

Fresh



OCTOBER 2025



Wholesome and hearty

As autumn settles in, the abundance of fresh produce allows for experimenting with hearty, rich dishes.

We have some fantastic **squash** varieties available, such as the **Crown Prince squash** which is full of flavour. These not only make great-value tasty dishes but also look the part as autumnal decorations. When it comes to comfort food we have you covered with beautiful **heritage mixed colour baby carrots**, **piccolo parsnips**, **swede**, **celeriac** and **pumpkin**. Not forgetting the greens, we've got top quality **cavolo nero**, **tenderstem broccoli**, **leeks** and **cabbages** coming in **fresh every day**.

Some good news if you regularly use fruit purees in desserts or cocktails; the price of **Boiron purees** has come down. Another treat for your customers is one of our newest products, **Belazu Truffle & Pecorino Nut Mix**. This is sure to be popular in the run up to Christmas. In other product news, the supply of cottage cheese is unpredictable. The 2 litre tubs of **Longley Farm Cottage Cheese** are currently unavailable, but we do have the 450g tubs.

If you're planning for Christmas, do get in touch and we can help with product recommendations, menu costings and supply information.

Have a great month!

What's in season this October?

Beginning

Artichokes,	
Jerusalem	UK & France
Brussels sprouts	Northern UK
Cranberries	US
Quince	UK
Red cabbage	UK

Mid

Apples	UK
Beetroot	UK
Carrots – Chantenay, bunched and loose	UK
Cauliflower	UK
Cavolo Nero	UK
Celeriac	UK
Kohlrabi	UK
Leeks	Lancashire
Mushrooms, wild	UK
Parsnips	Yorkshire
Purple sprouting broccoli	UK
Pumpkin	UK
Romanesque	UK
Spring Green cabbage	UK
Squash – various	UK
Swede	Scotland
Tenderstem broccoli	UK

Ending

Cucumber	Dutch ending – Spanish available from November
Tomatoes	Dutch season ending – replaced by Spanish

BEST BUYS

for October

Our buyers' top recommendations for quality, flavour and value

Carrots

A staple ingredient for good reason. Versatile, colourful and full of flavour, our fresh carrots will see you through the season.

Cauliflower

After a tough summer, cauliflowers are now looking great and perfect for comforting cauliflower cheese and tasty thick soups.

Root vegetables

Our local growers are coming up trumps with root vegetables at this time of the year. Carrots, parsnips, potatoes, celeriac and beetroot are great value and delicious.

Autumn exotics

Variegated kale

For something a bit different, variegated kale will add gorgeous colour and a deep flavour to dishes.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

New season **quinces** are soft and full of flavour when cooked and work well in a variety of dishes. Braised lamb with **quince, honey** and **ginger** is delicious, or elevate the simple **apple** pie by adding quince. Make a quince jelly to add to cheese boards or serve with game dishes.

Use the tastiest autumn veg in a hearty hotpot. Fill with **mixed wild mushrooms, carrots, onions, parsnip, celeriac** and **swede**, and top with thin and crispy slices of **potato, beetroot** and **sweet potato** for gorgeous, rich colour and taste.

Pumpkin and **squash** are delicious in muffins with **nutmeg** and **cinnamon**, or with **pear** and **blue cheese** in a tart. Try a pumpkin meringue pie for a seasonal twist on a classic dessert. Roasted **pumpkin** seeds make a crunchy garnish; add some chilli flakes for an extra kick.