



*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)





# Seasonal Insight



## **PUNTARELLE**

Sourced from Italy, punterella is at its best from November to March. Crisp with a subtly bitter, peppery flavour, it brings authentic Italian freshness to your plate.

**ORDER CODE: GPUNTAR**



## **CIMA DI RAPA**

Italian cima di rapa is in season from late autumn to early spring. With tender leaves and stems and a subtly bitter flavour, it embodies the essence of authentic Italian produce.

**ORDER CODE: GCIMADRA**

# UK Produce Spotlight



## **BRUSSEL SPROUT STALKS**

Brussel sprouts are festive must-haves. If you're after superior freshness, then why not try sprout stalks which stay fresher much longer than loose brussel sprouts, keeping them flavourful for up to 3 weeks when stored correctly. Although the season extends into early spring, we typically stop stocking them in earnest by January, as demand naturally tapers off after the festive period.

**ORDER CODE: SPRSTAL**



## **JANUARY KING CABBAGE**

A true winter classic of UK fields, at its seasonal peak during the colder months. Valued for its sweet, nutty flavour and tender texture, it performs exceptionally well both raw and cooked, developing depth and richness when braised, roasted, or slow-cooked. A versatile and reliable choice for winter menus.

**ORDER CODE: CAJANKI**



# Wild & Foraged Report

## FORAGE FINDS

- **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.
- **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.
- **Mustard Greens** – Peppery, slightly bitter leaves with a sharp, tangy bite that mellows when cooked. Best in the cooler months, their vibrant flavour is at its peak from autumn through spring.
- **Douglas Fir** – Bright, resinous and citrus-led, with notes of grapefruit, pine and a gentle sweetness beneath. Best harvested young in spring, when the tips are tender and aromatic, lending themselves beautifully to infusions, syrups and preserves.

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.
- **Matsutake** – Firm, brown-capped mushrooms with a spicy-aromatic scent; found in late summer to autumn under pine trees.
- **Grey Leg Chanterelle** – Grey-stemmed, funnel-shaped mushrooms with wavy caps; tender, with a mild, nutty flavour. Found in summer to autumn woodlands, often in mossy or damp areas.
- **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

Daytime temperatures in the UK and the Netherlands are ranging between 8–10°C, with nighttime lows of 3–6°C. Conditions will be predominantly cloudy, accompanied by occasional rain and brief sunny intervals.

In Spain, temperatures remain stable, reaching 15–17°C during the day and dropping to around 8–10°C at night. The weather is expected to stay mostly sunny throughout the week.

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[Tomatoes](#)

[Peppers](#)

[Celery](#)

[Cauliflower](#)

[Courgettes](#)

[Leeks](#)

[Lettuce](#)

[Fruits](#)

For additional details, please contact your Account Manager

## VEGETABLES

### **Aubergines**

- Cooler night temperatures have reduced volumes compared to previous weeks.
- Prices rose sharply to double figures but appear to have peaked.
- Quality remains good, with prices expected to stay firm then ease slightly.

### **Broccoli**

- Production has dropped significantly due to low night temperatures.
- Prices have nearly doubled and are expected to stay strong until Christmas.
- Cooler weather is improving crop quality.

### **Cucumbers**

- Availability remains extremely limited, keeping prices at high levels.
- Colder conditions are likely to further reduce volumes in coming weeks.
- Quality remains good, with some easing in prices expected later next week.

### **Plum Tomatoes**

- Volumes have eased compared to previous weeks.
- Prices are increasing steadily approaching Christmas.
- Quality remains good.

### **Beef Tomatoes**

- Overall availability remains limited as production declines.
- Majority of supply is in smaller sizes, with limited larger fruit.
- Quality remains good with no major issues.

### **Intense Plum Tomatoes**

- Volumes have reduced but remain sufficient to meet demand.
- Prices are strengthening as yields drop.
- Quality is described as incredibly good.

### **Standard Loose Round Tomatoes**

- Production has eased due to cooler weather conditions.
- Strong pre-Christmas demand is pushing prices higher.
- Quality remains consistently good.



### **Vine Tomatoes**

- Cooler night temperatures have reduced yields.
- Prices are expected to increase next week.
- Overall quality remains good.

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

- Availability has increased but is now being held back by cooler conditions.
- Prices are expected to rise further next week.
- Quality is good, though some lighter-coloured fruit may appear on trusses.

### **Heritage/Inca Tomatoes**

- Supply remains good with strong consistency.
- Quality across varieties is particularly high.
- Prices are expected to remain stable.

### **Leeks**

- Good availability from multiple European sources.
- Prices remain competitive.
- Quality continues to be good with no issues.

### **Cauliflower**

- UK production remains plentiful and competitively priced.
- Quality is good with stable supply.
- No changes expected next week.

### **Peppers**

- Supply remains challenging due to Thrips virus affecting crops and volume.
- Increased class 2 availability is lowering prices compared to class 1.
- Red prices may ease, while green and yellow remain strong; quality is acceptable.



### **Padron, Habanero, Jalapeño & Chillies Peppers**

- Supply remains steady with no significant changes.
- Red chillies are shorter in supply and priced higher than green.
- Overall quality across all varieties is good.

### **Courgettes**

- Supply is steady and sufficient to meet demand, though not plentiful.
- Prices are holding stable.
- Quality is particularly good with no reported issues.

### **Celery**

- Availability is good following the end of the UK season.
- Prices are holding steady with no expected changes.
- Quality is described as incredibly good.

### **Iceberg Lettuce, Little Gem & Cos Lettuce**

- Volumes have decreased further due to slower crop growth.
- Prices have escalated rapidly and remain very strong.
- Supply constraints are expected to continue up to Christmas.

## **FRUITS**

### **Lemons**

- Supply remains stable with no major changes.
- Prices remain high, particularly for extra class 1.
- Class 2 fruit is cheaper but shows cosmetic defects.



**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.**