

245 DUKESWAY + TEAM VALLEY TRADING ESTATE GATESHEAD + TYNE & WEAR + NE11 OPZ

GENERAL SALAD

Capsicums/Peppers

Jan

Spain / Israel / Egypt / Morocco

< <u>___</u>



At J R Holland Food Services Ltd we are involved in every aspect of sourcing, importing and distributing all of our products which allows us to give full traceability of the freshest produce. Food miles and sustainability are paramount to us and we try to source locally from British farmers whenever seasons allow. Below is our seasonality and country of origin calendar which helps you to make informed decisions when planning your menu or choosing what to buy.





KEYGood supplyRestricted supplyNo supply

						COUNTRY OF C	DRIGIN BY MONTH							
	PRODUCT	Jan Feb		March April		May	June July Aug			Sept	Oct	Nov	Dec	
	TOP FRUIT													
	es - Braeburn	France / Italy		Chile		South Africa	South Africa / New Zealand			New Zealand	New Zealand / France / Italy	France / Italy		
	den Delicious	France / Italy		Chile			South Africa				France / Italy			
	Granny Smith	France / Italy		Chile			South Africa				France / Italy			
	Red Delicious	Fra	nce / Italy	Chile				Argentina						
Pears	- Conference	Holland / Belgium / UK				Holland / Belgium / UK 🙀 Holland / Belgium Holland / Belgium Holland / Belgium					Holland / Belgium / UK			
Pe	ears - Dessert	Portugal		Argentina / South Africa							Portugal			
	CITRUS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	
	Clementines	Spain		Spa	ain	Argentina /	South Africa	South Africa						
	Grapefruit			Cyprus / Spain				South Africa			Cyprus / Spain			
	Lemons			Spa	ain South Africa / Argentina						Spain			
	Limes						Brazil							
	Oranges			pain					Uruguay / South Africa				Spain	
	Satsumas		No supply			Argentina ,	' South Africa		Spain Spain Spain					

REPRIES/CLIRRANTS lan Eeb March April May June June Sept Oct Nov D

BERKIE:	S/CURRAINTS	Jan	FeD	March	April	May	June	July	Aug	Sept	Oct	INOV	Dec
	Blackberries	Mexico		Spain			υκ			Mexico / Guatemala		Guatemala	
	Blueberries	Chi	e	Chile		Spain			Portugal		Argentina	Argentina	Argentina / Chile
	Cranberries	Latvia				No supply					Lat	via	
	Raspberries		Spain / Morocco		Spain	I	Spain / UK 🕀		🕀 ИК			Spain /	Morocco
	Redcurrants						Holla	d					
	Strawberries	Egypt / Morocco / Spain	Spain / M	lorocco	Spain / Morocco	Spain		🕀 ик	< compared with the second sec		UK / Holland	Holland	Egypt / Morocco

	👝 GENE	RAL FRUIT	Jan		Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	
YO HOL		Bananas						Caribbean								
Contraction of the	G	Grapes White	South Africa			Chile	India		Egypt / Spain / Italy	Spain / Italy	Greece	Greece	Greece / Brazil / Peru	Brazil / Peru	Peru / Brazil / South Africa	
		Grapes Red	South Africa		South Africa		Chile		Egypt / Spain / Italy	Spain	/ Italy	Greece	Brazi		Peru / South Africa	
		Melons		Brazil		Brazil / Costa Rica / Honduras	Costa Rica / Honduras		Spair	pain		Spain	Brazil			
		Rhubarb		Holland			Holland / UK					Holland / UK 🌐				
	١	Watermelon		Brazil Brazil / Costa Rica			Costa Rica / Honduras	Spain / Turkey				Spain / Turkey				

	STONE FRUIT	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	Apricots	South Africa		v Zealand		upply	June	France / Italy	146	Sept	No supply	Nov	South Africa
	Avocado	Chile / Dominican Rep / Spain			Spain / Israel / Peru	Peru / South Africa	Peru / South Africa			Peru / South Africa Peru / Chile		Chile / Israel	Chile / Dominican Rep / Israel
	Cherries		Chile / Argentina		No supply	USA	Spain / Italy	Spain /	' Turkey	Turkey	Turkey / USA	USA	Chile / Argentina
	Mango	Brazil / Peru / Ecuador	Peru	Peru / Nigeria / Costa Rica / Guatemala	Peru / Nigeria / Burkina Faso / Puerto Rico / Costa Rica / Guatemala	Nigeria / Burkina Faso / Puerto Rico / Costa Rica / Gambia / Guatemala	Burkina Faso / Dominican Rep / Puerto Rico / Senegal / Gambia	Dominican Rep / Puerto Rico / Senegal	Dominican Rep / Israel / Puerto Rico / Senegal		Brazil / Israel / Senegal		Brazil / Ecuador
	Nectarines	South Africa		Chile	Guatemata	Guatemata	I	Spain / Italy			Spain / Italy	So	uth Africa
	Peaches	South Africa		Chile				Spain / Italy			Spain / Italy	So	uth Africa
	Plums	Chile / Sc	outh Africa	Chile / Sc	uth Africa		Spa	in			Spain / It	aly	
		Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
A CASS CON	Passion Fruit Paw Paw						Kenya / Co Brazil /						
	Pineapple					Costa Rica	Didzit /				Costa R	са	Costa Rica
	Sharon Fruit			Israel					Spain				Israel
	ROOT	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	Beetroot (fresh)		🛞 ик		Ster UK		Uk France				UK		
	Carrots Celeriac		V V		NIN OK		Holla	ind			V VK		
	Fennel			Italy				Hol	land				Italy
	Mooli			Italy					Germany				Italy
	Parsnips			UK		न्द्रि ик	Spa		Spain / UK 🙀		🕀 ик		
	Swede		<u>a</u>	ик			Portu				😯 UK		
	Turnips		য় হ	UK			No su	ppty					
	POTATOES	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	Potatoes							< compared with the second sec					
	Potatoes Mids						UK						
Pot	otatoes Jersey Royal		No supply			Jersey				No	supply		
	BRASSICAS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	Bok Choi	Jun		Spain / Turkey	Арта	Tidy	June	Jury	ик	Sept			in / Turkey
	Broccoli			Spain				🛞 ик	W		বার্চ্চ UK	Spain	Spain
	Cabbage Savoy		🛞 ик		ਤੀ ਕਿ	ік		Spain			🕀 ик		
	Cauliflower		UK 🕀					🕀 ик				Spain	Spain
	Curly Kale		V	UK			Spa	in			🕀 ик		
	LEGUMES	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	Beans Fine	Kenya		Ке	•	2	-		Zambia		Kenya		Kenya
- 6	Beans Runner			Kenya				 (IK			Kenya	
	Mangetout						Ken						
	Sugar Snap Peas	Kenya					Ken	ya					Kenya
	ALLIUMS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	A Garlic	-					Chir		0				
	Leeks		UK / Holland		🕀 UK / F		Moro				UK / Holland		
	Onions		🛞 ик	•	न्त <u>ि</u> । यह	JK	Spain		nile		🕀 ик		
	Shallots Banana Shallots Round			🗰 ик 🙀 ик			Turk Holla				र राष्ट्र UK		
				V UK			Holla						
CI	UCURBIT FAMILY	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	Butternut Squash	South Afric	a / Portugal		South Africa			Greece		Greece / Poland		Poland	
	Courgettes			Spain				Holland / UK 🌐			Holland / UK / Spain		Spain
	Marray												
	Marrows			Spain							Spain		
	Pumpkins			Spain			UK				Spain		
SPECIAL	Pumpkins	Jan	Feb	Spain March	April	May	UK June	July	Aug	Sept			Dec
SPECIAL	Pumpkins LITY VEGETABLES Asparagus	Jan			April	May Peru / Mexico / UK 🛛 🕀			Aug Peru / Mexico	Sept	🕀 ик		Dec
SPECIAL	Pumpkins LITY VEGETABLES Asparagus Aubergines	Jan	Feb Peru		April	Ţ		July	Peru / Mexico land	Sept	🕀 ик	Nov	Dec
	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn		Feb Peru	March		Peru / Mexico / UK 🕀		July	Peru / Mexico	Sept	Oct	Nov Peru	Spain
Corn	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh)		Feb Peru India	March		Peru / Mexico / UK 💮	June	July	Peru / Mexico land	Sept	Oct Юст	Nov Peru	
Corn	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn		Feb Peru	March		Peru / Mexico / UK 🕀	June	July	Peru / Mexico land	Sept	Oct	Nov Peru	Spain
Corn	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh)		Feb Peru India	March		Peru / Mexico / UK 💮	June	July	Peru / Mexico land	Sept	Oct Юст	Nov Peru	Spain
Corn Corr	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh) orn on the Cob (vac) MUSHROOMS Mushrooms	Jan	Feb Peru India Spain	March	No s	Peru / Mexico / UK 💮	June occo June Holland /	July Hol July Poland	Peru / Mexico land		UK Oct Ψ UK Spain	Nov Peru Holland / Spain	Spain No supply
Corn Cor Cor	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh) orn on the Cob (vac) MUSHROOMS	Jan	Feb Peru India Spain	March	No s	Peru / Mexico / UK 💮	June	July Hol July Poland	Peru / Mexico land		UK Oct Ψ UK Spain	Nov Peru Holland / Spain	Spain No supply
Corn Corr	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh) orn on the Cob (vac) MUSHROOMS Mushrooms eciality mushrooms	Jan	Feb Peru India Spain Feb	March Spain March	No s April	Peru / Mexico / UK	June occo June Holland / Holland / Ch	July Hol July Poland ina / Korea	Peru / Mexico land India / Thailand Aug	Sept	€ UK Oct € UK Spain Oct	Nov Peru Holland / Spain Nov	Spain No supply Dec
Corn Corr Corr	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh) orn on the Cob (vac) MUSHROOMS Mushrooms eciality mushrooms LEAF SALAD	Jan	Feb Peru India Spain Feb	March Spain March March	No s	Peru / Mexico / UK 💮	June occo June Holland /	July Hol July Poland ina / Korea	Peru / Mexico land		€ UK Oct € UK Spain Oct	Nov Peru Holland / Spain Nov	Spain No supply Dec Dec
Corn Corr Corr	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh) orn on the Cob (vac) MUSHROOMS Mushrooms eciality mushrooms	Jan	Feb Peru India Spain Feb	March Spain March	No s April	Peru / Mexico / UK	June occo June Holland / Holland / Ch	July Hol July Poland ina / Korea July WK	Peru / Mexico land India / Thailand Aug	Sept	€ UK Oct € UK Spain Oct	Nov Peru Holland / Spain Nov	Spain No supply Dec
Corn Corr Corr	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh) on on the Cob (vac) MUSHROOMS Mushrooms eciality mushrooms LEAF SALAD ce Cos/lceberg/Gem Prepared Leaf Rocket	Jan	Feb Feb India Spain Feb Feb	March Spain March March Spain	No s April	Peru / Mexico / UK 💮	June occo June Holland / Holland / Ch	July Hol July Poland ina / Korea July WK	Peru / Mexico land India / Thailand Aug	Sept	€ UK Oct € UK Spain Oct Oct € UK	Nov Peru Holland / Spain Nov Nov	Spain Spain No supply Dec Dec Spain
Corn Corr Corr	Pumpkins LITY VEGETABLES Asparagus Aubergines Babycorn n on the Cob (fresh) orn on the Cob (vac) MUSHROOMS Mushrooms eciality mushrooms LEAF SALAD ce Cos/Iceberg/Gem Prepared Leaf	Jan	Feb Peru India Spain Feb Feb Italy / S Ital	March Spain March March Spain March Spain Pain / France	No s April	Peru / Mexico / UK 💮	June occo June Holland / Holland / Ch	July Hol July Poland ina / Korea July WK	Peru / Mexico land India / Thailand Aug	Sept	Oct WK Spain Oct Oct UK UK	Nov Peru Holland / Spain Nov Nov Italy /	Spain Spain Spain Spain Spain / France

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	Celery			Spain		Spain			স্থা <mark>ন্</mark> ত UK	Spain				
	Cucumber		Spain			Holland / UK								
	Radish													
	Spring Onions			Egypt		Egypt		🕀 UK			र्	Egy	pt	
	TOMATOES	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	
	Baby Plum		Spain / Morocco		Spain / Morocco / Holland		Spain / Holland				Spain / Morocco			
	Beef		Spain / Morocco	Spain / Morocco / Holland	Spain / Morocco / Holland			Holland / Belgium				Holland / Belgium / Spain	Spain / Morocco	
	Cherry	Spain / Morocco		Spain / Morocco	Spain / Morocco / Holland		Spain / Holland							
	Plum		Spain / Morocco Spain / Morocco / Holland			Holland / Belgium						Holland / Belgium / Spain	Spain / Morocco	
	Round		Spain / Canary Is. / Morocco		Spain / Morocco / Canary Is.			Holland /	ик 🌐			Spain / Canary Is. / Morocco		
	_{ERESH} HERBS	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec	
NA AND AND A	Basil					Israel / Spain / Kenya / Tunisia Tunisia								
A A A A A A A A A A A A A A A A A A A	Bayleaf			Colombi	a / Tunisia				Colombia / Tunisia					
	Chives		Israel / Colombia / Sp	ain / Tunisia / Kenya / India			Israel / Col	Israel	srael / Colombia / Spain / Tunisia / Kenya / India					
	Coriander		Spain / Kenya / Me	procco / Tunisia / Cyprus			Sp	Spain / Kenya / Morocco / Tunisia / Cyprus						
	Cresses (growing)						🕀 ик							
	Dill			Spain / Israel / Tunisia / Cyprus				Spain / Israel / Tunisia / Cyprus						
	Micro Cresses						🕀 ик							
	Mint						Colombia / Kenya / Israel / H	Hungary / Tunisia / Spain						
	Curly Parsley		Spai	n / Cyprus		UK / Spain						Spain / Cyprus		
	Flat Parsley		Italy / Cyprus / Sp	pain / Tunisia / Morocco				lt	aly / Cyprus / Spain / Tunisia / Moroco	co				
	Rosemary					UK / Spain Colombia / Israel / Hungary / Spain / Tunisia								
	Sage						Colombia / Israel / Hung	gary / Spain / Tunisia						
	Tarragon			Colombia / Spain / Israel / Tunisia				Colombia / Spain / Isra	ael / Tunisia / UK 🛛 🙀			Colombia / Spain / Israel / Tunisia		
	Thyme						Colombia / Spain /	' Israel / Tunisia						

June

July

🚇 нк

Holland

Aug

Sept

Oct

Holland / Spain / Morocco

Nov

Spain / Morocco

Dec

May

April

March

Spain / Israel / Egypt

Feb