

Crop Report

Seasonal Spotlight - What's in Season?

Spring greens. The first cabbages of the year, their rich, dark green outer leaves lend themselves to brisk wok frying, great tossed with crushed peanuts, shredded ginger and finely chopped spring onions to finish. Steamed Jasmine rice and oyster sauce are all you need! The tender inner hearts simply need dressing up with a drizzle of oil and squeeze of citrus – best eaten raw or very lightly cooked.

Buy it from
Brakes: C 114233
 Spring Greens
 1 x 1kg



Fresh Produce is very sensitive to the weather. Here are our current headlines regarding quality and availability.

Prepared potatoes – we continue to work closely with our supplier to ensure the best possible quality in what is a challenging market following the hot, dry summer that impacted growth of potatoes and other root vegetables.

Onions – European supplies will continue to dwindle and are expected to run out by the end of April, especially on red onions. Our supplier has secured us additional volume from other sources so we can assure availability.

Cabbage – red and white cabbage will be a mixture of UK and Spanish as UK stored crop starts to run out due to the impacts of last summer on amount of crop grown.

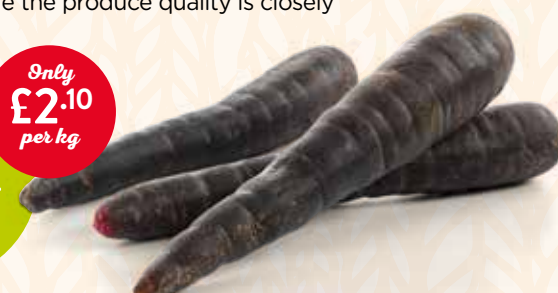
Basil – sourcing from Kenya, which experienced delays to the usual October to December rains, with December rains being very light causing droughts in several counties. This led to a weaker crop and blackening, with white fly exacerbating the breakdown.

You can be assured that our expert team of buyers are working tirelessly to ensure we have availability and our technical team are making sure the produce quality is closely monitored.

Menu Inspiration

As consumers become more demanding about what they're eating out of home, it's great to be able to add some intrigue to your menu. Make a talking point of your veg offering by bringing in something a little different such as our purple heritage carrots as part of a salad or roasted as a side.

Purple carrots have an intensely sweet flavour and are often more peppery than the average orange carrot. Take a look at our heritage potatoes (C 105473) and our Inca tomatoes (C 450706) too!



C 124790
 Purple Heritage Carrots
 1 x 5kg

£10.49
£2.10 per kg
 LIST £14.99

Promotional Hotspot

Create your own! Try making house versions of slaw and chips using our prepared, raw veg, or braise our red cabbage your way. And our fruit salad is ideal on a breakfast buffet or decanted into lidded pots for a grab & go option.

C 450445
 Fruit Salad
 1 x 5kg

Only 31P
 per 100g

£15.25
31p per 100g
 LIST £26.19



Only 14P
 per 100g

C 125230
 Prepared Chips 20mm
 2 x 2.5kg

£6.99
14p per 100g
 LIST £9.99



C 10427
 Prepared Coleslaw Mix
 1 x 1kg

£1.39
14p per 100g
 LIST £2.19



Only 14P
 per 100g



Only 45P
 per kg

C 124172
 Cabbage Red
 1 x 10kg

£4.49
45p per kg
 LIST £7.09

See all of our Fresh Produce promotions in the monthly brochure or visit www.brake.co.uk/promotions.

Standard terms & conditions apply.

Prices valid 25th February to 31st March 2019.

competition! Look out for a great fresh produce competition on social media



@Brakes_Food @BrakesFood @brakesfood