



*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](http://www.kaleanddamson.co.uk)





# Cheese & Dairy



## **BURRATA**

Burrata is one of our most addictive products! Originally from Puglia, its name comes from its creamy, buttery center: “burro” means butter in Italian. Burrata is made by encasing fresh shredded mozzarella fior di latte mixed with panna (a UHT specialty cream imported from Italy) in a classic mozzarella fior di latte shaped as a “purse”

**ORDER CODE: CHSBURA**



## **MASCARPONE**

Mascarpone can be used in savoury and sweet dishes. It is good for stirring through savoury sauces to thicken and add a distinct rich flavour. Serve it with fresh fruit, use it in cheesecakes, as a cake filling, or as a topping for desserts. It can be flavoured with various ingredients such as lemon or lime juice and zest, crushed nuts or dried fruits to add taste and texture.

**ORDER CODE: CHSMASC**

# UK Produce Spotlight



## **BEETROOT**

UK beetroot is now available in all three colours. The season runs from May to October with peak quality during the summer months. Freshly harvested from UK growers including the fertile Cambridgeshire Fens, these beetroots offer excellent flavour and quality.

**ORDER CODE: BEETRAW, BEETCAN, BEETGOL**



## **GOOSEBERRIES**

Pink varieties have now finished, but green gooseberries are still available and in great condition. The UK season wraps up at the end of this month, so enjoy them while they last.

**ORDER CODE: GOOSBER**



# Seasonal Insight



## **NECTARINE ROUND**

We're currently sourcing our nectarines from France and Spain, where the summer harvest runs from June through early September. Expect peak taste and quality throughout July and August

**ORDER CODE: NECTARO**



## **TROPEA ONION**

We are now sourcing authentic Tropea onions from Italy, renowned for their sweet flavour, high sugar content and vibrant red colour. In season from June to September.

**ORDER CODE: GGRELOT**

# 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



**Apricots**  
Order Code: APRICOT



**Courgettes Yellow**  
Order Code: COUYELL



**Olive Oil Extra Virgin**  
Order Code: OLIVOIL



**Tracklements Piccalilli**  
Order Code: CONPICA



**Tinned Chopped Tomatoes**  
Order Code: TINTOCH



**Capers In Brine**  
Order Code: TINCAIB



**Savoy Cabbage**  
Order Code: CABGREE



**Peach Yellow Round**  
Order Code: PEACROU

### **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

- **Douglas Fir** – Crisp, resinous pine aroma with a fresh, woody undercurrent; best captured through steam distillation of fresh needles. Available primarily during late spring to early summer.
- **Green Elderflower** – Delicate, honeyed floral aroma with subtle grassy and citrusy notes. Typically available from late May to early July, though timing can vary with the weather.
- **Meadowsweet (in flower)** – Soft, sweet floral bouquet with hints of almond and vanilla; best harvested fresh at peak bloom for delicate extractions. Availability peaks in early to mid-summer.
- **Green Walnuts** – Earthy, tannic aroma with bitter-sweet notes of citrus peel and spice. Typically available during a brief window in July, depending on local climate and ripening.

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

## FUNGI FOCUS

- **Scottish Girolles** – Vibrant, apricot-scented mushrooms with a rich, nutty flavor; best for fresh foraging and light cooking. Harvested late summer to early autumn.
- **Lion's Mane** – Unique, seafood-like aroma with a tender, meaty texture; ideal fresh or lightly cooked to preserve delicate flavors. Found in late summer and autumn.
- **Maitake (Hen of the Woods)** – Earthy and robust with a slightly spicy, woody taste; best for fresh harvest and slow cooking. Available late summer through autumn.
- **Pied Bleu** – Subtle, fruity aroma with a firm texture; prized fresh for sautéing and gentle roasting. Found mid to late summer.

Please call the office to place your order and check current lead times.

# Weekly Review

Next week, weather conditions in both Holland and the UK are expected to shift, with daytime temperatures dropping to around 22–25°C and nighttime temperatures falling to 14–17°C. Cloudy skies and intermittent rainfall are forecasted, particularly during mid-week and into the weekend.

These cooler temperatures and reduced sunlight levels are likely to impact crop development and yields. As a result, some changes in product availability and a reduction in supply volumes may be expected in the week following.

In contrast, Mainland Spain continues to experience very warm conditions, with daytime temperatures consistently ranging between 32–36°C and nighttime temperatures between 24–26°C. Some inland areas are still reaching highs of up to 38–40°C, maintaining strong production levels.

***Click the links to navigate to the information page***

[Tomatoes](#)

[Peppers](#)

[Celery](#)

[Cauliflower](#)

[Courgettes](#)

[Leeks](#)

[Lettuce](#)

[Fruits](#)

For additional details, please contact your Account Manager

## VEGETABLES

### Aubergines

- Steady volume from Holland, though slightly lower yields than in previous weeks.
- Availability is good across all sizes, with prices expected to remain stable.
- Overall quality remains very good.

### Broccoli

- UK production remains in full flow, supported by recent warm weather.
- Some heads are yellowing faster due to heat, affecting shelf life.
- Prices are stable; potential quality improvements expected with cooler weather.

### Cucumbers

- After a recent surge in production, Dutch cucumber plants are now yielding much less.
- Prices have risen significantly, reaching double figures in some cases.
- Quality remains good; replanting is underway which may bridge the production gap.

### **Plum Tomatoes**

- Production has decreased; promotions have tightened supply.
- Prices escalating; vine availability is better and slightly cheaper.
- Quality is good.

### **Beef Tomatoes**

- Volume is down slightly from previous weeks.
- Prices are steady due to strong southern European demand.
- Quality is good.

### **Intense Plum Tomatoes**

- Availability dropping, especially from Belgium.
- Prices have started increasing.
- Medium-sized fruit availability is growing; quality remains good.

### **Standard Loose Round Tomatoes**

- Good availability; some lighter colour fruit due to early picking.
- Larger sizes more expensive as season advances.
- Good overall quality despite quick ripening from heat.



### **Vine Tomatoes**

- Decent volume still available with stable prices.
- Yield remains good under current conditions.
- Overall quality is high.

### **Cherry on the Vine & Cherry Tomatoes**

- Volume has stabilized after recent high yields.
- Prices expected to stay the same, especially for premium varieties.
- Availability is slightly lower than previous weeks.

### **Heritage/Inca Tomatoes**

- Excellent quality and variety from Isle of Wight.
- Consistent supply with good flavour across all mixed types.
- Steady performance as a premium tomato category.

### **Leeks**

- Steady supply from Holland.
- Overall quality is good, with consistent sizing and firmness.
- Prices are holding steady across all sources.

### **Cauliflower**

- Good availability and strong crop condition.
- High quality at competitive prices.
- Production remains strong.

### Peppers

- Strong availability across all colours from Holland; prices stable.
- Medium to smaller sizes are slightly cheaper; larger ones maintain value.
- Quality remains good with very little Class 2 product in circulation.



### Padron, Habanero, Jalapeño & Chillies Peppers

- Dutch supply remains stable with consistent availability.
- Quality is good, with no expected changes in pricing.
- Volume is sufficient to meet demand, maintaining market balance.

### Courgettes

- Holland: Volume has eased slightly; prices are increasing.
- UK: Local production remains strong due to current temperatures.
- Quality from all sources is generally good.



### Celery

- Steady local supply with good quality.
- Prices holding firm.
- Spanish product mentioned but excluded.

### Iceberg Lettuce, Little Gem & Cos Lettuce

- UK lettuce production is strong across regions under warm conditions.
- Quality mostly good; some dryness due to heat.
- Strong UK demand pushing prices up.

## FRUITS



### Cherries

- UK cherry harvest is in full swing with strong availability.
- Prices remain competitive due to healthy supply and good demand.
- Fruit quality is high, benefiting from favourable ripening conditions.

### **Lemons**

- Steady supply across all sizes.
- Strong demand from Continent and Far East keeps prices high.
- Class 2 slightly cheaper due to scarring or misshape.



### **Melons**

- Good availability of watermelons from Murcia and Alicante, with solid demand across Europe.
- Galia and cantaloupe melons are stable in pricing and quality, especially larger sizes.
- Honeydew supply is more limited and holding higher value, just above double figures.

### **Stone Fruit**

- Apricot supply remains stable, though fewer large sizes (AAA/AA) are available.
- Yellow-flesh nectarines are slightly pricier than white flesh; plums and peaches show strong availability.
- Paraguayos (flat peaches) continue to command the highest value, especially pre-packed formats.

### **Strawberries**

- UK season now tapering after early start; volume declining.
- Quality and sugar levels (brix) are excellent.
- Strong demand pushing prices upward.



**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.**