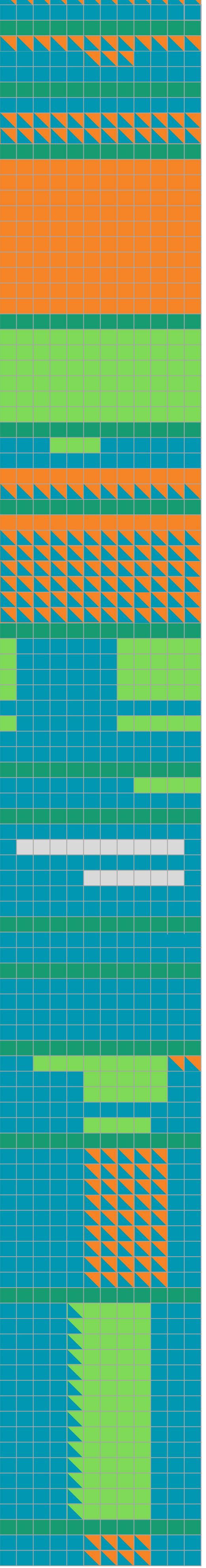
SEASONAL CHART MARCH UPDATE

BARK RJKINGSLAND&SON

The Kingslands crop update has been created to give our customers valuable monthly insight into the supply of produce into your business. This knowledge from our produce specialists allows you to effectively manage your menu. We also highlight seasonal lines or new crop we are bringing into the business.

GOOD MODE AVAILABILITY COMAVAILAB	BILITY - AVAILABILITY	
PRODUCT DESCRIPTION ROOT VEGETABLES Parsnips	COMMENTS English medium size, washed and graded	CRO
Swede Carrots	English medium size, washed and graded English medium size, washed and graded	
Chantenay Carrots Heritage Carrots Celeriac	Great as a base for salads and coleslaws,	
Turnips Candy Beetroot	also baked or mashed. English Chioggia. Swirls of pink and white when cut. Sweet with earthy undertones	
Cabbages & Greens Savoy & Primo	Local, Kent	•
Red & White Spring Green Cavolo Nero	Large heads Health benefits, high in vitamin C, K & Omega 3 Also knowns as Tuscan Kale or Black	
Sprouts & Brussel Tops Fine Bean & Extra Fine Bean	Cabbage Brussel tops are the leaves that grow on top Mainly Kenyan	
Mangetout & Sugarsnap Broccoli & Cauliflower	Guatemalan	•
Cauliflower Broccoli	Mainly Kent from P R Bones Broadstairs Excellent quality	
Romanesque Ppl Sprouting & Tenderstem	Mainly Kent from P R Bones Broadstairs Good quality, average prices for season	
SQUASH Butternut Onion	Sweet nutty taste, similar to pumpkin Winter squash, sweet taste, great for	•••
French Crown Spaghetti	roasting Dense flesh, waxy texture, great for roasting When cooked, the fibrous flesh becomes stringy, resembling spaghetti	•
Musket Pumpkin AUBERGINE & COURGETTE	Soft texture, sweet flavour, rich in vitamin A & C	•••••••••••••••••••••••••••••••••••••••
Courgette Aubergine	Vitamin C & Beta-Carotene, contains 2 antioxidants Lutein & Zeaxanthin Also known as egg plant	•••••••••••••••••••••••••••••••••••••••
Pale Aubergine ONIONS Large Onions	Available in various colours Mainly Spanish, Chilean in the spring	
White Onions 60/80 Red Onions	time Mainly English, some Dutch End of season, so quality is not at peak	
POTATOES BEST BUY Jacket	Sizes- 30, 40, 50, 60 & 80's	
Mids Small Charlotte	Small, washed & graded Waxy, firm texture. Rich buttery taste Dense creamy texture, perfect for	
Small Nicola BESTEUT AB Red Roosters Chippies Choice	Dense creamy texture, perfect for mashing or roasting Cheap price, excellent value Cheap price, excellent value	
Lovers King Edwards	Cheap price, excellent value Cheap price, excellent value Premium potato	
White Potatoes Red Potatoes	Washed & graded multi purpose potato Currently Albert Bartlett Rooster Brand	
GOURMET POTATOES BEST BUY Pink Fir Apple	long, knobbly shape & pink skin. Nutty flavour Elongated shape potato, cross between	•••
BEST BUY Anya BEST BUY Black Truffle	Elongated shape potato, cross between Desiree & Pink Fir Nutty chestnut like flavour Long shape, white skin, yellow flesh.	
DEST BUY La Ratte DEST BUY Vitelotte DEST BUY Salad Blue	Nutty taste Vivid purple flesh, the colour is retained during cooking Oval shape. Skin & flesh are blue. Ideal potato for salads	
SPECIALITY VEG Asparagus	South American	
Salsify Kale	Superfood, rich in iron, vitamin C, thiamin, calcium, potassium & phosphorus Highly nutritious, rich in vitamins C & K	•••
Jerusalem Artichokes MUSHROOMS	Also known as Sunroot, Sunkchoke & Earth Apple	•••
Wild Mushroom Mix Pled Bleu	A mix of around five varieties The blue hued stem is what gives this mushroom its name: Blue Foot High in selenium. Powerful sup food has	
Trompette Pled de Mouton Cepes	A good substitute for Girolles & Chanterelles. Strong taste & dry texture	
Cepes Chantarelle Grise Giroles	Meaty texture, funnel shaped with a mild peppery taste Also known as Golden Chanterelles. Distinctive orange & yellow funnel	
APPLES	shaped Mainly from Kentish orchards	
Cox Bramley	New Zealand Quality is holding up well despite apples being in store for several months now	•••••••••••••••••••••••••••••••••••••••
Braeburn Pink Lady	High quality premium apple. Creamy yellow- white flesh. Juicy & crunchy Premium quality apple from the southerr hemisphere	
Royal Gala Golden Delicious Granny Smith	English & French French & Chilean French & Chilean	
PEARS Conference	Mainly from Kentish orchards	
Packham CITRUS	Chilean	
Easy Peelers Seville Oranges	Large size, mostly Nadorcotts Season has come to an end now	
Oranges Sanguine (Blood Oranges) Lemons	Available in 3 sizes- small, medium & XL Quite a short season Mainly Spanish, Chilian during spring	
Lemons	time. South American	
BEST BUY Pineapples Bananas	Premium quality, great price- Chiquita brand Premium quality, great price- Chiquita brand	•••••••••••••••••••••••••••••••••••••••
MELONS Honeydew Melon	Large size Hybrid melon, cross between green-	•
Galla Cantaloupe	flesh cantaloupe & the netted-rind early melon Orange flesh melon	
Large Watermelon BERRIES Strawberries	Provides a good source of energy and water Larger punnets, now 400g	
Raspberries Blackberries		
Blueberries Redcurrants	Dutch. Strong fruit	
TOMATOES Canary		•••
Moroccan Mixed Heritage Yellow Cherry	Mixed colours and varieties of Heritage Tomatoes Punnets	
Yellow Cherry Cherry on the Vine Baby Plum on the Vine	Punnets Strong fruit Sweet & juicy	
Plum Cherry	Vine & loose available Vine & loose available	
Beef LETTUCES	Large sized tomato	•••••••••••••••••••••••••••••••••••••••
Iceberg Cos	Good quality Spanish Good quality Spanish	
Little Gem Round Chinese Leaf	Good quality Spanish Soft textured leaf Crunchy crisp texture	
Chinese Leaf Pak Choi Lollo Rosso	Crunchy crisp texture Stir fry essential Poly bagged French	
Lollo Verdi Oakleaf	Poly bagged French Poly bagged French Poly bagged French	
Curly Endive Baby Pousse	Poly bagged French Good quality Spanish	
Baby Red Chard Mixed Baby Leaf	Good quality Spanish Good quality Spanish	
Roquette	Good quality Spanish	U
CUCUMBERS & PEPPERS Cucumbers	Vacuum sealed for freshness	•

KEN	T/LOCAI		UK IMPORTED			NOT AVAILABLE					
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC



HEAD OFFICE

RJ Kingsland 11 Styles Close, Sittingbourne Kent, ME10 3BF PHONE 01622 752176 EMAIL Info@kingsland.co.uk

OPENING HOURS

Mon-Fri 4:00am-3:00pm Sat: 4:00am-10am