

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



ARTICHOKE GLOBE

A true gourmet ingredient! With its tender heart and rich, nutty flavor, the globe artichoke adds sophistication to pastas, salads, and antipasti. A must-have for fine dining.

ORDER CODE: ARTICLO



RHUBARB

Tart, tangy, and irresistibly versatile! Whether in desserts, sauces, or cocktails, rhubarb brings a unique balance of sweet and sour to every dish. A seasonal favorite for creative chefs!

ORDER CODE: RHUBARB

UK Produce Spotlight



WATERCRESS

Peppery, vibrant, and packed with nutrients! This powerhouse green adds bold flavor and a fresh touch to salads, soups, and garnishes. A chef's go-to for elegance and nutrition.

ORDER CODE: WATERCR



SPRING ONIONS

Crisp, mild, and full of flavor! The perfect finishing touch for stir-fries, salads, and garnishes. Elevate your dishes with a fresh bite and a pop of green!

ORDER CODE: ONIOSPR

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



Asparagus
Order Code: ASPARJUM



Bunched Baby Beetroot Candy
Order Code: BABUBEC



Tinned Tomato Paste
Order Code: TINTOPAM



Tinned Butter Beans
Order Code: TINBUBE



Scottish Smoked Salmon
Order Code: FSDCSA



Strawberries Gariguette
Order Code: FRSTGAR



Mushroom Exotic Mix
Order Code: MUSHEXO



Tinned Neapolitan Passata
Order Code: TINPASA

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
- **Alexander's** - An aromatic herb for soups, stews, or pickling
- **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
- **Cauliflower Fungus** – Frilly and mild, absorbs flavors beautifully in stews.
- **Cordyceps** – Slightly nutty with a medicinal edge, often used in broths and teas.

Weekly Review

Temperatures in Spain are currently ranging from 17°C to 19°C during the day, with nighttime lows between 9°C and 12°C. Light rain is forecasted for the beginning of the week, which may continue intermittently, posing potential challenges, particularly for open-field crops. Despite the rain easing compared to previous weeks, the impact on many crops has already been significant, with some open-field crops expected to mature earlier than anticipated. This could lead to an overlap in production with local UK crops, presenting potential challenges for the upcoming season.

In Morocco, the weather remains favorable, with daytime temperatures around 21°C to 22°C and nighttime lows around 12°C to 14°C. The forecast is primarily sunny with clear skies, which will benefit crop growth and harvesting.

In the UK and across the continent, temperatures are expected to rise next week, reaching between 13°C and 15°C during the day, and 4°C to 6°C at night. The early part of the week will see cloudy conditions with light rain, which will gradually improve, giving way to sunnier intervals towards the end of the week.

Click the links to navigate to the information page

[Cucumbers](#) [Tomatoes](#) [Peppers](#) [Celery](#) [Cauliflower](#) [Potato](#)

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

For additional details, please contact your Account Manager

VEGETABLES

Aubergines

- Steady volume from Spain with good quality.
- Holland's production is increasing and expected to peak next month.
- Quality remains high across both regions.

Broccoli

- Spanish production has likely peaked, with expected volume decreases.
- Rain-damaged crops may cause an earlier end to the season.
- Prices are steadily rising.

Tenderstem

- Stable supply from Egypt, Spain, and Kenya.
- Quality remains good across all sources.
- Prices are expected to stay unchanged.

Cucumbers

- Winter crops from Spain are ending, and spring crops are just beginning.
- UK and Dutch production is increasing but overall supply is still limited.
- Prices are expected to stay at current levels due to demand.

Plum Tomatoes

- Production remains low, with yields yet to improve.
- Quality issues persist, particularly with shelf life.
- Prices expected to stay strong due to limited supply.

Beef Tomatoes

- First pickings in Belgium and new Spanish crops have improved quality.
- Limited supply of larger fruit (82mm+), necessitating use of 72mm sizes.
- Prices expected to remain stable.

Intense Plum Tomatoes

- Availability remains limited, with smaller sizes becoming more common.
- Quality is holding steady, but larger fruit may increase later in the season.
- No significant changes expected for next week.

Standard Loose Round Tomatoes

- Limited volumes with quality challenges persisting.
- Supply from Spain, Morocco, and Canary Islands expected to remain stable.
- Dutch heated crops are starting but will only gain volume next month.



Vine Tomatoes

- Spain and Morocco continue to supply steady volumes with good quality.
- Early Dutch and Belgian production are beginning.
- Prices expected to hold at current levels.

Cherry on the Vine & Cocktail Tomatoes

- Slight increase in conventional cherry vine tomato volumes.
- Premium varieties remain limited and maintain higher prices.
- Sugar content improving as crops near the end of their season.

Heritage/Inca Tomatoes

- End-of-season decline is causing reduced availability.
- Some varieties in the mix are facing quality challenges.
- Prices are steadily increasing due to rising demand.

Cherry & Baby Plum Tomatoes

- Cherry tomato volumes are improving, but baby plums remain in short supply.
- Cherry tomato prices expected to remain steady, while baby plums stay expensive.
- Overall quality is improving, though occasional defects may appear in transit.

Peppers

- Spanish supply continues to decline in both volume and quality.
- Dutch production is starting, but only green peppers are available in significant numbers.
- Prices remain very high due to supply constraints.



Sweet Pointed/Ramiro Peppers

- Consistent supply from Spain and Morocco.
- Quality remains good, though some peppers show a slight green tinge.
- No major changes expected in availability.

Padron, Habanero, Jalapeño & Chillies Peppers

- Padron peppers supply has improved, leading to slightly lower prices.
- Jalapeño and Habanero supplies are tightening, causing price increases.
- Red chillies remain in strong demand, with prices holding firm.

Sweet Potatoes

- Good availability with stable prices for premium quality.
- End-of-season quality issues appearing in some batches.
- No significant changes expected.

Potatoes

- Steady supply and stable prices across most varieties.
- Premium varieties command higher prices.
- Quality is improving as more volume becomes available.

Courgettes

- Spain maintains strong supply with stable volume and quality.
- Favourable weather has supported crop conditions.
- No major changes anticipated for next week.



Celery

- Limited volumes due to previous bad weather in Spain.
- Prices are stable but high.
- Overall quality remains good.

Cauliflower

- Spanish supply remains inconsistent due to rain but is improving.
- UK production is increasing with better weather.
- Overall availability and quality are stabilizing.



Iceberg Lettuce, Little Gem & Cos Lettuce

- Recent rain has caused minor damage to some crops.
- Volume remains tight, keeping prices high.
- Some mechanical damage and soil residue may be visible.

Lollo Rosso, Red Oak Leaf, Batavia & Frisse Lettuce

- Rain has negatively impacted these delicate crops.
- Quality remains mixed, leading to high prices.
- Additional volume expected next week with improved quality.

Leeks

- UK and Continental production remain difficult due to the season.
- Recent cold weather has caused mixed quality.
- Prices continue to rise steadily.

Sweetheart/Pointed Cabbage

- Recent heavy rain in Spain has reduced available volume.
- Prices are beginning to rise due to supply constraints.
- Quality remains strong despite weather challenges.

Savoy Cabbage

- Steady supply from Spain and Portugal.
- Good quality is keeping prices stable.
- No significant changes expected.



Butternut Squash

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

FRUITS

Oranges

- Spanish Lane Late oranges continue to dominate supply.
- Additional varieties like Sallustians and Blood Oranges offer cheaper alternatives.
- Moroccan Nadorcotts remain competitively priced.

Pomegranates

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

Lemons

- Spanish Primafiori season is winding down.
- Some growers will finish early, while others continue until May.
- Quality remains good, though challenges are increasing.



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.