

In Season:

July 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 July.

Beat the Heat – extreme weather conditions are proving tricky with a lot of vulnerable key lines, it's key to keep produce refrigerated at all times.

Top of the Crops

What's Looking Great Right Now

English Berries (Strawberry, Raspberry, Blackberry) – grown in Maidstone, Kent

English Cherries – have started and taste delicious, also grown in Kent

Spanish Stone Fruit Season (Peaches, Nectarines, Apricots) – all great quality, we have even seen Flat Peaches (a.k.a **Doughnut Peaches**).

English Green & Red Gooseberries – very short but sweet season so make the most whilst they are around.

English Broccoli – quality and availability is great, highly recommended

English Tenderstem – grown in Worcestershire, top quality!

English Peas & Broad Beans – season is in full swing and lovely choice

UK Heritage & Orange Bunched Carrot – vibrant in colour and great taste

Standouts & Struggles

The Positives

English Courgettes – early in season and will get better as the month goes on

English Runner Beans – just started which is great news and price will come down as availability increases

English Romanesque – firm favourite and always something a little different for your menus.

English Kale & Calvo Nero (black cabbage) – quality is fantastic

English Spring Onion – fresh daily arrivals from Worcestershire

English Celery – another great salad item grown in the UK.

English Heritage Tomato – vibrant in colour and packed full of flavours

Dutch Yellow Courgettes – almost a firm favourite because of the pop of colour.

English Baby Leaf (mix leaf, rocket & spinach) – grown in Bosham

English Iceberg, Gem and Cos – all booming still, grown in Kent.

The Challenges

Large Onions – testing time at the moment due to seasonal changes and a gap in the market which we are navigating the best we can. Be aware quality is hit and miss with inflated prices for a short period of time.

Conference Pears – have drawn to an end leaving a 3-4 week gap where we may have to send an alternative before the new season.

Asparagus – sadly English has finished leaving Peruvian, however quality is still good considering the additional food miles.

Strawberries – as a result of Wimbledon starting this has a knock on affect with strawberry availability despite the quality still being top notch.

Figs – Brazilian season is coming to a close leaving a short gap before the long awaited Turkish Fig season.

Plums – Spanish has only just started and quality is a bit hit & miss.

Cauliflowers – with the extreme weather conditions in the UK we have seen some discolouration on the heads.

Kiwi – Italian season has finished so we will be transitioning to New Zealand. Availability could run short in the period.



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