

Fresh



OCTOBER 2026



Hearty roots & autumn fruits

Now we're deep into autumn, the focus is on **root vegetables**, **squash**, **leafy greens** and **wild mushrooms** to build hearty comforting dishes. We have many varieties of squash available such as the crown prince, onion and acorn to give your dishes fantastic flavour and texture. We also have plenty of **pumpkins** for autumnal decoration as well as cooking, and a selection of **ornamental gourds**.

It's a great month for green vegetables with plenty of availability of UK **savoy**, **cavolo nero**, **kale**, **hispi cabbage** and **leeks**. When it comes to desserts, it's the season for crisp English **apples**, juicy **pears** and **quinces**, all ideal for comforting autumn pies, crumbles and cakes.

Due to the dry summer we've just had, large jacket potatoes are going to be very scarce and very expensive throughout the winter. All other **potatoes** will be fine. If you order butter products from us, be aware that some of these will come with Arla branding instead of Meadow Churn, due to a fire at a packaging manufacturer.

Some of the newest items in our warehouse include **Kettle chips** and **focaccia** slabs from Seasons bakery. Don't forget, we sell much more than fresh produce. We have a huge range of **pantry**, **bakery** and **dry goods**, as well as **catering supplies** and **cleaning products**. If there's something specific you need, just ask us and the chances are we can source it.

What's in season this October?

Beginning

Brussels sprouts	UK
Cranberries	US
Jerusalem artichokes	UK & France
Quince	UK
Red cabbage	UK
Strawberries	Netherlands

Mid

Beetroot	UK
Carrots – Chantenay, bunched & loose	UK
Cauliflower	UK
Cavolo nero	UK
Celeriac	UK
Kohlrabi	UK
Leeks	Lancashire
Wild mushrooms	UK
Onions	UK
Parsnips	Yorkshire
Potatoes	UK
Purple sprouting broccoli	UK
Pumpkin	UK
Rhubarb	Netherlands
Romanesque	UK
Spring green cabbage	UK
Squash	UK
Swede	UK
Tenderstem broccoli	England

End

Blueberries	UK ending
Cucumber	Dutch ending – Spanish starting
Stone fruits	Northern hemisphere ending
Raspberries	UK ending – Southern hemisphere starting
Tomatoes	Dutch ending – Spanish starting

BEST BUYS

for October

Our buyers' top recommendations for quality, flavour and value

Squash

UK farmers produce a wide range of squash which are versatile and colourful as well as being great for margins.

Autumn exotic

Quince

Once cooked, the quince reveals itself as a delightful, rich, sweet-tart treat.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Jerusalem artichoke

The nutty earthiness of Jerusalem artichokes gives an extra dimension to everything from roast meats to risottos.

A selection of **wild mushrooms** such as penny bun, chanterelles, blewits and horse, simply fried in herby butter, make a wonderful accompaniment to game or lamb. Serve with **salsify**, with its delicate flavour, and **jerusalem artichoke** purée for a premium seasonal dish.

Add baked **quince** to classic desserts like **apple**, **pear** or **plum** crumble. Try a honey-poached quince cake, or a quince sorbet to enjoy this seasonal fruit in different ways.

Conference pears

A popular pear for good reason, these distinctive, sweet fruits are delicious prepared and served simply as part of a cheese board, or cooked and made into decadent desserts.

Pumpkin is delicious in a curry and the warming spicy dish is perfect for autumn. Make a creamy **coconut** and pumpkin curry, with your choice of **chillies**. Try adding **wild mushrooms**, **chickpeas** or **poppy seeds** for variety.