

In Season:

June Edition

Hey Chefs,

Here's your bite-sized seasonal rundown to help you plan smarter menus, stay ahead of shortages, and get inspired by what's tasting amazing this June. Let's get into it...

What's Looking Great Right Now

English Strawberries, Blackberries & Raspberries - flourishing from Kent

English Bunched Carrot & Heritage - just started and colours are vibrant

UK baby vegetables - grown in Essex, very consistent in size

English Peas & Broad Beans - fresh into the season but great quality

Stone Fruit - peaches, flat peaches (aka. donut peaches), nectarines, apricots & cherries are all great now season has kicked in.

Jersey Royal Mids & Wares - good value for money and bang in season

English Asparagus - the last few weeks so make the most of it!

English Broccoli - replacing Spanish so less food miles

Standouts & Struggles

The Positives

English Celery - will hopefully start mid June which will be a great addition.

English Baby Leaf - (baby mix leaf, spinach & rocket) all lovely quality

English Whole Head Lettuces - iceberg, cos & gem grown in Kent

Tomatoes (all varieties) & Cucumbers - fantastic value at the moment

Green Courgettes / Yellow Courgettes - a lovely vibrant summer edition

Aubergine - Dutch variety coming in nice at the moment.

Fine Beans - quality is good from Kenya and a good choice on the veg front

Cauliflowers - changed over from winter to summer variety now

Melons - European crops have started which is a positive for food miles

English Tenderstem - started end of May and volumes increasing

The Challenges

Parsnips - English has finished so there will be a gap before Spanish starts

Carrots - Similar to Parsnips English has drawn to an end.

Cabbage Red / White - currently in short supply as only stored crop available and demand is high.

Conference Pears - awaiting new season crops so will bridge the gap best we can

Banana Shallots - moved from English to Turkish causing a price hike

Sweet Potatoes - America's volumes are down and Egyptian has finished leaving us short on choice and availability.

Satsumas - paler colour skin and not as sweet flesh as Nadorcotts.

Wild Garlic - season has come to an end so expect unavailability.

Grapes (Green/Red) - still waiting on Northern Hemisphere to start

Italian Lettuces (Castelfranco, Pink Radichio, Tardivo & Treviso) - have near enough finished the season until winter months.

Onions (red/white) - we are waiting on new season to start in the next few weeks.

English Apples - sadly this month should see the end and we will cross over to southern hemisphere varieties.



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