

**SEASONAL PRODUCE LIST   
(Week commencing 12th November 2018)**

**To place orders: Tel: 0207 498 4520 or email: sales@natureschoice.london**

**Everything you wanted to know about avocados**

Archaeologists have found evidence of avocado consumption going back 10,000 years. Humans began cultivating avocados 5,000 years ago, with the Inca and Maya tribes growing the first domesticated trees.

Avocados are the only fruit to contain mono-unsaturated fats. What’s more, they are completely cholesterol free, sugar free and sodium free. One serving (approx. a third of a medium avocado) will give you your daily requirement of vitamins E and C, folate, magnesium, potassium, iron and lutein.

Avocados do not ripen on the trees. Instead, they ripen after harvesting. A tree will produce a bumper crop one year then a poor crop the following year. An average planting will produce seven tonnes per hectare per year.

At the moment, our avocados are grown just north of Santiago, Chile, by Jorge Schmidt. In 2017 the orchards contained one million trees, making it the single largest in the world. Once harvested they are placed in sealed containers then shipped across the Atlantic. Two weeks later they arrive in Dover. From there they are taken to The Avocado Company’s ripening facilities in Paddock Wood in Kent. Here they are graded and sorted. Using climate-controlled ripening rooms, the natural ripening process of the fruit is triggered. This is managed by a dedicated, experienced and skilled team. In Paddock Wood we have the only Aweta grading system in the country. Each Avocado is pressure tested for ripeness and then a laser is fired through the fruit to check if there is any black flesh. Once the fruit has been tested, it is then packed in trays and kept at room temperature for 24 hours. The fruit is then sent to us in New Covent Garden Market to be delivered to our customers the next day. If you would like to see this process in Paddock Wood, we will be happy to take you and any of your team there.

**In Season Now**

English white Jerusalem artichokes, French salsify , Italian bitter leaf (castelfranco, tardive, trevisano), Israeli yuzu, Dutch forced rhubarb

**Finishing**

Okahijiki, oyster leaf, sea astor, sea spray, courgette flowers, English heritage tomatoes, corn flower, dill crowns, oxalis,

Micros: lemon verbena, lovage, chocolate mint, mushroom plant, butterfly sorrel, mint, tarragon and cockatoo flowers.