



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



UK Produce Spotlight



BLACKBERRIES

UK blackberries are now in peak season, running from August through October. With their sweet-tart flavour and vibrant colour, they're perfect for seasonal menus, from late summer through early autumn.

ORDER CODE: BLACKBE



ROQUETTE

British roquette is in season from March to September. With its distinctive peppery flavour and tender leaves, it brings freshness and character to a wide range of seasonal dishes throughout spring and summer.

ORDER CODE: ROQWILD



Seasonal Insight



CHERVIL ROOT

Sourced from France, chervil root comes into season from early autumn through winter. With its delicate, sweet flavour and smooth, creamy texture, it offers a refined addition to seasonal menus during the colder months.

ORDER CODE: CHERRO



SAN MARZANO TOMATOES

Sourced from Italy, San Marzano tomatoes are in season from June through September. Known for their rich flavour and firm texture, they are a classic choice for authentic sauces and seasonal summer dishes.

ORDER CODE: GTOMSAN

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



Cauliflower
Order Code: CAULIFL



Sweetcorn Fresh
Order Code: SWEETCO



Arborio Rice
Order Code: ARBRICE



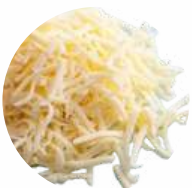
Chargrilled Peppers In Oil
Order Code: CHARPEP



Mixed Pitted Garlic & Chilli Olives
Order Code: OLIVEGC



Black Truffle EV Oil
Order Code: EDTBOIL



Cheese Cheddar Mature Grated
Order Code: CHSCHMG



Broccoli
Order Code: BROCLOS

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

- **Elderberries** – Rich, winery flavour with deep, earthy notes and subtle sweetness. Best gathered in late summer to early autumn, when fully ripe for maximum intensity.
- **Crab Apples** – Sharp and tangy with a bright, citrus-like acidity and a hint of floral complexity. Picked at their best in early autumn when their tartness is most vibrant.
- **Fig Leaves** – Green and creamy with milky, coconut-like tones and a hint of bitterness. Best collected in high summer when leaves are full and fragrant.
- **Sloes** – Powerfully astringent with bitter almond undertones and a hidden depth that emerges when steeped or preserved. Traditionally harvested after the first frost to enhance flavour and reduce harshness.

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.
- **Lobster Mushrooms** – Earthy, slightly sweet aroma with a firm, meaty texture. Typically available from late summer to early fall.
- **Cep** – Rich, nutty scent with a dense, velvety texture. Appears from late summer into autumn.

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



Weekly Review

The temperatures in the UK and Holland are expected to continue this week at around 20/23 degrees during the day and 13/15 degrees at night. Early part of the week sunny but from id week it will become cloudy and with also rain intervals.

No changes in Spain where temperatures continue around 30/35 degrees during the day and at around 22/24 degrees during the night.

Morocco is just slightly cooler with temperatures at around 26/27 degrees during the day and 17/19 degrees at night. In both countries it will remain sunny and clear skies.

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

- Supply remains steady with good availability.
- Prices are stable and expected to hold.
- Quality is particularly good.

Broccoli

- Production steady with stable volumes.
- Prices holding at current levels.
- Quality remains good.

Cucumbers

- Production is increasing slowly.
- Prices remain stable due to high demand.
- Quality is holding well.

Plum Tomatoes

- Extremely limited supply.
- Prices remain very high.
- Quality is good, though some fruit lighter in colour.

Beef Tomatoes

- Slightly more volume available.
- Prices easing compared to last week.
- Quality mixed, larger sizes hold higher value.

Intense Plum Tomatoes

- Supply very limited.
- Prices extremely high.
- Quality is good.

Standard Loose Round Tomatoes

- Supply remains short with high demand.
- Prices stable at high levels.
- Quality generally good, though some lots lack shelf life.



Vine Tomatoes

- Supply stable with strong demand.
- Prices holding steady.
- Quality is good overall.

Cherry on the Vine & Cherry Tomatoes

- Cherry supply limited, prices holding firm.
- Cherry tomato volume dropping with mixed quality.
- Premium varieties performing better.

Heritage/Inca Tomatoes

- Availability is limited.
- Prices continue to rise.
- Smaller vine varieties being used to meet demand.

Leeks

- Adequate supply with good volume.
- Quality affected slightly by heat stress.
- Prices remain stable.

Cauliflower

- Supply extremely limited.
- Prices remain very high.
- Quality generally good.

Peppers

- Red availability improving, prices easing.
- Green, yellow, and orange remain short and expensive.
- Medium retail size becoming harder to source.



Padron, Habanero, Jalapeño & Chillies Peppers

- Volumes dropping, prices rising.
- Jalapeños stable in supply and price.
- Quality remains good.

Courgettes

- Availability is lower than in previous weeks.
- Prices are steadily increasing.
- Overall quality is good



Celery

- Production slightly lower than recent weeks.
- Prices beginning to rise steadily.
- Overall quality is good.

Iceberg Lettuce, Little Gem & Cos Lettuce

- Demand strong with steady production.
- Iceberg slightly shorter in supply, prices rising.
- Quality across all types remains good.

FRUITS



Cherries

- Season nearing end, volumes limited.
- Quality becoming mixed.
- Best quality still holds high value.

Lemons

- Limited supply continues.
- Prices remain high.
- Quality is good overall.



Melons

- Watermelon volumes steady, prices easing slightly.
- Galia, cantaloupe, and honeydew yields declining.
- Quality and sugar levels exceptionally good.

Stone Fruit

- Apricots steady in supply.
- Nectarines shorter with rising prices.
- Quality across all fruits remains good.

Strawberries

- Demand remains strong.
- Prices stable for top quality, slightly lower for imports.
- Quality generally good, though smaller berries have shorter shelf life.



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.