

Fresh



MAY 2026



Serve the rainbow

As spring edges closer to summer, and customers are looking to make the most of the Bank Holidays, we're here to ensure you have what you need to help your kitchens run smoothly.

May is a great month for fresh, colourful produce. For crisp seasonal salads we've got locally-grown **lettuce, beetroot, broad beans, cucumber, spinach, radishes** and **heritage tomatoes**.

Jersey Royal potatoes and Yorkshire **asparagus** are customer favourites, so make the most of their short season.

The price of **carrots** and **parsnips** has increased as their UK season ends and we move to imported produce. But we have some fantastic British produce perfect for your early summer menus. New-season **yellow courgettes**, fresh **peas**, and delicious **courgette flowers** will elevate many dishes.

We're stocking some new products from Lefktro Fine Foods. **Semi-dried tomatoes** are now available in 960g jars, and **Lilliput capers** come in new 1.7kg jars. These pantry ingredients are packed with flavour and are good value in the new larger packs.

Please note, we are closed on the two May Bank Holiday Mondays, so do place your long-weekend orders in good time; we are delivering as normal on the Friday and Saturday. Give us a call if you want to discuss any particular order requirements – we're here to help.

What's in season this May?

Beginning

Apricot, nectarines & peaches	Start of the Northern hemisphere season
Bok Choi	Lancashire
Broad Beans	UK
Cucumbers	England
Easy peel citrus	Southern hemisphere
Lettuce	Lancashire
Peas	UK & Italy
Peppers	Netherlands
Spinach – baby & long leaf	UK
Tomatoes	Netherlands

Mid

Asparagus	Yorkshire
Beetroot	UK
Cauliflower	Lancashire
Celeriac	UK & Netherlands
Onions, all sizes	UK
New potatoes	Jersey Royals
Red cabbage	UK
Spring green cabbage	Lancashire

Ending

Chantenay carrots	UK ending – Israel available
Leeks	UK ending – European available
Potatoes, main crop	UK ending – expect size & price variants
Purple sprouting broccoli	UK ending
Swede	UK ending – supplies coming from storage for 6–8 weeks

BEST BUYS

for May

Our buyers' top recommendations for quality, flavour and value



Rainbow radish

Bring a vibrant pop to salads with crunchy and peppery bunched rainbow radishes.



Heritage tomatoes

Full of flavour and with a variety of beautiful colours, heritage tomatoes are a great-value addition to salads.



Strawberries

The arrival of Annabel's strawberries is a sure sign that summer is almost here. We take daily deliveries of these sweet and juicy fruits from their West Yorkshire farm.

Spring exotics

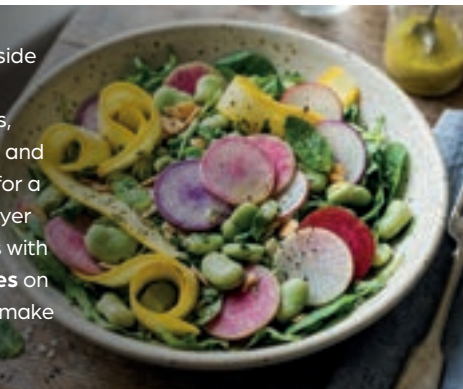
Stone fruit

Peaches, nectarines and apricots are starting to arrive. Sweet, juicy and refreshing in desserts, salads and more.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Make a colourful side salad with **yellow courgette** ribbons, **rainbow radishes** and **broad beans**. Or for a warm side dish, layer **yellow courgettes** with **heritage tomatoes** on slices of **onion** to make a gratin.



Fresh **broad beans** can quickly and easily be made into a tasty dip. Simply blitz together cooked broad beans with **crème fraîche**, then stir through fresh **dill** and **lemon juice**. Smashed broad beans and **peas** make great toppings for toasted **sourdough**, especially with some tangy **feta** or **pecorino**.



Use new-season **spinach** to bring deep colour and silky texture to sauces, dips and curries. Pair spinach with fresh **peas** and seafood to make a creamy risotto, or add a satisfying spinach, **artichoke** and cheese pie to lunchtime menus.

