

Autumn seasonal produce

This is the main season for apples and pears with Bramleys appearing. Cauliflowers are at their peak, as are potatoes, carrots, sprouts and broccoli. Lettuces start diminishing. Sweetcorn, kale and red cabbage all enter the market.

Vegetables

- Artichoke
- Aubergine
- Broad Beans
- Broccoli
- Brussel Sprouts
- Carrots
- Cauliflower
- Celery
- Courgette
- Kale
- Leeks
- Potatoes (Maincrop)
- Pumpkin
- Red Cabbage
- Runner Beans
- Savoy Cabbage
- Spinach

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(01803) 863 553
enquiries@challices.co.uk