

MCLAYS MONTHLY

ISSUE 6 - FEBRUARY 2026



McLays **Foods**

Meat | Fish | Produce

VEGETABLES

Brussel Sprouts

Red Cabbage

Carrots

Celeriac

Chard

Kale

Leeks

Mushrooms

Onions

Parsnips

Radicchio

Daikon (Mooli),

Romanesco

Spinach

Winter Squash

Swede

Turnips

ROOT VEGETABLES

Root vegetables are still our choice this February and we recommend making the most of the last fresh harvest of the season.

They don't require long distances transportation or heated growing conditions, they are quite happy here, in our soil. They love our weather and require minimum intervention in terms of fertilizer. They're one of the most climate friendly crops we can eat.

They are great for our soil, and support regenerative farming, by digging their roots in and breaking up compacted soil, digging their roots in and drawing nutrients from below.

They support local growers, while reminding us how satisfying and comforting our locally grown food can be.



FRUIT

Apples
Pears
Quince



SLIM PICKINGS

Scottish fruit is sparse at this time of year and we are limited to stored products such as apples, pears and quince.

Forced rhubarb, the tender, sweeter, in-season, “out-of-season” rhubarb is still available and we recommend introducing it to your menu as it’s one of the only UK grown fruits available at the moment.





For sustainability enquiries, contact
Matthew, our Net Zero Coordinator:
matthew.harkins@mclaysfoods.co.uk

McLays **Foods**

Meat | Fish | Produce

70 GLENTANAR ROAD, GLASGOW, G22 7XS | PHONE: 0141 336 6543 | EMAIL:
ENQUIRIES@MCLAYSFOODS.CO.UK