

Fresh



SEPTEMBER 2025



What's in season this September?

Beginning

Cobnuts	Short season
Kohlrabi	UK
Wild mushrooms	UK
Pears	UK
Pumpkin	UK
Squash	UK

Mid

Apples	UK
Beetroot	UK
Broccoli	UK
Carrots	UK
Cauliflower	UK
Cavolo nero	UK
Celeriac	UK
Curly kale	UK
Leeks	Lancashire
Lettuce	Yorkshire & Lancashire
Parsnips	Yorkshire & Lancashire
Purple sprouting broccoli	UK, weather dependant
Raspberries	Yorkshire
Romanesque – green	UK
Runner beans	Yorkshire & Lancashire
Salads – tomatoes, cucumbers, peppers	UK
Savoy cabbage	UK
Spring green cabbage	UK
Swede	Lancashire
Tenderstem broccoli	UK

Ending

Blackberries	UK
Broad beans	UK
Courgette	Moving to Spanish
Plums	UK

From late-summer berries to early-autumn root veg, September is a month that offers a tasty mix of fresh and earthy flavours.

It's the season for adding game to the menu, and we have the perfect fresh produce to complement favourites like grouse, quail, mallard and pheasant. Stock up on **blackberries, pears, apples, cobnuts, wild mushrooms** and **chestnuts** to welcome the start of autumn.

There will still be some warm, sunny days in September so keep the salad offerings fresh. We are still receiving good supplies of local **tomatoes, peppers, cucumbers** and **lettuce**. Add in **beetroot, kale** and **cauliflower** for some hearty salads.

Broccoli and **cauliflower** prices remain high, but we should see these fall after some significant rain. Our Lancashire growers are coming into peak season for **parsnip, carrots, cabbages** and **leeks**. We're collecting these daily from the farms so they are really fresh – and the prices will start to drop as the season gets going.

We continue to increase our range of products, and our latest addition is perfect for puddings, pastries and bakes – **1kg piping bags of Nutella are available now**.

We're always happy to chat to our customers about menu planning, product substitutes and any other ways we can help. **Feel free to give us a call or drop us an email.**

BEST BUYS

for September

Our buyers' top recommendations for quality, flavour and value

Courgette

Get the last of the UK courgettes at a great price before the season comes to an end. Add to early-autumn curries, pasta and moussaka.

Autumn exotics

Mixed squashes

Not just for Halloween, mixed squashes make a wonderful base for some delicious soups, stews, salads, risottos and curries.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Pears

New-season UK pears are delicious and top quality. A real highlight of the month, they are great value too.

Make the most of the last of the English plums with a **plum** and **ginger** sponge cake. It's the perfect early-autumn pudding. Alternatively, use **cinnamon** and desiccated **coconut** instead of ginger, with coconut flakes to decorate. Cook any extra plums with a pork shoulder for a sweet and sticky roast.

Kale

Fantastic value and readily available at the moment, kale will add some hearty greenery to all kinds of hot and cold dishes.

Use new-season **kohlrabi** to take the much-loved sweet potato fries up a level. Coat slices of kohlrabi and **sweet potato** in rice flour and oil before baking, then serve with wasabi mayo for a tasty kick.

With its sweet, orange flesh, butternut squash is a popular and versatile autumn veg. Make a spicy **butternut squash** and **feta** tart or a great-value risotto for a vegetarian main option. Or for meat-eaters, try an alternative to traditional lasagne with a **smoky sausage**, **mozzarella** and **butternut squash** version.