

Fresh



OCTOBER 2022



Wholesome, hearty
and UK-grown

Autumn's here and so are UK-grown, hearty favourites from Mother Nature. As the evenings draw in, it's time to get inspiration from seasonal produce that's at its best – and works best when used to create the warming comfort food that your customers are now looking for.

With Halloween approaching, pumpkin is always popular so check out the smashing Yorkshire pumpkins on this month's fixed-price list. Use in a lightly-spiced soup or as a pasta filling to create cosy customer and profit-friendly dishes. Squash is also in season – and UK farmers produce a wide range of pumpkins and squash. Give coleslaw a seasonal kick with UK celeriac or kohlrabi – add in raw beetroot and red cabbage too for a side that's great for margins.

The nutty earthiness of UK-produced Jerusalem artichokes gives an extra dimension to everything from roast meats to risottos – simply sauté and add to an autumnal wild mushroom risotto to elevate the plate. As game is also in season, why not make the most of British quince and serve up a tangy jelly to contrast the richness of the meat. And don't forget home-grown pears and apples for variety and great value.

What's in season this October?

Beginning

- Artichokes, Jerusalem UK
- Brussels Sprouts UK
- Quince UK
- Red Cabbage UK

Mid

- Apples UK
- Beetroot UK
- Carrots, Chanteray UK
- Cauliflower UK
- Cavolo Nero UK
- Celeriac UK
- Kohlrabi Great value
- Leeks Lancashire
- Mushrooms, Wild UK
- Parsnips Yorkshire
- Potatoes Sagitta
- Pumpkin Yorkshire
- Squash Several varieties
- Swede Lancashire
- Tenderstem Broccoli UK

Ending

- Cucumber Now Dutch/Spanish
- Peaches Season ending
- Plums UK
- Raspberries UK season over

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FRESH VALUE

FOR OCTOBER

No tricks – treat diners to great value fixed-price products – all from the UK.



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