

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



CLEMENTINES

These Spanish clementine offer a vibrant, juicy flavour with a perfect balance of sweetness and gentle acidity. In season from late October through early March, they bring bright, refreshing notes to the winter months.

ORDER CODE: CLEM



CHESTNUTS

Naturally sweet and nutty, with a soft texture and rich, earthy aroma that deepens when roasted. Sourced from France or Italy, depending on availability, and in season from October to December.

ORDER CODE: CHESTNU



Cheese & Dairy



SUFFOLK GOLD

Indulge in a creamy semi-hard farmhouse cheese with delicate flavours and a rich golden hue. This cheese is perfect for pairing with oatcakes or a crisp apple and also melts beautifully. Made with pasteurized cow's milk, it is suitable for vegetarians to enjoy. Experience the delicious taste and versatile nature of this cheese that is sure to satisfy your taste buds in every bite.

ORDER CODE: CHSSUGOL



TUNWORTH

Tunworth is our own, very British Camembert – a soft, white-rinded cheese wonderfully reminiscent of its French cousin. Tunworth is markedly different thanks to the lush grazing of rural Hampshire. Despite being refined and perfected over the years, Tunworth is still made entirely by hand – from the first ladle of pasteurised whole cow's milk to the poplar box packaging

ORDER CODE: CHSTUNW

UK Produce Spotlight



CARROTS

Carrots offer a naturally sweet, crisp flavour that develops richness over time. Early-season carrots are harvested from June to August, while main-crop carrots, sown in spring, are harvested from August through to the following spring, providing a fresh, seasonal vegetable throughout the year.

ORDER CODE: CARROTS



CELERIAC

Celeriac has a subtly nutty, earthy flavour that becomes more pronounced during the cooler months. In season from September to April, it is a hearty and versatile winter vegetable, perfect for adding depth and character to seasonal dishes.

ORDER CODE: CELERIA



Wild & Foraged Report

FORAGE FINDS

- **Rosehips** – Bright, tangy flavour with floral undertones and a hint of sweetness. Best gathered in early autumn, when vibrant and firm, for their peak aroma and vitamin-rich zest.
- **Rowen Berries** – Sharp, tart flavour with citrusy notes and a touch of bitterness. Best gathered in early autumn, after the first frost, when their vivid orange-red hue deepens and the flavour mellows.
- **Medlars** – Rich, spiced flavour with hints of apple and date once fully bletted. Best gathered in late autumn and enjoyed after softening, when their deep, mellow sweetness and complex aroma emerge.
- **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

- **Girolles** – Delicate, golden mushrooms with a fruity aroma and subtle, peppery richness. Harvested from summer through 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.
- **Amanita Eggs** – Distinctive, egg-shaped young mushrooms encased in a white volva; notable for their unusual form and delicate emergence. Found in summer to early autumn woodlands.
- **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

In both the UK and the Netherlands, temperatures are expected to remain consistent with this week, reaching around 13–14°C during the day and 8–10°C at night. Conditions will be mostly cloudy, with periods of rain interspersed with occasional sunny spells, particularly mid to late week.

In southern Spain, daytime temperatures are holding steady at 23–25°C, with nighttime temperatures around 17–19°C. The region can expect predominantly sunny conditions next week, with isolated cloudy periods.

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For additional details, please contact your Account Manager

VEGETABLES

Aubergines

- Volume from current sources decreasing while new crops improving steadily.
- Prices remain stable as supply transitions between regions.
- Overall quality remains particularly good.

Broccoli

- Supply holding steady though starting to decline.
- Prices stable at current levels.
- Quality remains good.

Cucumbers

- Local production ending, creating higher demand from alternative sources.
- Prices rising, especially for smaller sizes.
- Quality good and improving week by week.

Plum Tomatoes

- Supply extremely limited and prices remain high.
- Early pickings from new crops still insignificant.
- Quality from remaining stock continues to hold well.

Beef Tomatoes

- Volume down and prices have increased, expected to hold steady.
- Larger sizes limited; mid-range sizes dominate availability.
- Quality remains mixed but generally holding well.

Intense Plum Tomatoes

- Supply remains limited as previous crops finish.
- New crops starting, but full availability still weeks away.
- Quality holding well though fruit sizes are smaller.

Standard Loose Round Tomatoes

- Limited availability as older crops decline.
- Early pickings from new sources just starting, with volumes increasing slowly.
- Prices expected to stay high until more supply comes through.



Vine Tomatoes

- Strong demand due to limited supply of other tomato types.
- Prices rising and expected to remain stable next week.
- New crops not yet producing significant volume.

Cherry on the Vine & Cherry Tomatoes

- Availability rapidly decreasing with steady prices.
- Quality holding well with good flavour development.
- New crops expected to provide volume from mid-November.

Heritage/Inca Tomatoes

- Availability limited with some varieties missing from mixes.
- Prices remain high and unchanged.
- Some smaller vine varieties used as substitutes.

Leeks

- Good supply continuing from new crops.
- Prices competitive and stable.
- No quality issues reported.

Cauliflower

- Availability slightly lower than last week.
- Small price increases due to reduced volume.
- Quality remains good.

Peppers

- Older crops diminishing in both volume and quality.
- New crops increasing gradually, causing some price rise, especially for red.
- Overall quality good across all colours and improving.



Padron, Habanero, Jalapeño & Chillies Peppers

- New winter crops just starting; summer crops nearly finished.
- Prices increasing sharply, especially for Jalapeños.
- Quality still holding well despite transition period.

Courgettes

- Volumes increasing as early crops enter production.
- Prices have eased and expected to stabilize next week.
- Quality is exceptionally good under current weather conditions.



Celery

- Adequate supply meeting demand with steady prices.
- New season crops to begin soon.
- Quality holding well.

Iceberg Lettuce, Little Gem & Cos Lettuce

- Volumes decreasing as temperatures drop.
- Prices expected to rise next week due to reduced supply.
- New crops showing excellent quality.

FRUITS

Lemons

- Supply stable with prices high and steady.
- Class 1 quality particularly good; Class 2 lower due to imperfections.
- No changes expected next week.





Pomegranates

- Volumes increasing steadily with strong demand.
- Prices holding firm on popular sizes.
- Quality exceptionally good.

Kaki (Persimmon)

- Season started with limited volume.
- Prices strong for all pack sizes, including Class 2.
- Quality good and fruit well received.



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.