

Fresh

AUGUST 2022



Fabulous fruit festival

The last month of summer is a special season in the north as the grouse season starts, fruits are richer in flavour, legumes are cheaper and there's great value UK-grown greens and salads in abundance.

English apples – the first of the season – are now becoming available so look out for home-grown Russets, Katy and Discoveries and our much loved cookers – Bramleys always bursting with flavour. Lovely rich plums, perfect with that grouse, are also available now but the season for Victoria plums is a short one so don't miss out. Annabel's English cherries are the best – sweet and juicy – and ripe blueberries, field rhubarb and strawberries are still perfect – and great value.

Yorkshire-grown peas, Lancashire broad beans and UK-grown runner beans are all good value too as are greens, chard, kale, cabbage and cauliflowers.

New season chantenay carrots and purple sprouting broccoli will give your plates an end of summer shot of colour and flavour so order now.

Call us for prices and availability – and check out our fixed-price offers on the next page. We're always here to help so get in touch!

What's in season this August?

Beginning

- **Apples** English – Russet, Katy, Discovery
- **Bramleys** UK
- **Blueberries** UK
- **Chantenay Carrots** UK supply begins
- **Plums** English – Czar, Victoria
- **Purple Sprouting Broccoli** UK

Mid

- **Beetroot** Red/Golden/Candy
- **Broad Beans** UK grown – available till September
- **Broccoli** Lancs/Lincs
- **Cavolo Nero** UK
- **Cauliflower** Lancs/Lincs
- **Chard** UK
- **Cherries** UK
- **Corn on Cob** UK
- **Courgette** UK
- **Curly Kale** UK
- **Fennel** Lancashire
- **Lettuce** Lancashire
- **Onion, all sizes** UK & Spanish
- **Peas** Yorkshire
- **Potatoes** UK
- **Red Cabbage** Lancashire
- **Rhubarb** UK – outdoor grown
- **Romanesque** UK
- **Runner Beans** Lancashire
- **Salads** UK tomatoes, cucumbers & peppers
- **White Cabbage** UK
- **Strawberries** Yorkshire
- **Spring Greens** Lancashire
- **Squash** UK

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