

Fresh



SEPTEMBER 2022



What a range!

September is a super month and probably the most abundant in the fresh calendar. Summer crops are still available and the autumn harvest is beginning so chefs are spoilt for choice.

Take advantage of local-grown lettuce for the last of the summer salads. Tomatoes, courgettes, cucumbers and runner beans add crunch and colour. Beetroot is a versatile veg and easily carries over from summer to autumn menus. Bursting with flavour and goodness, it works well roasted and served with goat's cheese for an up-sell starter or a simple side dish for hotpot or pie of the day.

New season locally-grown carrots are great value. A cheap and cheerful addition to your menu, from soups to starters, summer salads to skinny fries, carrots are at their best right now.

The month sees the first crisp apples and fragrant autumn raspberries. These delicious UK-grown fruits are perfect quality and bring beautiful colour to the plate, so serve while you can, or freeze for winter.

What's in season this September?

Beginning

• Cob Nuts	A few weeks only
• Kohlrabi	UK
• Mushrooms, Wild	UK
• Pears	UK
• Potatoes	Estima & Marfona
• Pumpkin	UK
• Squash	Several varieties

Mid

• Apples	UK
• Beetroot	UK
• Broccoli	UK
• Carrots	Yorkshire & UK
• Cauliflower	UK
• Leeks	UK
• Cavolo Nero	Good supply
• Curly Kale	Good value
• Lettuce, English	Yorkshire
• Marrow	UK
• Parsnips	Lancs & Yorks
• Raspberries	UK
• Romanesque	UK
• Runner Beans	Yorkshire
• Savoy Cabbage	UK
• Spring Green Cabbage	UK
• Swede	Lancashire
• Tenderstem Broccoli	UK

Ending

• Blackberries	UK
• Broad Beans	Yorkshire – last month
• Courgette	UK
• Fennel	UK
• Peas	Final month
• Red Kale	UK
• Strawberries	UK
• Victoria Plums	UK – last month

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