

Fresh



SEPTEMBER 2026



A new season on the way

The air is getting cooler and the days shorter – it's time to refresh menus.

With the transition from summer to autumn, you can look forward to more varieties of **apples** and **pears** to make comforting and cost-effective puddings. British **strawberries**, **raspberries**, **blackberries** and **plums** will come to an end later this month, as will Spanish **peaches** and **nectarines**, so make the most of them now.

The price of **cauliflower** and **broccoli** is still high as produce is limited while fields struggle to recover from the recent dry conditions. Supplies of **kale**, **cabbages** and **leeks** are good, and these versatile greens can be key ingredients on autumn menus. **Root vegetables** and **squashes** are approaching peak season and perfect for hearty dishes full of flavour.

Bulk sizes of dried oregano and mixed herbs are rising in price unfortunately; give us a call if you'd like us to suggest cheaper alternatives.

New in the warehouse, we have some fabulous **purple heart broccoli** and **pink pearl cabbages**, which will add vibrant colour and flavour to dishes. We also now stock 1kg tubs of **dulce de leche**, and from our dairy selection we have **burrata** in 4 x 50g packets.

If you're starting to think about Christmas already, we can help with menu planning. Do speak to us about your plans and we can discuss produce that we'll have available.

What's in season this September?

Beginning

Cob nuts	UK
Kohlrabi	UK
Wild mushrooms	UK
Pears	UK
Potatoes –	
Estima and Marfona	UK
Pumpkin	UK
Squash	UK

Mid

Apples	UK
Beetroot	UK
Broccoli	UK & Spain
Carrots	UK
Cauliflower	UK
Cavolo Nero	UK
Chantenay carrots	UK
Curly Kale	Lancashire
Leeks	Northern UK
Lettuce	Lancashire
Marrow	UK
Parsnips	Yorkshire

Purple sprouting broccoli	Lancashire
Romanesque	UK
Runner Beans	Lancashire
Savoy Cabbage	UK
Spring Green cabbage	Yorkshire
	& Lancashire
Swede	Lancashire
Tenderstem broccoli	UK & Spain

End

Broad beans	UK ending
Courgette	UK ending;
	Spanish starting
Fennel	UK ending;
	Dutch available
Peas	UK ending
Red kale	UK ending
Victoria Plums	UK ending

BEST BUYS

for September

Our buyers' top recommendations for quality, flavour and value

Apples

The UK and French apple season has started. There are plenty of varieties available to include in all kinds of sweet and savoury dishes.

Butternut squash

The versatile butternut squash is a great, filling ingredient in risottos, curries, soups, pies and warm salads.

Wild mushrooms

Wild mushrooms are a real autumn treat. They are delicious when the prep and cooking is kept simple. We have girolle, yellow chanterelle, hen of the woods, and lions mane all available.

Autumn exotic

Kiwi berries

These delicious small kiwis are grown in Portugal and Italy. With a smoother skin than the larger fruit, they are ideal for garnishing desserts and can be eaten whole.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

A colourful, flavoursome salad of chargrilled **leeks**, pickled **plums**, **ricotta** and mixed leaves is ideal for this transitional time of late summer to early autumn.

Use **wild mushrooms** in a creamy sauce to serve with chicken or in a risotto. Or make some small plate dishes such as spicy dumplings, **lemon** and **garlic** mushrooms with crusty bread, or croquetas.

Elevate a side dish of **savoy cabbage** by roasting it with **squash** and mixing in your choice of spices or **chili peppers**. Or add to creamy pasta dishes with **garlic**, **lemon** and **bacon** or **chorizo**.