

Fresh



AUGUST 2026



Peak season

With school holidays in full swing, and the government's summer savings scheme on children's meals, hopefully people are choosing to eat out.

August is the time to fully embrace sweet, flavoursome British fruits and create lots of special desserts. **Plums** are starting and are delicious, as are first crop **apples**. Yorkshire **strawberries** and **raspberries** are still going strong, so take advantage of the abundance of these and other **berries** and **cherries** before volumes start to decline next month.

We have plenty of peak summer greens like **kale**, **chard**, **cabbage** and **cavolo nero** available - these are best when cooked quickly and simply, to let the natural flavours shine. **Courgettes** and **aubergines** are also abundant and make hearty, colourful salads or simple chargrilled dishes.

The latest additions to our product range include fresh **borlotti beans**, as well as new 800g cans of **borlotti** and **cannellini beans**. We've also got **frozen churros** in convenient 2kg bags.

The weather of course has an impact on food production, and at the moment British supplies of **broccoli** and **tenderstem broccoli** are struggling so we're moving to Spanish supply. The price of **lettuce** is coming down slightly, but unfortunately the price of **citrus fruits** is going up.

Do get in touch if you'd like any product advice or suggestions - and don't forget to get your large Bank Holiday orders in on time as we're closed on Monday 31st August.

What's in season this August?

Beginning

Apples - Russet, Katy, Discovery	UK
Bramley apples	UK
Chantenay carrots	UK
Plums - Czar, Victoria	UK
Purple sprouting broccoli	UK

Mid

Beetroot - red, golden/candy striped, bunched & loose	UK
Broad Beans	UK
Broccoli	UK & Spain
Carrots	UK
Cauliflower	UK
Cavolo Nero	UK
Chard	Evesham
Cherries	UK
Corn on cob	UK
Courgette	UK
Curly Kale	Lancashire
Fennel	Lancashire
Lettuce	Lancashire
New potatoes - Pink Fir Apple, Ratte	UK & France
Onions	UK & Spain
Peas	Yorkshire
Red cabbage	Lancashire
Red kale	UK
Rhubarb - outdoor grown	UK
Romanesque	UK
Salads - tomatoes, cucumber, peppers	UK
Runner Beans	Lancashire
Spring Green cabbage	Yorkshire & Lancashire
Squash	UK
Strawberries	Yorkshire
Swede	Scotland
Tenderstem broccoli	UK & Spain

BEST BUYS

for August

Our buyers' top recommendations for quality, flavour and value

Tomatoes

It's peak season for British tomatoes – the intense flavour, perfect firmness, and range of colours make them ideal for building simple salads.

Summer exotic

Cherries

Succulent, juicy cherries are a real highlight. They have a relatively short season so enjoy them in all kinds of sweet and savoury dishes while they're at their best.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Cauliflower

With fantastic flavour and crunch, British cauliflowers are a great-value, versatile vegetable.

Use **aubergines** in a mediterranean caponata, with some really ripe **tomatoes**, **celery**, **red onions**, fresh **mint** and **parsley**. Or make Asian-inspired sticky **ginger**, **garlic** and **spring onion aubergine** bites, as part of a stir fry with rice or on their own as a starter or small plate.

Raspberries

Delicious on their own or paired with strawberries for sweet treats that epitomise summer.

Chard pairs nicely with fish – try monkfish wrapped in chard with a lemon sauce, or sauté some rainbow chard in the same pan as a salmon fillet with plenty of olive oil and garlic.

Cherries make a good addition to aromatic **rice** salads, or mixed into a warm **potato** salad and served with game or lamb. For sweeter offerings, add a black forest twist to chocolate brownies, or pair with Yorkshire **raspberries** to make a torte.