

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



AUBERGINE PALE

Italian Round Aubergine: a globe-shaped, deep purple variety with creamy, tender flesh and fewer seeds, offering a mild, nutty flavour. Its meaty texture makes it perfect for grilling, roasting, or baking, especially at its summer peak.

ORDER CODE: GAUBERP



PEAR COMICE WAX TIP

Exceptionally sweet and aromatic with a soft, buttery, melting texture, these pears feature a red wax tip at the stem to slow ripening, retain moisture, and maintain freshness. Sourced from Italy, in season until November.

ORDER CODE: PEAUKCM



Cheese & Dairy



MONTBRIAC

Montbriac is a classic Auvergne cheese, distinguished by its ash-coated rind. Often described as a "Blue Brie," it is soft, creamy, and delicately runny, with minimal blue veining. Its aroma evokes mushroom, celery, and garlic, while the flavor is subtle yet salty, offering just enough blue character to intrigue without overwhelming.

ORDER CODE: CHSMONTB



OGLESHIELD

The West Country's answer to raclette, Ogleshield is a gentle yet complex cheese, with a sweet and milky aroma and warm, savoury flavour reminiscent of chicken broth. The texture beneath the pungent pink rind is soft and pliant, and it melts beautifully.

ORDER CODE: CHSOGLE

UK Produce Spotlight



LOLLO ROSSO, LOLLO BIONDI & OAKLEAF

Crisp, delicate leaves with a fresh, mild flavour, perfect for enhancing salads and seasonal dishes. Sourced from the UK, these premium lettuces will be in season until the end of October.

ORDER CODE: LETTROS, LETTBIO, LETTOAR



RUNNER BEANS

Tender and crisp, these vibrant green runner beans are a quintessential British summer vegetable, celebrated for their fresh flavour and versatility. Sourced from local UK growers, they will be in season until the end of October.

ORDER CODE: BEFLGRE

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



Watermelon
Order Code: MELONWA



Figs
Order Code: FIGSFRE



Green Basil Pesto (Vegan)
Order Code: GBASPES



Whole Summer Truffle
Order Code: SUMTRWH



Balsamic Vinegar Of Modena PGI
Order Code: BALSVIN



White Truffle EV Oil
Order Code: EDTWOIL



Scottish Smoked Salmon Long Sliced Side
Order Code: FSSSLS



Grapes White/Green
Order Code: GRAPEGR

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, winy flavour with deep, earthy notes and subtle sweetness. Best gathered in late summer to early autumn, when fully ripe for maximum intensity.
- **Bullace** – Small and round with a firm texture, offering a tart-sweet flavour that deepens as they ripen. Best harvested in early autumn, when their rich, plummy character is at its peak.
- **Fennel Stick** – Crisp and aromatic with subtle aniseed notes and a refreshing sweetness. Best harvested in the summer months, when the bulbs are tender and full of flavour.
- **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 flavour; 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 flavours. Found in late summer and autumn.
- **Pied de Mouton** – Pale and nutty with a firm, meaty texture and a gentle peppery bite. Best foraged in autumn woodlands, when their spiny undersides stand out beneath fallen leaves.
- **Lobster Mushrooms** – Earthy, slightly sweet aroma with a firm, meaty texture. Typically available from late summer to early fall.
- **Ceps** – 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 17/20 degrees during the day and 10/12 degrees at night. Mainly cloudy with rain intervals and some isolated sunny spells.

In Spain temperatures continue around 28/29 degrees during the day and at around 19/21 degrees during the night. Mainly sunny and isolated cloudy spells. Morocco is holding temperatures around 24/26 degrees during the day and 16/18 degrees at night. Sunny and clear skies.

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For additional details, please contact your Account Manager

VEGETABLES

Aubergines

- Limited availability from Holland.
- Prices remain high due to restricted supply.
- Quality is particularly good with no major issues.

Broccoli

- UK volumes declining as season progresses.
- Imports limited and expensive.
- Quality generally good with recent cooler weather.

Cucumbers

- Availability improving with new plantings.
- Decent yields expected in the coming weeks.
- Quality remains good, prices may ease slightly depending on size.

Plum Tomatoes

- Extremely limited volumes, very high prices.
- Production area reduced compared to last season.
- No significant recovery expected until late next month.

Beef Tomatoes

- Production steady but mainly smaller sizes (72/82mm).
- Larger sizes limited and more expensive.
- Quality varies but generally acceptable.

Intense Plum Tomatoes

- Supply limited as crops near end of cycle.
- Mostly medium to smaller fruit available.
- Quality still holding at acceptable levels.

Standard Loose Round Tomatoes

- Availability limited across Europe, plants declining.
- Crop gap expected before Spain start.
- Quality fine but some fruit mixed in condition and colour.



Vine Tomatoes

- Steady volumes with good quality and range of sizes.
- Prices expected to hold stable.
- Supply situation unchanged.

Cherry on the Vine & Cherry Tomatoes

- Cherry vine volumes limited, prices high.
- Premium varieties fetching higher levels.
- Cherry volumes better but now dropping in quality.

Heritage/Inca Tomatoes

- Limited availability, some varieties missing.
- Prices remain high due to shortage.
- Smaller coloured tomato types used to cover gaps.

Leeks

- Decent volumes available.
- Quality consistent and prices stable.
- No major changes expected.

Cauliflower

- UK production improving thanks to rain and cooler conditions.
- Imports limited and more expensive.
- Quality remains good overall.

Peppers

- Good volume available, with decent overall quality.
- Red and yellow remain competitive in price.
- Green peppers slightly more expensive.



Padron, Habanero, Jalapeño & Chillies Peppers

- Padron and chilli volumes dropping, prices rising.
- Jalapeño supply steady with stable prices.
- Quality remains good overall.

Courgettes

- UK season nearing its end, local production diminishing.
- Decent volume still from Holland, mostly larger sizes.
- Quality holding well, prices expected stable.



Celery

- UK supply holding steady with enough to meet demand.
- Prices expected to remain stable.
- No major quality issues reported.

Iceberg Lettuce, Little Gem & Cos Lettuce

- Supplies limited across all types.
- Prices holding steady at decent levels.
- Quality good, some minor leaf issues from weather.

FRUITS

Lemons

- Stable supply, prices remain high depending on size.
- Extra class quality very good, class 2 lower due to defects.
- Situation expected unchanged for next week.



Melons

- Spanish season ending, Murcia & Alicante nearly finished.
- Very limited volumes of Galias, cantaloupe, and honeydew left.
- Best quality commanding high prices.

Stone Fruit

- Nectarines stable with steady pricing.
- Apricots in shorter supply, prices rising.
- Peaches and plums holding current values.

Strawberries

- Steady local and imported supply.
- Quality generally good, though some smaller/lower-value fruit.
- No major changes expected in the short term.



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.