



**OCTOBER 2017**

**Good Morning**

October brings us all the full English Autumn supplies of veg, fruit and salads. English damsons, pears, apples, bramley cooking apples, purple sprouting broccoli, rainbow carrots, blackberries, courgettes, broad beans, peas, butternut squash, pumpkins for Halloween, rhubarb and one of the favourite winter veg “ sprouts “ from now until the end of Spring all different varieties of cabbage, good English cauliflower, swede, parsnips, so lots of choice – good quality and good competitive prices so no need for frozen! A pumpkin is a cultivar of a squash plant the thick shell contains the seeds and pulp, there is approx 26 calories per 100gm no fat but vitamin A,C,D, pumpkins do best when the seeds are planted directly in the ground you can also plant them in plant pots about 2-4 weeks before the last spring frost, do not plant outside until the soil is 70°F or more before sowing seeds. The pumpkin is a fruit. I was visiting a carrot/parsnip farm last week and the farmer told me he had grown over 300,000 for this years Halloween, so very big business. I hope this letter finds you well and hope you have a good October and if you require any information on the goods I have mentioned please don't hesitate to contact our sales team.

**“Begin doing what you want to do now, we are not living in an eternity, we have only this moment, sparkling like a star in our hand and melting like a snowflake”**

Kind Regards

John Plant

Managing Director

Asparagus	Spanish
Apples	France/English
Broccoli	Notts/Derby/Yorks/Staffs/Lincs
Broad Beans/ Peas	Lincs/Yorks/Notts/Staffs
Bread	All sourced locally to you.
Carrots <b>ORGANIC</b>	Local English
Courgettes	Yks/Lincs/Staffs/Notts
Strawberries/berries	Yks/Lincs/Staffs/Notts/Scotland
Cauliflower/White/RedCabbage	Yks/Staffs/Notts/Derby/Lincs
Damsons	English
Dairy	All from local farms
Eggs	UK local, Free Range
Leeks	English
Mushrooms	Yorks/Derbys/Lincs/Staffs/Notts
Onions Medium/Large	English/Spanish
Parsnips	Yorks/Notts/Lincs/Derbys/Staffs
Potatoes Baby New Washed	Yorks/Lincs/Notts/Derbys/Staffs
Potatoes Jackets	Yorks/Linc/Notts/Staffs/Derbys
Pumpkins	Derbys/Yorks/notts/Lincs/Staffs
Rhubarb	Local English
Tomatoes	EnglishDutch
Herbs	Yorks/Notts/Lincs/Derbys/Staffs
Cheese	British/Continental
Swede	Local English
Sprouts	Local English
All herbs	Notts/Derbys/Staffs/Yks/Lincs
All Prepared Veg grown	Notts/Derbys/Staffs/Yks/Lincs

**If you look at our new web site you can see over 500 products.**

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