



## HCA National Week of Excellence – Sustainability and Local Purchasing.

### Tips from the Agriculture & Horticulture Development Board

The Agriculture and Horticulture Development Board (AHDB) represents UK Levy paying farmers from a range of sectors. The sectors covered are; Potatoes, Vegetables, Fruit, Salad Leaves, Beef & Lamb, Pork, Grain and Dairy products.

The HCA National Week of Excellence is greatly welcomed by AHDB. With the week beginning on the 26<sup>th</sup> October we urge Hospital Caterers to support a range of seasonal produce to support quality assured red meats.

During October the following Fruits and Vegetables will be at their very best:

Vegetables		September	October	November
Aubergine		Green	Green	
Beans	<i>Broad</i>	Green		
	<i>Dwarf/French</i>	Green	Green	
	<i>Runner/flat</i>	Green	Green	
Beetroot				Purple
Broccoli	<i>Purple spouting</i>	Green	Green	Green
	<i>Calabrese</i>			
Brussel Spouts		Green	Green	Green
Cabbage	<i>Summer &amp; Autumn</i>	Green	Green	Green
	<i>Red</i>	Green	Green	Green
	<i>Savoy</i>	Green	Green	Green
	<i>Spring green</i>	Green	Green	Green
	<i>Winter white</i>	Green	Green	Green
Calabrese		Green	Green	Green
Carrots		Green	Green	Green
Cauliflower		Green	Green	Green
Celery		Green	Green	Green
Celeriac		Green	Green	Green
Chicory		Green	Green	Green
Courgette		Green	Green	
Cucumbers		Green	Green	Green
Endive		Green	Green	Green
Fennel		Green	Green	
Garlic		Green	Green	Purple

Kale				
Kohlrabi				
Leeks				
Lettuce	<i>Iceberg</i>			
Lettuce	<i>Little Gem</i>			
Lettuce	<i>Glasshouse types</i>			
Marrow				
Mushrooms				
Onion - bulb				
Onion - salad				
Parsnips				
Peas				
Peppers				
Potato	<i>maincrop</i>			
	<i>new</i>			
Pumpkin				
Radishes				
Spinach				
Squash				
Swede				
Sweetcorn				
Watercress				
Tomatoes				
Turnip				
<b>Fruit</b>				
Strawberries				
Raspberries				
Apples				
Pears				
Plums				
Blackberries				
<b>COLOUR KEY</b>				
				Available from store
				Available and 'in season'
				Available

Add to this the UK's Main Crop potato varieties will also be in plentiful supply. For more information go to [www.potatoesforcaterers.co.uk](http://www.potatoesforcaterers.co.uk)

AHDB suggest that where possible Hospital Caterers use the value forequarter cuts of beef, lamb and pork along with offal. New Season Lamb in particular will be competitively priced in October as will minced beef and shoulder of pork.

Legs of pork are likely to be expensive at this time owing to supplies being drawn into the Christmas Ham market.

More information can be found on [www.eblex.org.uk/foodservice](http://www.eblex.org.uk/foodservice) and [www.porkforcaterers.com](http://www.porkforcaterers.com)

Local Farm Shops can be easily identified either through the web sites

[www.bigbarn.co.uk](http://www.bigbarn.co.uk)

[www.farma.org.uk](http://www.farma.org.uk)

[www.regionalandlocalfood.co.uk](http://www.regionalandlocalfood.co.uk)

Remember the following week (w/c 2<sup>nd</sup> November) is British Sausage Week and as ever there is free point of sale materials for Hospital Caterers Association members. Just e-mail [tony.goodger@ahdbms.org](mailto:tony.goodger@ahdbms.org) along with your name and full postal address to reserve yours.

The HCA National Weeks of Excellence provide a great way to promote your catering service.

You could consider holding your own farmer's market on site during the week or maybe linking up with one of the many UK wide box schemes to become a collection hub for staff.

At the very least see if local farmers wish to come in and present their product in an area of the staff and visitor restaurant.

Useful contact details: Tony Goodger at AHDB on 0777 5535212 / [tony.goodger@ahdbms.org.uk](mailto:tony.goodger@ahdbms.org.uk)

Lorna Hegenbath at the NFU on 024 7685 8500 / [Lorna.Hegenbarth@nfu.org.uk](mailto:Lorna.Hegenbarth@nfu.org.uk)