the King of Mangoes, Alphonso mangoes are prized for their incredibly smooth texture, rich sweetness, and fragrant aroma. Grown in the warm coastal regions of India, their short season makes them a real highlight in the market each year. With vibrant golden flesh and a naturally creamy finish, they are perfect for desserts, drinks, or simply enjoyed on their own.

Available for a limited time only, these are a true seasonal treat worth making the most of while they are here.



SPOTLIGHT ON:

SOHAILA

This month, we shine the spotlight on Sohaila, a vibrant neighbourhood restaurant bringing bold Middle Eastern flavours to the table at Old Street. During our recent visit, the team generously shared their time, walking us through one of their signature dishes (Batatas Harra) and giving us a glimpse into the passion and care that goes into everything they serve. From warm hospitality to beautifully balanced spices, Sohaila is a true celebration of flavour, tradition, and community.



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. Best sellers 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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