

freshdirect™
a Sysco company

Summer *Picks*

Spring | Summer 2026 seasonal range



Sunshine on a plate

Brighter and longer days demand fresh, vibrant dishes that look as good as they taste. The latest seasonal additions to our produce range bring colour, flavour and freshness that will satisfy diners' demands.

Our selection of crisp and crunchy salad leaf mixes combine flavour and convenience with the added sustainability credentials of being vertically farmed, and our range of micro leaves add a flourish of finesse to elevate dishes.

The season ahead also sees the welcome return of beautiful British berries, Asparagus and Jersey Royals along with our ever-popular premium tomatoes from Isle of Wight Tomatoes.

Read on and discover a wealth of options to celebrate spring and summer with the freshest of produce.

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Products will be available from w/c 20th April 2026 onwards.

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

+ Caramelised Onion & Goats' cheese
+ Seaweed Blini with Cod's Roe & Charred Lemon
+ Miso-Trout Tartlet with Pickled Cucumber

Products used

+ Micro Broccoli Leaf
+ Micro Red Pak Choi

Salad and Leaf



New

5023927

Unbeleafable Baby Garlic Kale Mix

1 x 80g 

Available all year round | GrowUp Farms

Grown in a UK vertical farm using 100% renewable energy and no pesticides, this ready-to-eat Baby Garlic Kale Mix combines baby garlic kale with tender green and red leaves for a fresh, crisp bite. Ready to serve straight from the pack.



Our chef's comments

"A great raw leaf with a gentle garlic hit - adds flavour without overpowering, and works well straight from the pack. Performs well raw with no bitterness and requires minimal prep, making it ideal for high-throughput service."

Serving Suggestion

Brunch Frittata

with Sundried Cherry Tomatoes & Chestnut Mushrooms, Baby Garlic Kale Salad & Tinga-Spiced Pickled Tenderstem® Broccoli

This dish is built around Unbeleafable Baby Garlic Kale Mix, a hearty brunch frittata packed with sundried cherry tomatoes, chestnut mushrooms, spinach and Barber's Vintage Cheddar, served alongside a fresh Baby Garlic Kale salad. The raw baby leaves deliver a naturally peppery garlic note and tender texture, while Tinga-spiced pickled Tenderstem® Broccoli adds acidity, crunch and contrast. A balanced, plant-forward brunch dish that taps into family-style sharing trends and delivers strong flavour, nutrition and visual appeal.

Products used

+ Unbeleafable Baby Garlic Kale Mix





New

5023924

Choi Sum

1 x 200g

Available all year round | Primaflor/QPI

Choi Sum is a tender leafy green from the Chinese cabbage family, with edible leaves and crisp stems. Mild and subtly sweet with a cabbage-like flavour, it's perfect for stir-fries and Asian-inspired dishes.



1084391

Zesty Baby Salad Leaf Mix

1 x 80g 

Available all year round | GrowUp Farms

Grown in a UK vertical farm without any pesticides and 100% renewable energy. This is a tasty mix of baby green, baby red and baby lemon sorrel leaves, giving it a delightful citrus flavour. This crispy salad is ready to eat straight from the bag with no need to wash.



New

5024295

Unbeleafable Mixed Baby Leaf

1 x 300g 

Available all year round | GrowUp Farms

Grown in a UK vertical farm using 100% renewable energy and no pesticides, this crisp, tasty mix of baby green and red leaves is ready to use straight from the pack, with no washing required.

Serving Suggestion

Asian Stir-Fried Choi Sum

with Portabellini & Shiitake Broth

This dish is designed to hero Choi Sum and Portabellini mushrooms by allowing their natural flavour, texture, and versatility to shine. Stir-fried Choi Sum retains its fresh bite and gentle bitterness, paired with a deeply savoury Portabellini and Shiitake mushroom broth made using trims and stems for added umami. Finished with crispy garlic, ginger and udon noodles, this comforting, plant-forward dish works equally well as a starter or main. A visually appealing, scalable recipe that balances flavour, sustainability and strong gross profit potential.

Products used

- + Choi Sum
- + Portabellini Mushrooms



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Tomatoes



5001756

Isle of Wight Beef Tomatoes

1 x 3kg 

Available April to October | Isle of Wight Tomatoes

British grown Isle of Wight Beef tomatoes that are bursting with flavour and colour. Fruit is fully developed on the vine, providing maximum ripeness, higher sugar content and fuller taste.

Our chef's comments

"Firm flesh and balanced acidity. Slice cleanly and retain structure under heat, suitable for burgers, grills and baked dishes."



New

5026291

Isle of Wight Mixed Baby Cherry and Baby Plum Tomatoes

1 x 250g 

Available April to October | Isle of Wight Tomatoes

British grown on the Isle of Wight, this premium mix of heritage cherry and baby plum tomatoes showcases a variety of vibrant colours and distinctive shapes. Packed with flavour and visual appeal.



Serving Suggestion

Coeur de Boeuf Tomato Carpaccio

with whipped Feta, Micro Basil, Olive Oil, Balsamic Jelly & Rocket

Tomato and basil salad a bit 'old hat'? Not when the ingredients are this good. Thinly sliced Isle of Wight Coeur de Boeuf tomatoes are paired with tangy, salty whipped feta, British-grown micro basil leaves, balsamic jelly and vertically farmed British rocket. Finished with a drizzle of cold-pressed British rapeseed oil and a sprinkle of sea salt flakes, it's best served at room temperature to let the flavours really shine. A light, delicious and sustainable starter or side with real provenance.

Products used

+ Isle of Wight Coeur De Bouf Tomatoes



300086

Isle of Wight Mixed Baby Plum Tomatoes

1 x 5kg 

Available April to October
Isle of Wight Tomatoes

British grown premium red and yellow baby plum tomatoes. Sweet and juicy colourful tomatoes that are full of flavour.



310108

Isle of Wight Coeur De Boeuf Tomatoes

1 x 3kg 

Available April to October
Isle of Wight Tomatoes

Also known as beefsteak tomatoes. Renowned for their large, ribbed shape and firm flesh, these tomatoes deliver a mild, sweet flavour that enhances any dish. Perfect for salads and gourmet recipes, these tomatoes bring a touch of elegance and freshness to your kitchen creations.



146258
**Isle of Wight
Yellow Cherry
Tomatoes**

1 x 250g 

Available April to October
Isle of Wight Tomatoes

British grown yellow cherry tomatoes that are bursting with flavour. Fruit is fully developed on the vine, providing maximum ripeness, higher sugar content and fuller taste.



108415 | 310052
**Isle of Wight
Heirloom
Tomatoes**

1 x 1.5kg | 1 x 3kg 

Available April to October
Isle of Wight Tomatoes

British grown Isle of Wight premium Heritage variety tomatoes with distinctly different colours and shapes.

Our chef's comments

"Packed with flavour and natural sweetness. Great for salads, sharing plates and dishes where tomatoes are the focus."

300091

**Isle of Wight Red
Cherry Tomatoes**

1 x 250g 

Available April to October | Isle of Wight Tomatoes

British grown red cherry tomatoes that are bursting with flavour. Fruit is fully developed on the vine, providing maximum ripeness, higher sugar content and fuller taste.



Mighty micros

Micro greens have seen a huge increase in popularity in recent years, a trend that shows no signs of slowing. And it's easy to see why – their flexibility, intensity, aroma and aesthetic appeal really provide a visual lift and flavour profile that takes the eating experience to the next level and leaves diners wanting more.

Here our Development Chef Simon pulls out some of his favourite uses for micro greens, and shares how they can deliver impact that punches well above their weight.

“When selected and paired correctly, micro greens play a vital role in the final stage of a dish, providing an extra layer of flavour, aroma, texture, and visual lift that enhances the overall eating experience.

On canapé menus, micro greens are a powerful tool for precision flavour pairing. A seaweed blini with cod's roe, for example, benefits from the clean freshness of micro broccoli leaf, while a cheese canapé is sharpened and lightened by micro garlic chives.

Micro greens can also play an important role in afternoon tea. In petit fours, mini desserts, and small format pastries, herbs such as micro lemon balm or micro red amaranth introduce freshness without heaviness, supporting the lighter, elegant style traditionally associated with afternoon tea service. Their scale and delicacy match the format perfectly, adding sophistication while maintaining proportion.

When used with fish and seafood, they offer a more subtle, controlled flavour delivery than full grown herbs. Delicate fish such as salmon, trout, or cod benefit from gentle aromas that complement rather than dominate. Micro broccoli leaf, shoot mixes, and lemon led micros reinforce freshness and natural sweetness, while enhancing presentation without masking the flavour of the fish itself.”

Canapes as seen in image:

- + Caramelised Onion & Goats' cheese
- + Seaweed Blini with Cod's Roe & Charred Lemon
- + Miso-Trout Tartlet with Pickled Cucumber



“Micro greens are a brilliant way to premiumise dishes. Small quantities deliver refinement and high impact with minimal cost or operational complexity.”

Feature



With over 150 product lines to boast about and 80 years of expertise behind them, Westlands Nurseries bring market-leading UK grown innovation and world-class produce into foodservice kitchens nationwide. They supply our full range of micro greens as well as edible flowers, leaves and samphire.

What makes their micro greens so special? It's all in the science. These young plants are harvested at the peak of their flavour. This means they offer a more intense taste than their mature counterparts. The concentration of flavour compounds in micro greens makes them a powerful tool in any chef's kit.

As a partner grower, Westlands pride themselves in investing time into the planet and the community. This is backed by Red Tractor, LEAF and BRCGS accreditations.

Their nurseries benefit from renewable energy, combining heat and power to generate electricity around their Evesham site and to heat the greenhouses, saving unnecessary burning of gases. Rainwater is collected from the roofs of the glasshouses and stored in an open reservoir. This is then treated to be used in the irrigation of crops. Water management systems are a high priority for Westlands. All water that has been recycled gets nutrients added for optimal crop growth.



Serving Suggestion

Caramelised Onion Tarte Tatin

with Farmhouse Cheese Sauce & Shoot Mix

This dish uses Westlands Shoot Mix to bring freshness, balance and contrast to the rich caramelised onion tarte tatin. The blend of sunflower, golden pea, broccoli shoots and micro red amaranth adds flavour, texture and visual appeal, acting as a vibrant finishing element that lifts the dish and prevents heaviness.

Products used

- + The Shoot Mix
- + Micro Red Amaranth
- + Micro Broccoli Leaf

Serving Suggestion

Pan-Seared Salmon

with Citrus Beurre Blanc, Micro Broccoli Leaf & Chargrilled Tenderstem® Broccoli

This dish uses Westlands Micro Broccoli Leaf to elevate the plate, with its mild, sweet brassica notes complementing the richness of pan-seared salmon and echoing the chargrilled Tenderstem® Broccoli. The micro leaves create a layered, refined broccoli flavour, adding both visual appeal and subtle sophistication to a familiar, comforting dish.

Products used
+ Micro Broccoli Leaf



Interested in adding fresh fish
to your order? Get in touch
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0344 873 0868



22761

Micro Garlic Chives

1 x 30g 

Available all year round | Westlands

British grown and available all year round, Micro Garlic Chives feature long, thin green stems with striking black heads. Delivering a gentle garlic flavour, they're ideal for finishing savoury dishes with a subtle aromatic lift and visual appeal.

Our chef's comments

"Subtle garlic flavour with strong stem integrity. Holds its shape well, allowing for precise plating and consistent presentation."

103211

Micro Red Amaranth

1 x 25g 

Available all year round | Westlands

British grown and available all year round, Micro Red Amaranth delivers a mild, subtle beetroot flavour with vibrant red leaves. Ideal for adding colour, texture and a delicate earthy note to finished dishes.

Our chef's comments

"High visual impact with a mild, earthy profile. Best used as a final garnish to add colour contrast and plate definition."



New

5023476

Micro Red Pak Choi

1 x 30g 

Available all year round | Westlands

Micro Red Pak Choi features striking ruby-red leaves with green undersides. Mildly peppery with a nutty flavour and crisp texture, it's perfect for adding colour and crunch to any dish.



New

5023327

Micro Broccoli Leaf

1 x 30g 

Available all year round | Westlands

Micro Broccoli Leaf features smooth, heart-shaped leaves with a succulent, crunchy texture. Mild and slightly sweet with a gentle mustard note, it's ideal as a raw garnish, in salads, sandwiches or blended into smoothies. A small leaf packed with flavour and nutrients.

Our chef's comments

"Delivers a clean brassica flavour with gentle sweetness. Excellent as a finishing element, adding freshness and structure without dominating the plate."



22941

Micro Red Chard

1 x 30g 

Available all year round | Westlands

British grown and available all year round, Micro Red Chard offers a mild flavour with vibrant red stems contrasting against fresh green leaves. Perfect for adding colour, texture and visual impact to finished dishes.



103231

Micro Lemon Balm

1 x 15g 

Available all year round | Westlands

British grown and available all year round, Micro Lemon Balm delivers a sweet, refreshing citrus flavour. Perfect for garnishing desserts, adding to cocktails or infusing drinks and dishes.



10795151

The Shoot Mix

1 x 100g 

Available all year round | Westlands

A blend of sunflower shoots, golden pea shoots, broccoli shoots and micro-red amaranth. This combination offers a spectrum of flavours, from aromatic, bold and peppery to citrusy, earthy, floral and sweet.

Our chef's comments

"A nice alternative to traditional leaf mixes, bringing more texture and variety to the plate and adding height to dishes. Can be used to top off salad bowls or as a garnish for a host of recipes."

Mushrooms



New

5024471

Portabellini Mushrooms

1 x 2.27kg

Available all year round | Gold Circle

Compact caps with a firm, meaty texture and deep umami flavour. Perform consistently across grilling, roasting and sautéing, absorbing marinades well while holding their structure. Ideal for plant-forward and high-impact dishes.

Serving Suggestion

Portabellini Mushroom Gyros

This dish places Portabellini mushrooms at the centre of the plate, celebrating their meaty texture and natural umami. Marinated in a shawarma-style spice blend and chargrilled over high heat for smoky, caramelised edges, the mushrooms are wrapped in warm flatbread with cool sour cream, fresh cucumber, baby gem and mint. A bold, street-food inspired, plant-forward gyros that meets growing vegetarian and flexitarian demand without compromising on flavour.

Products used

+ Portabellini Mushrooms



Our chef's comments

"Meaty texture and deep umami flavour. Hold up well to grilling, roasting and bold spice marinades."

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Vegetables

5003917

British Green Asparagus

1 x 500g 

Available April to June | Barfoots

Fresh, vibrant spears with a hint of violet. British-grown when in season, traditionally from late April to late June, perfect for grilling, roasting, or steaming.



30456

Jersey Royals

1 x 6kg 

Available May to July
Nationwide Produce

Firm, oval-shaped potatoes with smooth, rounded ends and a delicate skin that's pale yellow with light brown speckling. British grown in the unique soil of Jersey, they have a distinctive earthy flavour for a truly seasonal taste.

158601

British Rhubarb

1 x 2kg 

Available April to August
Hammond Produce

Crisp, tangy stalks with a vibrant pink hue. British-grown April to September for a fresh, seasonal flavour.



Fruit



5011486

Blackberries

1 x 125g 

British season June to October | Driscoll's

Fresh whole Blackberries with vibrant deep purple to black coloured berries.

New

5021434

Easy Peelers

1x8

Available all year round | De Groot

Specially selected for size and eating quality, with juicy, sweet flesh and easy peel skins. Consistent 63–73mm sizing supports portion control, while fully compostable nets align with sustainability-led menus.



1077511

Blueberries

1 x 300g 

British season July to September
Driscoll's

Fresh whole Blueberries with deep blue coloured berries.



Serving Suggestion

Strawberry Mille Feuille

with Pistachio, Strawberry Gel, Micro Mint, Strawberry Crisp & Tuile

An indulgent twist on a classic, perfectly ripe strawberries are layered between buttery, flaky puff pastry with chocolate crêmeux, crême pâtissière and strawberry gel, then finished with pistachio, micro mint and a crisp strawberry tuile. With food trend reports showing customers are craving comfort and indulgence, this showstopping dessert is the perfect way to deliver both - and drive extra revenue.

Products used

+ Strawberries

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5001527

Raspberries

1 x 225g 

British season June to September
Driscoll's

Fresh whole hulled Raspberries with
deep red coloured berries.



66751

Strawberries

1 x 400g 

British season June to September
Driscoll's

Fresh whole Strawberries, vibrantly coloured
with their calyx attached.



New

5024485

Red Candy Grapes

1 x 400g

Available all year round | Parallel Produce

Small, red seedless grapes with big personality. Red Candy Grapes deliver an intense, naturally sweet flavour with surprising tropical notes of pineapple and melon. Firm in texture with a thin, smooth skin and low acidity. A vibrant, flavour-packed grape.



15086

Nectarines

1 x 6

**Available June to September
De Groot**

Smooth, juicy fruits with a fragrant aroma and vibrant golden-red skin.



591329

Peaches

1 x 6

**Available June to September
De Groot**

Juicy, fragrant fruits with soft skin and a vibrant golden hue.

Seasonality calendar



UK availability - good
 UK availability - varied
 Imported
 Not available

Salad & Leaf	J	F	M	A	M	J	J	A	S	O	N	D
Choi Sum												
Isle of Wight Beef Tomatoes												
Isle of Wight Coeur De Boeuf Tomato												
Isle of Wight Heirloom Tomatoes												
Isle of Wight Mixed Baby Cherry and Baby Plum Tomatoes												
Isle of Wight Mixed Baby Plum Tomatoes												
Isle of Wight Red Cherry Tomatoes												
Isle of Wight Yellow Cherry Tomatoes												
Micro Broccoli Leaf												
Micro Garlic Chives												
Micro Lemon Balm												
Mirco Red Amaranth												
Micro Red Chard												
Micro Red Pak Choi												
The Shoot Mix												
Unbeleafable Baby Garlic Kale Mix												
Unbeleafable Mixed Baby Leaf												
Zesty Baby Salad Leaf Mix												

Mushrooms	J	F	M	A	M	J	J	A	S	O	N	D
Portabellini Mushrooms												

Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Easy Peelers												
Red Candy Grapes												

Seasonal Products

Berries	J	F	M	A	M	J	J	A	S	O	N	D
Blackberries												
Blueberries												
Raspberries												
Strawberries												

Exotic Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Green Asparagus												
Outdoor Rhubarb												

Stone Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Nectarines												
Peaches												

Root Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Jersey Royals												



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