

Fresh



AUGUST 2025



Savour the summer flavours

We're here to support your holiday season.

Keep your customers sweet this summer with mellow fruits from all around the UK, from **raspberries** and **strawberries** to **blackberries**, **plums** and **apples**. There's plenty of choice for a range of desserts and sauces.

Salads are still a highlight, and we've got plenty of great value local produce available such as **little gems**, **vine tomatoes**, **cucumbers**, **peppers** and **fennel**.

We all know the weather has a huge impact on food supply, and unfortunately, due to drought, prices of **tenderstem broccoli**, **broccoli** and **cauliflower** have risen. Growing conditions need to improve before stock levels can get back up to normal and prices reduce. It's a good time to think about more cost-effective alternatives such as **leafy greens** and **cabbages**.

Our range of products to make chefs' lives easier is always expanding, and this month we are pleased to offer **chicken crackling**, in 1kg bags, from **The Original Chicken Crackling** company. We've also started stocking delicious **Belazu Truffle & Pecorino Luxury Nut Mix**. And don't forget to try the **pizza dough balls** from **Sturdy Foods** – get in touch for a sample box.

It's the Summer Bank Holiday at the end of the month, and we'll be **closed on Monday 25th August**. The long weekend will no doubt mean a busy time for hospitality, so be sure to stock up on essentials – we are open as usual **Friday 22nd**, **Saturday 23rd** and **Tuesday 26th August**.

What's in season this August?

Beginning

Apples, English and Bramley	UK
Chantenay carrots	UK
Blackberries	UK
Plums	UK
Purple sprouting broccoli	UK

Mid

Beetroot	UK
Broad beans	UK
Broccoli	UK
Carrots	UK
Cauliflower	Yorkshire & Lancashire
Cavolo Nero	UK
Chard	Evesham
Corn on the cob	UK
Courgette	UK
Curly kale	Lancashire
Fennel	UK
Leeks	Lancashire
Lettuce	Lancashire
Onions	UK and Spain
Peas	Yorkshire
New potatoes	UK
Red cabbage	Lancashire
Red kale	Lancashire
Rhubarb	UK
Romanesque	UK
Salads – tomatoes, cucumbers, peppers	UK
Runner beans	Yorkshire
Spring green cabbage	UK
Strawberries	Yorkshire
Swede	Scotland
Tenderstem broccoli	Lancashire

BEST BUYS

for August

Our buyers' top recommendations for quality, flavour and value

Rainbow Chard

Beautiful rainbow chard is so versatile. It's in plentiful supply at the moment, so stock up on this nutritious leafy veg to add colour and crunch to all kinds of dishes.

Cavolo Nero

Cavolo nero, with its tender, dark green leaves, is a popular variety of kale. It's a great-value way of adding bulk and goodness to menus.

Courgette

UK courgettes are delicious in a variety of summer dishes – raw, fried, roasted or grilled. This seasonal favourite is fantastic value right now.

Summer exotics

Damsons

These deep purple fruits look and taste amazing. Sweet and juicy, they go beautifully with pork, beef, duck and venison, as well as in delicious desserts.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

UK plums are beginning this month, ready for the launch of early autumn menus. A simple plum tart is a real crowd pleaser and can be adapted and embellished with a range of other fruits. Make a comforting plum clafoutis, or whip up some plum-ripple and ginger ice cream.

Elevate the humble corn on the cob by slathering on a lemony garlic mayonnaise, grated parmesan, chopped spring onions and coriander.

Courgettes are a versatile summer veg. Wrap them, with feta and red onion, in filo pastry for some dainty parcels as a starter, or make some simple courgette fritters and serve with a choice of dips or as part of a crunchy salad.