

Weekly Newsletter

KALE & DAMSON

*Forage Finds &
Market Insights*

Welcome to this week's newsletter, where we spotlight the best wild and foraged ingredients, explore seasonal updates from the market, and celebrate nature's finest offerings.



www.kaleanddamson.co.uk





Seasonal Insight



POTATO JERSEY MIDS

A chef's favorite—Jersey Mids deliver a buttery texture and delicate flavor, perfect for summer menus. Ideal for roasting, mashing, or elevating your seasonal small plates.

ORDER CODE: POTJERT



PINEAPPLE TOMATO

Bright, juicy, and bursting with a subtle sweetness, Pineapple Tomatoes add a vibrant twist to summer salads, sauces, and garnishes. A must-have for your seasonal creations!

ORDER CODE: FRTOMPI



Cheese & Dairy



GOLDEN CROSS

A firm and silky texture and a fresh citrus flavour when young; and a denser, creamier and deeper flavour as it matures.

Kevin and Alison Blunt's goats feed on a diet of pasture and hay all year round, never silage. This natural diet results in high quality milk and a sublime and complex cheese.

ORDER CODE: CHSGOCR



SPARKENHOE RED LEICESTER

Complex and balanced, nutty and mellow, this farmhouse revival of a classic British cheese is full flavoured without any aggressive acidity. It has a texture that is at once chewy and moist.

ORDER CODE: CHSSPAR

UK Produce Spotlight



WILD GARLIC

A true springtime delicacy, wild garlic brings bold, aromatic notes to your dishes. Perfect for vibrant pestos, sauces, or finishing touches, it's a must-have for chefs looking to add a seasonal flourish.

ORDER CODE: GARLWIL



ENGLISH ASPARAGUS

With its tender spears and delicate sweetness, English asparagus is a premium ingredient for refined menus. Whether grilled, roasted, or served simply with butter, it's the perfect addition to your Mother's Day specials.

ORDER CODE: ASPAGEN

Daily Specials

We're excited to offer Daily Specials on a selection of fresh produce and pantry essentials! These exclusive deals give you the opportunity to stock up on high-quality ingredients at exceptional prices. Whether it's seasonal produce, surplus stock, or items approaching their best-before date, you can enjoy great savings without compromising on quality. Don't miss out on these limited-time offers!

THIS WEEK'S SPECIALS - A PREVIEW OF WHAT'S AVAILABLE



Olive Oil Extra Virgin
Order Code: OLIVOIL



Broccoli Purple Sprouting
Order Code: BROCPUR



Halloumi
Order Code: CHSHALL



Capers In Brine
Order Code: TINCAIB



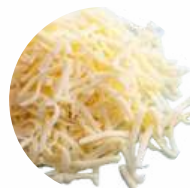
Scottish Smoked Salmon
Order Code: FSDCSA



Tinned Chopped Tomatoes
Order Code: TINTOCH



Lettuce Little Gem
Order Code: LETTGEM



Cheese Cheddar Mature Grated
Order Code: CHSCHMG

Contact Our Sales Team for Daily Specials!

Want to find out more about today's specials? Our sales team are just a phone call away, call today on 01223 632100 to find out more.



Wild & Foraged Report

FORAGE FINDS

- **Wild Garlic** – A fragrant, punchy herb perfect for pestos, soups, or garnishing dishes.
- **Sea Purslane** - A salty, crunchy addition to salads or seafood dishes
- **Sea Beet** - Rich-flavored green ideal for sautéing or soups
- **Douglas Fir** - Its citrusy aroma enhances syrups, teas and desserts
- **Scots Pine** - Infuses oils or spirits with a resinous, forest-like essence

To ensure the freshness and availability of these items, please place your orders by
Monday, 5PM, for delivery on **Friday**

WILD ROOM HIGHLIGHTS

- **Cultivated Morels** - Earthy and nutty, perfect for sauces and risottos
- **Pied de Mouton** - Firm and nutty, great for roasting or soups
- **Chanterelle** - Fruity and peppery, pairs well with creamy dishes
- **Scarlet Elf Cups** - Vibrant and mild, great for salads or garnishes
- **Lion's Mane** - Mild seafood-like flavor, ideal for grilling or stir-fries
- **Cultivated Cauliflower Fungus** – Frilly and mild, absorbs flavors beautifully in stews.



Weekly Review

The weather in Spain is now slowly improving with temperatures next week around 20/22 degrees during the day and 11/13 degrees during the night. It is expected to be sunny and with clear skies during most of the week but towards the end of the week there may be some cloudy spells and rain.

In Morocco the weather continues to be nice with temperatures still holding at around 21/22 degrees during the day and around 12/14 at night and mainly sunny and clear skies.

Higher temperatures expected in the UK and the Continent next week increasing up to 14/16 degrees during the day although still much cooler at night at around 4/6 degrees. It will be mainly sunny and with clear skies.

Click the links to navigate to the information page

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[Courgettes](#) [Leeks](#) [Lettuce](#) [Butternut Squash](#) [Fruits](#)

For additional details, please contact your Account Manager

VEGETABLES

Aubergines

- Volume is increasing in Spain and Holland, with Dutch crops gradually entering the market.
- Overall quality remains good from both Spain and Holland.
- Prices have become more competitive due to increased supply.

Broccoli

- Spanish volume is rapidly decreasing due to previous flooding.
- Prices are increasing as supply drops.
- The trend is for prices to continue rising.

Tenderstem

- Supply remains steady from Egypt, Spain, and Kenya.
- Quality is good across all sources.
- Prices are expected to remain stable.

Cucumbers

- Spain's new spring production is improving, but older crops are still available with slight quality differences.
- UK and Dutch production will increase due to warmer temperatures and longer daylight hours.
- Prices are anticipated to remain at similar levels.

Plum Tomatoes

- Low production levels continue, with no yield improvement.
- Quality remains challenging, with some fruit not meeting shelf-life requirements.
- Prices are expected to remain high.

Beef Tomatoes

- Belgian and Dutch crops are starting but remain limited.
- Spanish and Moroccan supply is stable but not improving.
- Availability of larger sizes (82mm+) remains limited, requiring the use of 72mm sizes.

Intense Plum Tomatoes

- Availability is limited, with sizes shrinking to 47/57mm and 40/47mm.
- Quality is generally good, and longer days may improve sizes in the coming weeks.
- Prices are expected to remain strong.

Standard Loose Round Tomatoes

- Spanish and Moroccan crops are in their final cycle, with volume remaining similar.
- Quality remains challenging, though some good fruit is still available.
- Dutch and UK production is just beginning, with significant volume expected by the end of next month.



Vine Tomatoes

- Spanish and Moroccan availability remains steady, with good size and quality.
- Prices are expected to hold as Belgian and Dutch supplies start increasing.
- Continental production is expected to grow steadily.

Cherry on the Vine & Cocktail Tomatoes

- Cherry vine volumes from Spain and Morocco are increasing, with better sugar levels.
- Cocktail tomato volume is declining as the season ends.
- Dutch and UK production has started but remains limited.

Heritage/Inca Tomatoes

- Volume is decreasing as the season nears its end.
- Certain varieties within the mix are becoming more challenging.
- Prices are rising due to strong demand.

Cherry & Baby Plum Tomatoes

- Cherry tomato volume is gradually increasing, with improving quality.
- Baby plum tomato supply remains limited.
- Prices are expected to hold for cherry tomatoes but remain high for baby plum.

Peppers

- Spanish volume and quality continue to decline, impacting shelf life.
- Dutch production is increasing, especially for green peppers, with red and yellow becoming available.
- Prices may decrease slightly but will remain high.



Sweet Pointed/Ramiro Peppers

- Volume remains steady from Spain and Morocco, with good quality.
- Some peppers may have a slight green tinge upon arrival.
- Dutch production is starting and will increase over the next month.

Padron, Habanero, Jalapeño & Chillies Peppers

- Padron pepper production is improving, with prices easing slightly.
- Jalapeño and habanero supply are improving.
- Red and green chilli volumes remain steady, with prices holding.

Sweet Potatoes

- Availability remains good with stable prices.
- End-of-season quality is deteriorating slightly but still generally acceptable.
- No major price fluctuations expected.

Potatoes

- Supply is steady, with stable prices.
- Preferred varieties command higher prices.
- Quality is improving as more volume becomes available.

Courgettes

- Spanish supply is strong in both quality and volume, with spring crops starting.
- Older crops are still holding up well despite nearing the end of their cycle.
- Price levels are expected to remain stable next week.



Celery

- Spanish supply remains steady, with consistent quality.
- Prices are holding steady with no expected changes.
- No major quality concerns reported.

Cauliflower

- Spanish imports faced challenges due to rain but are now improving.
- UK production is improving due to better temperatures.
- No significant changes in pricing.



Iceberg Lettuce, Little Gem & Cos Lettuce

- Supply has slightly improved as Spanish weather stabilizes.
- Limited volume remains available, with prices holding steady.
- Quality is improving but some rain damage is visible.

Lollo Rosso, Red Oak Leaf, Batavia & Frisse Lettuce

- Recent rain has affected quality, making it more challenging.
- Prices remain steady with no expected drops.
- Supply remains consistent but quality issues persist.

Leeks

- UK and continental production are ending, shifting to Spanish imports.
- Quality is mixed due to previous cold and frost damage.
- Prices are steadily increasing.

Sweetheart/Pointed Cabbage

- Recent bad weather has reduced volume, leading to price increases.
- Quality remains good despite lower availability.
- Prices are expected to rise further.

Savoy Cabbage

- Supply from Spain and Portugal remains steady.
- Quality continues to be good.
- Prices are stable.



Butternut Squash

- Spanish supply remains strong with good quality.
- Prices remain steady across all sizes.
- No significant changes expected.

FRUITS

Oranges

- Steady demand for Spanish late-season varieties, with stable prices.
- Lower-cost options available for certain orange types.
- Moroccan Nadorcotts prices remain competitive.

Pomegranates

- Spanish season is ending, with Acco variety remaining.
- Turkish supply is also declining.
- Quality is generally fine but becoming more mixed.

Lemons

- Spanish volume is decreasing as the season nears its end.
- Quality is mixed, with more class 2 fruit available due to scarring.
- Verna lemons and imports from Argentina and South Africa will start soon.



If there is any further information you require or if you'd like our report to include specific content, please do not hesitate to contact us.