

freshdirect™  
a Sysco company

# Savour the season

Autumn | Winter 2025-26 seasonal range





# Gather round

Our seasonal fresh produce range has been expertly curated to enhance menus and delight customers across the autumn and winter seasons.

From the delights of Seasonal Squash and bold Rainbow Chantenay Carrots to sweet Shallots and Piccolo Parsnips, we're bringing the best of the harvest to your table.

Our new collection of whole and prepared potatoes also provides an array of options to satisfy customers.

Wholesome, hearty and delicious – savour the season and bring the finest fresh produce to your menus.

<b>Vegetables</b>	4
<b>Salad &amp; leaf</b>	12
<b>Potatoes</b>	16
<b>Prepared produce</b>	24
<b>Fruit</b>	26
<b>Seasonality calendar</b>	30

**Products will be available from  
w/c 6th October 2025 onwards.**

**To find out more, get in touch  
[info@freshdirect.co.uk](mailto:info@freshdirect.co.uk) | 0344 873 0868**

Roasted baby golden beetroot  
Glazed carrots  
Roasted diced parsnip  
Sautéed sprouts with chilli and lemon  
Caramelised banana shallots  
Hasselback potatoes  
Roast Potatoes



# Vegetables



5006903

## Seasonal Squash

1x10kg

Available all year round | Barfoots

A curated box featuring a rotating selection of seasonal squash varieties, including Kabocha, Crown Prince, Queen, and Acorn squash. Occasionally British-grown, this assortment offers diverse flavours and textures throughout the year.



Serving Suggestion

### Indian Inspired Seasonal Squash

Served with coconut dhal, nigella seeds, spring onions, red chicory and spiced tomato chutney on roti

Golden wedges of squash, roasted and dusted with cumin, garam masala and chilli, served over creamy coconut dhal. A fresh spiced tomato chutney adds brightness, while mint yoghurt brings cool contrast. Red chicory offers crunch and colour, all wrapped in a soft, warm roti.

Earthy, bold and colourful - this plant-based dish is autumn on a plate, with a globally inspired twist.

Products used

+ Seasonal Squash





**272611**

# Medium Pumpkin

**1x1** 

Available October | Vineries

Medium Carving Pumpkins seasonally available in the run-up to Halloween, weight range 2-3kg.

## Our chef's comments

"Great balance of flavour and yield. Perfect cubed and roasted with warming spices, or blended into bakes for seasonal appeal."



**272711**

# Large Pumpkin

**1x1** 

Available October | Vineries

Large Carving Pumpkins seasonally available in the run-up to Halloween, weight range 4-6kg.

## Our chef's comments

"Ideal for batch cooking or carving. Roast in wedges for buffets or turn into chutneys for a sweet, autumnal twist."



**579515**

# Rainbow Chantenay Carrots

**1x5kg** 

Available September to March  
Freshgro

Sustainably British-grown Rainbow Chantenay Carrots, offering a mix of purple, yellow, and orange carrots in every box.

## Our chef's comments

"Vibrant, sweet, and earthy - perfect for roasting or glazing. Their colour and crunch bring serious visual impact to festive sides or fresh salads."

**152406**

# Piccolo Parsnips

**1x1kg** 

Available September to March | Freshgro

British grown Piccolo Parsnips are a lovely small, sweet parsnip with tapered end, full of flavour and can be cooked whole without the need for preparation.

## Our chef's comments

"Delicately sweet with a tender bite - no peeling needed. Roast whole with truffle honey and thyme for an elegant, low-effort side."



**To find out more, get in touch**

**info@freshdirect.co.uk | 0344 873 0868**



67521

## Brussels Sprouts

1x2kg 

Available November to January | Freshgro

Whole British grown Brussels Sprouts, ideal for the festive season and packed in a smaller 2kg pack.

### Our chef's comments

"Delicately sweet with a tender bite - no peeling needed. Sweet, nutty and at their best in winter. Roast with pancetta for depth or shave raw into bright, zesty slaws."



New

5008543

## British Medium Round Shallots

1x2kg 

Available all year round | Parish

Grown sustainably in Bedfordshire by a family-run farm that champions biodiversity, these round shallots offer a mild, sweet flavour and versatile use. Perfect for roasting, sauces, or adding depth to any dish.

### Our chef's comments

"Delicately sweet and aromatic, these shallots are perfect roasted or pickled. Ideal for sauces paired with fish, sides or elevating a simple burger."



New

5008544

## British Medium Banana Shallots

1x2kg 

Available all year round | Parish

Also known as Echalion or long shallots, these British-grown banana shallots have a naturally sweet, delicate flavour and are ideal used raw or cooked. Grown in Bedfordshire on a family-run farm that champions biodiversity, they're perfect for dressings, sauces, and slow-cooked dishes.

### Our chef's comments

"Sweet, subtle and easy to work with - banana shallots are ideal for caramelising or pickling, adding depth and finesse to everything from sauces to steak toppings."





## Serving Suggestion

### ***Baby Golden Beetroot and Pickled Pear Salad***

**Served with baby golden beetroot houmous, roasted baby golden beetroot, frisée, orange jelly, red vein sorrel, toasted hazelnut and chia seed crackers**

This salad delivers a bold twist on a classic. Silky houmous blends roasted golden beetroot with chickpeas for a rich, earthy flavour and striking golden colour. Topped with tangy pickled baby beets and served with crisp seed crackers, it delivers crunch and contrast.

Citrus segments lift the dish with bright acidity, while red micro sorrel adds a peppery, citrusy edge and vibrant colour.

Perfect as a starter, small plate or buffet option, this plant-based dish is easy to prep, visually impactful, and ideal for chefs seeking seasonal, low-labour menu heroes.

#### **Products used**

+ Frisée



**To find out more, get in touch**  
**info@freshdirect.co.uk | 0344 873 0868**



## Serving Suggestion

### ***Baby Golden Beetroot Terrine***

**Served with pickled baby golden beets, frisée, diced beetroot, golden beetroot gel**

This elegant terrine showcases baby golden beetroot's earthy sweetness, gently set with agar agar and fresh orange juice to create clean, citrus-bright layers. The jewel-toned dish is visually striking and texturally delicate - ideal for modern fine dining.

A sharp beetroot gel adds acidity to balance the sweetness, while diced cooked red beetroot and frisée provide texture, bitterness, and crunch.

#### **Products used**

+ Frisée



# Salad & leaf



**New**

**5007762**

## Plum Tomato on the Vine

**1x5kg**

Available all year round | Haluco

Left to ripen on the vine for enhanced flavour and freshness, these elongated plum tomatoes boast a meaty texture with fewer seeds. Their natural sweetness makes them perfect for salads, roasting, or grilling.



### Our chef's comments

"Firm, sweet, and richly flavoured thanks to vine ripening. Perfect slow roasted with olive oil or fresh on bruschetta."

**New**

**5008259**

## Red Gem Lettuce

**1x2**

Available all year round | Fountain Fresh

A compact lettuce with vibrant reddish-purple leaves, Red Gem offers a sweet, crisp taste similar to Little Gem. Perfect for adding fresh crunch and vivid colour to salads.



**New**

**5007803**

## Frisée Lettuce

**1x12**

Available all year round | Len Wright Salads

A crisp, slightly bitter leaf with finely curled edges, Frisée adds texture and a subtle tang to salads and garnishes. Its delicate bitterness balances rich and creamy dishes perfectly.





## Serving Suggestion

### **Braised Red Gem Lettuce**

Served with pancetta lardons, crispy onion and toasted pine nuts

This dish transforms the often-overlooked red gem lettuce from side salad to centre-stage, gently braised in rich chicken stock until tender and full of savoury depth.

Finished with smoky bacon lardons, crisp fried shallots, and toasted pine nuts, it's warm and packed with flavour.

A smart, seasonal alternative to predictable greens, perfect for autumn and winter menus.

#### **Products used**

+ Red Gem Lettuce



To find out more, get in touch  
[info@freshdirect.co.uk](mailto:info@freshdirect.co.uk) | 0344 873 0868



# Potatoes



New

5008089

## Prepared Roast Potatoes

1x2kg 

Available all year round | Willowbrook

British-grown and fully prepared, these par-cooked Roast Potatoes are seasoned and coated in oil, ready to go straight into the oven. With a perfectly crispy exterior and fluffy interior, they offer hassle-free roasting and are suitable for vegans.



### Our chef's comments

"These premium British potatoes deliver a fluffy interior and crisp golden crust, perfect for chefs wanting quality and flavour with zero animal products and minimal prep."

Image shown is serving suggestion.



New

5009131

## Premium Fresh Skin-On Fries

1x5kg 

Available all year round | AB Produce

Freshly prepared Skin-On Fries with a rustic finish, cut to 10 x 10mm for a crisp, golden bite. Made from specially selected potato varieties chosen to deliver fries that are light, fluffy inside and satisfyingly crisp outside.

Image shown is serving suggestion.



New

5010834

## Par-cooked Hasselback Potatoes

1x1kg 

Available all year round | Beacon Foods

Fully prepared British skin-on potatoes, sliced halfway through to create classic Hasselback style. Par-cooked to reduce kitchen cook time while delivering a deliciously crispy texture and tender inside.



### Our chef's comments

"Pre-sliced and partially cooked for quick roasting to crispy perfection. Their fan shape ensures even cooking and flavour absorption - ideal for busy kitchens seeking consistency and time savings. Try marinated in yogurt and tandoori spices for a bold, spicy twist."

To find out more, get in touch  
[info@freshdirect.co.uk](mailto:info@freshdirect.co.uk) | 0344 873 0868

Image shown is serving suggestion.

New

5009132

## Premium Fresh Skin-On Chunky Chips

1x5kg 

Available all year round | AB Produce

Freshly prepared chunky chips with a rustic skin-on finish, cut to a 20 x 20mm size. Made using selected potato varieties chosen for their texture and flavour to deliver the perfect chip - crispy on the outside, fluffy on the inside.



Image shown is serving suggestion.





## Serving Suggestion

# Smoked Trout and Potato Salad

Served with baby capers, lemon zest, pickled shallots, soft boiled Burford egg and a light yoghurt dressing

This refined salad uses Red Gem Lettuce and delicately pairs smoked trout with Chef's Choice Salad Potatoes, gently steamed and dressed warm in a light yoghurt vinaigrette for extra flavour.

Flakes of hot-smoked trout bring richness without overpowering, while a soft-boiled egg and micro herbs add balance and elegance.

Light yet satisfying, it's ideal as a main course salad but easily adaptable into a small plate - offering chefs a seasonal, high-margin dish with minimal prep and strong visual appeal.

### Products used

- + Chef's Choice Salad Potatoes
- + Red Gem Lettuce

New

5007512

## Chef's Choice Salad Potatoes

1x10kg 

Available all year round | Linwood

Selected exclusively from premium British varieties ideal for salads, these potatoes deliver fresh flavour and a lovely waxy skin. Grown in partnership with our trusted grower to ensure consistent quality and taste.



New

5008500

## Chef's Choice Baking Potatoes

1x15kg 

Available all year round | Linwood

Selected from premium potato varieties ideal for baking, these large size 50 potatoes deliver a perfectly fluffy interior with a crisp, golden skin. Grown in partnership with our trusted grower, ideal for consistent, high-quality jacket potatoes every time.





## Serving Suggestion

### **Fully Loaded Jackets**

Served with cheese, bacon, crispy onions, salsa, guacamole, avocado and chilli

A pub classic with a modern twist. Crisp roasted Chef's Choice Jacket Potato skins are filled with buttery mash and bold, crowd-pleasing toppings - think cheddar and bacon, smoky chorizo with spring onion, or smashed avocado with chilli.

Versatile and easy to batch, they're perfect for small plates, buffets, or family-friendly menus. A low-effort, high-impact dish ideal for seasonal menus, sharing platters, or casual dining events.

#### **Products used**

+ Chef's Choice Baking Potato



To find out more, get in touch  
[info@freshdirect.co.uk](mailto:info@freshdirect.co.uk) | 0344 873 0868



# Prepared produce



New

5008801

## Fruit Salad

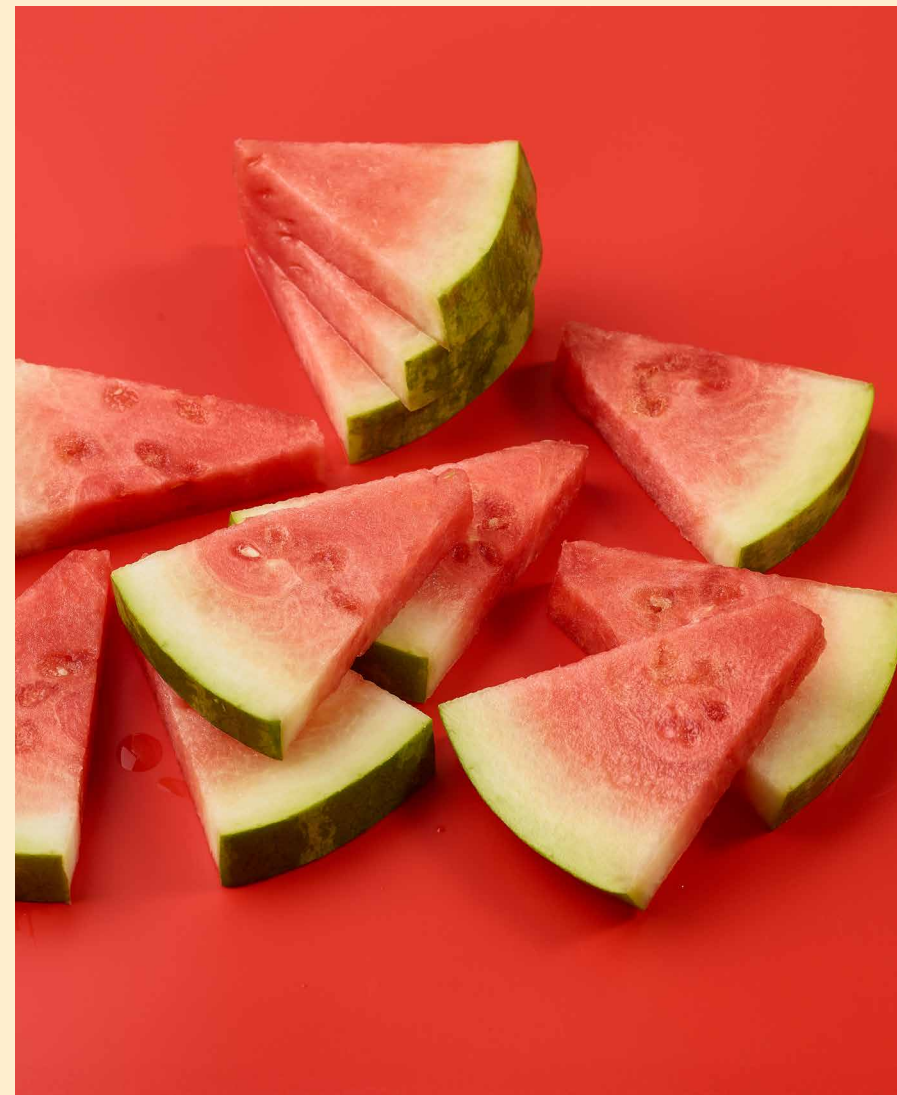
1x1.4kg

Available all year round | Del Monte

A refreshing mix of freshly cut green and red apple slices, red grapes, oranges, and pineapple chunks. Perfect for breakfast buffets, desserts, or as a convenient healthy snack on the go. With no added sugar syrup.

### Our chef's comments

"Naturally sweet and preservative-free, it's perfect for health-focused menus, breakfast buffets, and grab-and-go options."



New

5008803

## Watermelon Wedges

1x1.5kg

Available all year round

Del Monte

Sweet, juicy, and refreshing - Watermelon Wedges are the perfect grab-and-go snack and a vibrant taste of summer all year round.

New

5008805

## Melon Trio Chunks

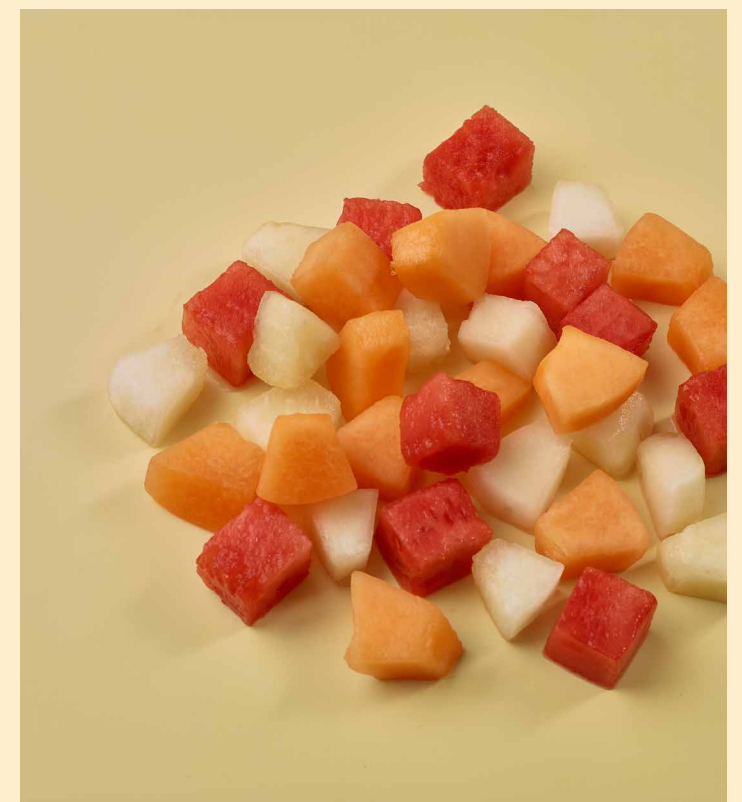
1x1.5kg

Available all year round | Del Monte

A mix of freshly cut watermelon, honeydew, and cantaloupe melon. Sweet, juicy, and colourful - the perfect addition to breakfast platters, fruit bowls, or refreshing dishes. With no added sugar syrup.

### Our chef's comments

"Refreshing and colourful, perfect for breakfast bowls or paired with prosciutto and feta for a savoury starter."





# Fruit



**5009429**

## Forced Rhubarb

**1x2kg**

Available January to March  
Hammond Produce

Known for its tender, vivid pink stalks, Forced Rhubarb is cultivated under cover to develop a subtle, sweeter flavour than regular rhubarb. Rich in antioxidants, fibre, and vitamins, it's a delicious and healthy addition to desserts and dishes.

**New**

**5008200**

## Large Pears

**1x6**

Available all year round  
Degroot

A large-sized pear with smooth or mottled skin in shades of dark to light green, featuring juicy flesh and a naturally sweet flavour. A good source of vitamin C and fibre.



Serving Suggestion

## Earl Grey Poached Pear and Yoghurt Sorbet

Served with Earl Grey syrup, hazelnut caramel, micro lemon balm, lemon zest and a lemon tuile

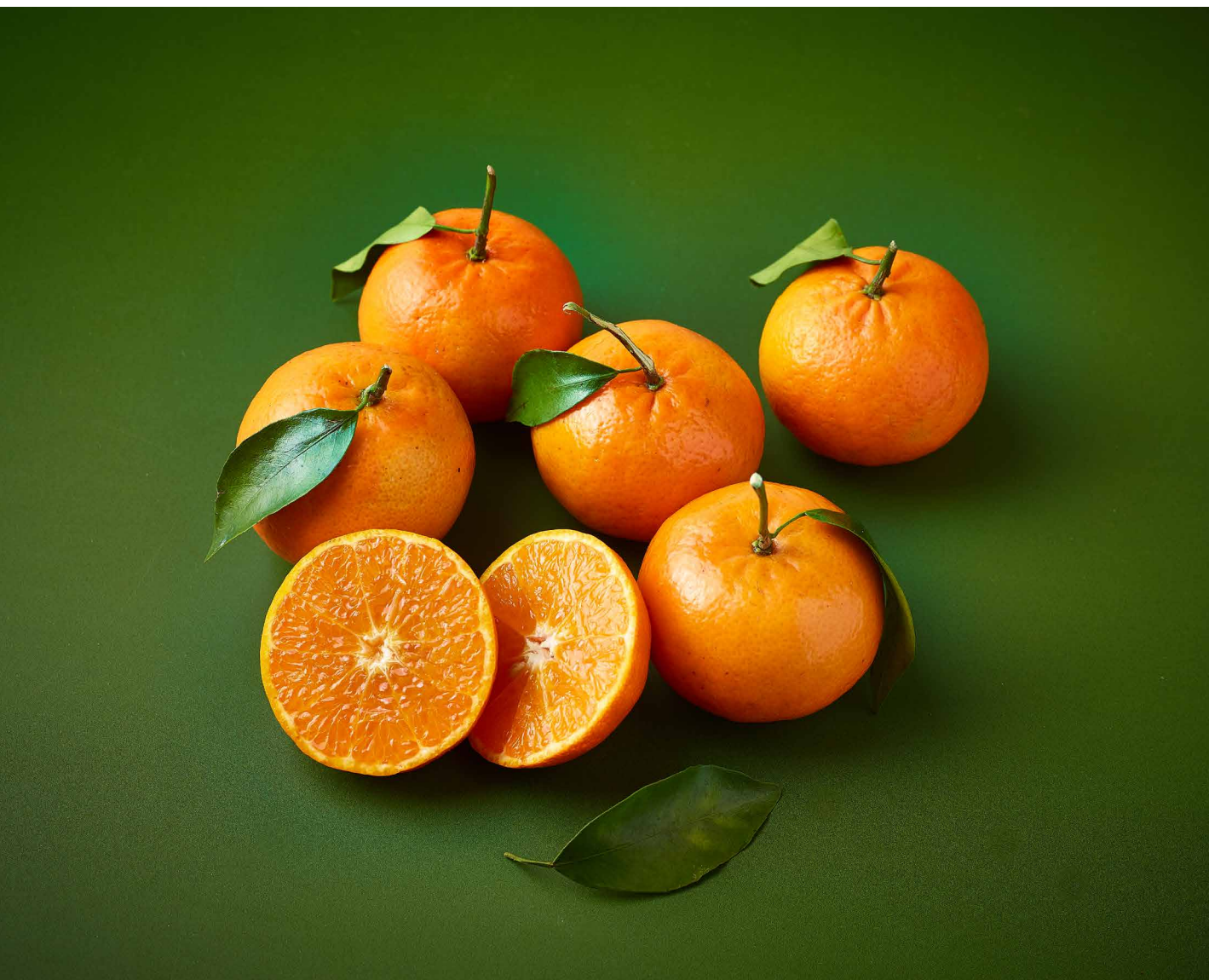
Large Pears poached in fragrant Earl Grey syrup, paired with a tangy yoghurt sorbet and crisp lemon-vanilla tuile for texture and contrast - A light, elegant dessert that balances floral and citrus notes.

Visually striking, easy to plate, and ideal for banqueting, à la carte or festive tasting menus.

**Products used**

+ Large Pear





**82901**

## Leafy Clementines

**1x1kg**

Available October to February | Bollo Natural Fruits

Clementines are small, seedless citrus fruits that are easy to peel and have a sweet and juicy flavor. When sold with leaves attached, they not only enhance their presentation but also help preserve their freshness. The leaves can be used as a garnish for decorations on desserts, cocktails, or dishes. Additionally, clementine leaves can be infused into teas or used to add a subtle citrus aroma to baked goods. Overall, clementines with leaves offer both aesthetic appeal and versatile culinary uses.

### Our chef's comments

Prized for their sweet, juicy segments and easy peel, these are perfect segmented in salads or poached whole in aromatic syrup for an elegant dessert.

**110401**

## Blood Oranges

**1x1kg**

Available January to March | Bollo Natural Fruits

The Blood Orange is a variety of orange with crimson, almost blood-coloured flesh. The distinctive dark flesh colour is due to the presence of anthocyanins, a family of polyphenol pigments common to many flowers and fruits, but uncommon in citrus fruits. Their vibrant colour and unique flavour make them popular in fresh juices, cocktails, salads, and desserts. Blood oranges are commonly used in marmalades, syrups, sauces, and marinades to add a tart and citrusy element to dishes.



**To find out more, get in touch**

**info@freshdirect.co.uk | 0344 873 0868**



# Seasonality calendar



Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
British Medium Round Shallots												
British Medium Banana Shallots												
Brussels Sprouts												
Piccolo Parsnips												
Pumpkins												
Rainbow Chantenay Carrots												
Seasonal Squash												

Salad and Leaf	J	F	M	A	M	J	J	A	S	O	N	D
Frisée Lettuce												
Plum Tomato on the Vine												
Red Gem Lettuce												

Potatoes	J	F	M	A	M	J	J	A	S	O	N	D
Chef's Choice Baking Potatoes												
Chef's Choice Salad Potatoes												
Par-cooked Hasselback Potatoes												
Prepared Roast Potatoes												
Premium Fresh Skin-On Chunky Chips												
Premium Fresh Skin-On Fries												

Prepared Produce	J	F	M	A	M	J	J	A	S	O	N	D
Fruit Salad												
Melon Trio Chunks												
Watermelon Wedges												

Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Blood Oranges												
Forced Rhubarb												
Leafy Clementines												
Large Pears												





**freshdirect.co.uk | 0344 873 0868**

Fresh Direct a Trading Division of Sysco GB Limited (registered in England No: 02035315)  
Registered office at Enterprise House, Eureka Business Park, Ashford, Kent TN25 4AG

AW26B-0925

Information correct at time of going to print, August 2025. Errors and omissions excepted.



[www.carbonbalancedpaper.com](http://www.carbonbalancedpaper.com)  
CPB029531