

freshdirect™  
a Sysco company

# Savour the season

Autumn | Winter 2025-26 seasonal range



brakes  
a Sysco company

# Gather round

Our seasonal fresh produce range has been curated by the expert team at Fresh Direct to enhance menus and delight customers across the autumn and winter seasons.

From beautiful Baby Golden Beetroot 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.

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

**[brake.co.uk/produce](https://brake.co.uk/produce)  
0345 606 9090**

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

# Vegetables



**New**

**C 5006903**

## Seasonal Squash

**1x10kg**

Available all year round

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



C 12089

## Medium Pumpkin

1x1



Available October

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."



C 450086

## Large Pumpkin

1x1



Available October

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."



C 151162

## Rainbow Chantenay Carrots

1x5kg



Available September to March

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."

C 152406

## Piccolo Parsnips

1x1kg



Available September to March

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."



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C 13026

## Brussels Sprouts

1x2kg 

Available November to January

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."

C 114208

## Brussels Sprouts

1x9kg pack 

Available November to January

Whole British grown Brussels Sprouts, ideal for the festive season and packed in a bulk 9kg.



New

C 135853

## Jerusalem Artichoke

1x1kg

Available all year round

A versatile root vegetable from the sunflower family, Jerusalem Artichokes offer a delicate, nutty flavour and creamy texture when cooked. Delicious raw or cooked, they can be boiled, baked, or roasted much like a potato.

### Our chef's comments

"Ideal for purées, soups, crisp salads, or turning into golden, crunchy crisps - this unique ingredient brings both flavour and finesse to any dish."

New

C 128630

## Fresh Turmeric

1x1kg

Available all year round

Vibrant and earthy with a warm, peppery flavour, fresh turmeric adds depth and colour to curries, marinades, teas, and juices. Packed with natural goodness.



C 134763

## Red Chillies

1x3kg

Available all year round

Medium-sized fresh red chillies with a bold, medium-to-hot heat - reaching up to 25,000 Scoville units. Perfect for adding vibrant colour and fiery flavour to a wide range of dishes.

New

C 5008543

## British Medium Round Shallots

1x2kg 

Available all year round

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

C 5008544

## British Medium Banana Shallots

1x2kg 

Available all year round

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."

New

C 5007514

## Baby Golden Beetroot

1x200g

Available all year round

Whole and raw, these baby golden beets offer a satisfying crunch; when cooked, they become smooth and tender. Featuring a rough exterior and bright golden-yellow interior, they deliver a mild, sweet, and earthy flavour.



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

- + Baby Golden Beetroot
- + Frisée



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**

- + Baby Golden Beetroot
- + Frisée
- + Red Vein Sorrel

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# Salad & leaf



**New**

**C 5007762**

## Plum Tomato on the Vine

**1x5kg**

**Available all year round**

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**

**C 5007188**

## Red Vein Sorrel

**1x20g**

**Available all year round**

Striking green leaves with vivid red veins and a sharp, citrusy flavour. Adds a bright, tangy kick and vibrant colour to salads, garnishes, and fine dining dishes.

**New**

**C 5007511**

## Thai Basil

**1x100g**

**Available all year round**

A staple in Southeast Asian cuisine, Thai Basil features long, slender green leaves with a delicate, slightly spicy licorice flavour.

### Our chef's comments

"Perfect for adding authentic taste to curries, soups, and stir-fries, its sturdy leaves hold up well to high-heat cooking without losing their aromatic punch."



**C 5001676**

## Edible Viola Flowers

**1x5g**

**Available all year round**

British-grown and available all year round, these vibrant blooms are delicately sweet with a mild perfume. Perfect for adding a splash of colour to desserts or cocktails.



New

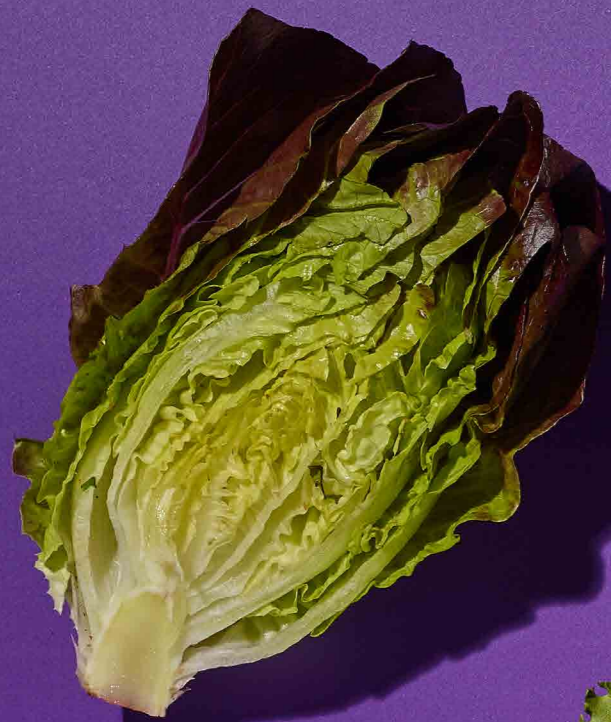
C 5008259

## Red Gem Lettuce

1x2

Available all year round

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

C 5008260

## Frisée Lettuce

1x1

Available all year round

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



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# Potatoes



New

C 5007048

## Prepared Roast Potatoes

1x2kg 

Available all year round

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

C 5009131

## Premium Fresh Skin-On Fries

1x5kg 

Available all year round

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

C 5010834

## Par-cooked Hasselback Potatoes

1x1kg 

Available all year round

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."

Image shown is serving suggestion.

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New

C 5009132

## Premium Fresh Skin-On Chunky Chips

1x5kg 

Available all year round

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**

**C 5007512**

### **Chef's Choice Salad Potatoes**

**1x10kg** 

Available from November

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**

**C 5008500**

### **Chef's Choice Baking Potatoes**

**1x15kg** 

Available from November

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



# Prepared produce



**New**

**C 136356**

## Diced Parsnips

**1x2.5kg**

Available all year round

Save time without compromising on quality with our fully prepared parsnips - expertly peeled and diced into uniform 25mm cubes. Perfect for roasting, these sweet, earthy parsnips deliver consistent results every time, making them ideal for high-volume kitchens and chefs who value convenience and flavour.

Image shown is serving suggestion: Diced parsnips with parsnip crisps and sage.



**New**

**C 5008534**

## Sliced Potato

**1x5kg** 

Available all year round

Fully prepared and peeled, these thin 2mm slices are perfect for topping pies, making dauphinoise, or frying into golden crisps - saving prep time without compromising on quality.

**New**

**C 5008801**

## Fruit Salad

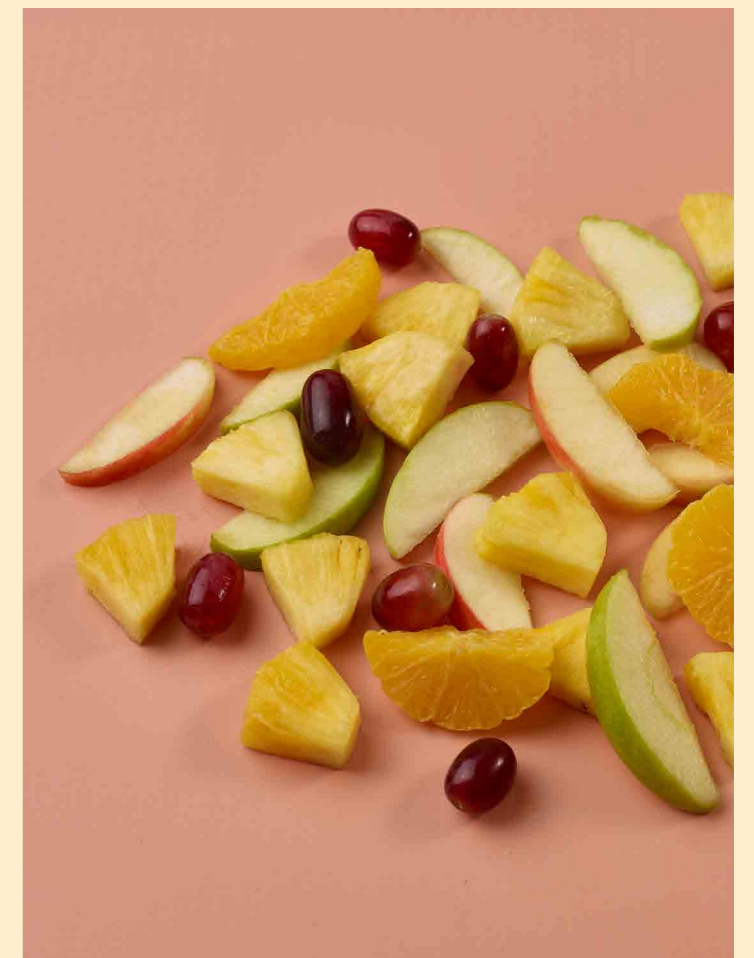
**1x1.4kg**

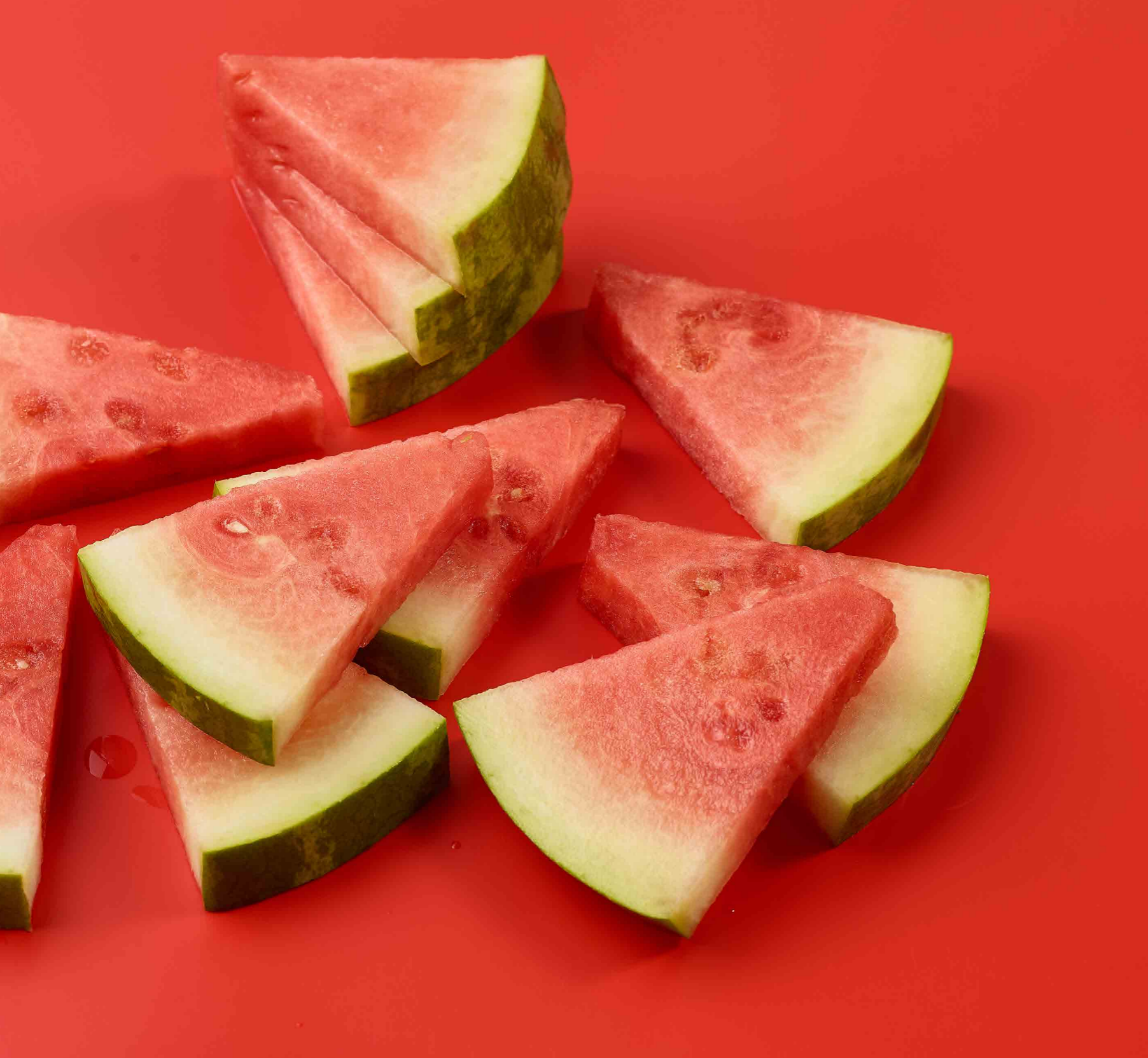
Available all year round

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**

**C 5008803**

## **Watermelon Wedges**

**1x1.5kg**

**Available all year round**

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

**New**

**C 5008805**

## **Melon Trio Chunks**

**1x1.5kg**

**Available all year round**

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."



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# Fruit



**New**

**C 5009429**

## Forced Rhubarb

**1x2kg**

**Available January to March**

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**

**C 5008200**

## Large Pears

**1x6**

**Available all year round**

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



**C 151153**

## **Leafy Clementines**

**1x1kg**

**Available October to February**

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.

**C 151151**

## **Blood Oranges**

**1x1kg**

**Available January to March**

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.



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# Seasonality calendar



Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Baby Golden Beetroot												
British Medium Round Shallots												
British Medium Banana Shallots												
Brussels Sprouts												
Fresh Turmeric												
Jerusalem Artichoke												
Piccolo Parsnips												
Pumpkins												
Rainbow Chantenay Carrots												
Red Chillies												
Seasonal Squash												

Salad and Leaf	J	F	M	A	M	J	J	A	S	O	N	D
Edible Viola Flowers												
Frisée Lettuce												
Plum Tomato on the Vine												
Red Gem Lettuce												
Red Vein Sorrel												
Thai Basil												

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
Diced Parsnips												
Fruit Salad												
Melon Trio Chunks												
Sliced Potato												
Watermelon Wedges												

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

■ UK availability - good    
 ■ UK availability - varied    
 ■ Imported    
 ■ Not available



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