

# In Season:

## August 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 August. Let's get into it...

## Top of the Crops

*What's Looking Great Right Now*

**English Plums** – coming from our grower in Tonbridge we have lovely varieties

**Stone Fruit** – Spanish peaches, nectarines, flat peaches and apricots are all delicious and plentiful.

**Scottish Girolles** – fresh in the season has just begun and quality unmatched.

**Romanesque** – British season has just started, something a little different to add to the plate with it's eye catching appearance.

**UK Squashes** – late summer variety have caught our eye (gem, acorn & Pattison to name but a few)

**Marrow** – another superb English product, they are very versatile.

**English Corn on the Cob Husks** – a firm favourite across the board

**English Savoy Cabbage** – great value and quality so take advantage

## Standouts & Struggles

*The Positives*

**English Berries** – strawberries, blackberries and raspberries. Grown in Maidstone, Kent they taste fantastic!

**Italian Grapes (red and green)** – quality is outstanding

**Melons** (honeydew, ogen, water and galia) – good value for money and top quality.

**UK Damsons, Cobnuts and Greengages** – should all start at some point this month and are a real seasonal highlight, grab them whilst you can.

**Root Vegetables** – carrots, parsnips, swede and turnips have moved back over to English crops which is positive news.

**English Tenderstem** – recovering from a blip due to the heat and doing better.

**Onions** – compared to last month we have seen improvements made.

*The Challenges*

**UK Cauliflower & Broccoli** – major shortages due to previous heatwaves causing an effect on current crops.

**Coriander, Flat Parsley, Mint and Dill** – shortages due to extreme heat in Europe and English crops also suffering.

**Whole head lettuces (iceberg, cos and gem)** – heat stress and tip burn due to scorching temperatures.

**English Cherries** – sadly drawing to an end for this year

**Figs** – Brazilian has come to an end, we should see Turkish starting soon.

**English Apples** – have come to an end until new crops due to start in September

**Jersey Royal Mids & Wares** – sad times as the season has now drawn to a close

**Bok Choi** – English crops we were relying on are short due to a bug infestation leaving European varieties to bridge the gap.



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