

Fresh



AUGUST 2023

Summer fruits



August is the month for sweet mellow summer fruits from all around the UK.

Look out for summer gooseberries from Worcestershire, strawberries from Yorkshire and Lancashire, rich ripe blackberries, new season plums and first crop apples. British Bramleys are appearing too – for puddings and pies and that perfect pairing with blackberries. Add these wonderful flavours to your menu along with the last of the rhubarb for memorable desserts and sweet sauces.

Salads are great value with plenty of local fresh produce to choose from – little gems, sweet and juicy UK vine tomatoes, cucumbers, peppers and new season greens such as kale, mixed chard, courgettes, tenderstem and purple sprouting broccoli – and new crop Koffman potatoes. We've also sourced fantastic UK-grown courgette flowers and wonderfully crisp fine beans – so order them while you can.

What's in season this August?

Beginning

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

Mid

- **Beetroot** Red, Golden/Candy-striped
- **Broad Beans** UK grown
- **Carrots** UK – large sizes
- **Cauliflower** Lancashire/Lincolnshire
- **Cavolo Nero** UK
- **Corn on Cob** UK
- **Courgette** UK
- **Fennel** Lancashire
- **Lettuce** Lancashire
- **Onions** English and Spanish
- **Peas** Yorkshire
- **Potatoes** Pink Fir Apple and Ratte
- **Red Kale** UK
- **Rhubarb** UK – outdoor
- **Romanesco** UK
- **Salads** UK – toms, cucumber, peppers
- **Runner Beans** UK and local beans available
- **Strawberries** UK – Elsanta

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BEST BUYS for August

Our buyers top recommendations for quality, flavour and value



Berries

Direct from Holland, blueberries and raspberries are great quality and value for August. Use for prep-free desserts, colour and their sharp-sweet flavours.

Vine tomatoes

Lancashire-grown vine tomatoes are as fresh as they get – and taste just as good as they smell. Firm yet sweet. Look out for baby plum Delisher vine tomatoes, cherry Piccolo and sharp fruity Nebula.



Little Gems

Great value with plentiful supplies, it's hard to find a better salad green than Lancashire Little Gems this month. Nice shape and size with fresh crisp leaves and a nutty taste. They are also super versatile. See next column for ideas.



Summer Exotics



Top imported fresh produce this month come from Italy – lush lemons literally bursting with juice and crisp fennel – perfect raw or cooked.

Tasting Notes

Seasonal tips and ideas from Class One Chefs



Direct from Italy and actor Stanley Tucci on what to do with great value **courgettes**. Slice and deep fry until just turning golden. Drain and refrigerate overnight. For service, reheat and mix with a little salt and butter until they start to emulsify before tossing in al dente spaghetti. Sprinkle with freshly grated parmesan and pepper. Perfect for vegetarian lunch or dinner dishes. Or replace pasta with spiralized **courgettes** for gluten-free pasta dishes or just for a change.

Surprise your diners by putting grand old-fashioned **gooseberries** on the menu. It's a short season but memorable. Serve with oily fish – like grilled or cured mackerel – in a salad or sauce. Or pair with late summer fruits – **bramleys** with **elderflowers**, **blueberries**, **blackberries**, and **rhubarb** in pies, tarts, crumbles and sorbets.



Lancashire **little gems** really deserve their moniker this time of year – great value, incredibly versatile and quick to prep. Braise with fresh peas and serve as a side, or quickly char and use to accompany grilled or BBQ chicken and fish. Present as part of sharing plates with individual leaves stuffed with whatever you fancy – or need to use up from shredded chicken with a south-east Asian style dressing or sauce to Thai crumbled chilli beef with basil, mint and lime.

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