

BEST IN SEASON MARKET REPORT

MAY 2025



Yes Chef
PEEL THE LOVE

EMAIL US:
contact@yeschef.biz

PHONE US:
020 3617 3300





MAY MARKET REPORT 2025

THE GATEWAY TO SUMMER'S FINEST FLAVOURS

May marks a real shift in the market—longer days, rising temperatures, and an exciting return of fresh, seasonal produce. It's a standout month for British-grown ingredients, with vibrant salad leaves, tender vegetables, and the first of the year's fruit favourites making their return. From the start of the English strawberry season to the arrival of European stone fruit, May sets the tone for the summer months ahead.

We're especially proud to welcome back our own YesChef cucumbers, grown just outside London and harvested less than 24 hours before reaching your kitchen. And we're excited to introduce a brand-new partnership with a cherry vine tomato grower in Essex, producing what we believe are some of the best-tasting tomatoes you'll try all year.

This is the month to start refreshing menus, building with colour, and celebrating produce at its freshest



SALADS & LEAVES

British-grown salad leaves are back in abundance this month. Expect frisée, oak leaf, lollo rosso, lollobiondi, rocket, baby spinach, red chard, mizuna and red mustard leaf, all freshly picked and full of spring crunch and colour. These make a vibrant foundation for warm-weather menus and pair beautifully with seasonal vegetables and fruit.

YESCHEF CUCUMBERS – BACK IN SEASON

We're thrilled to welcome back our own YesChef cucumbers, grown in Hertfordshire and packed in our custom boxes. Picked in the morning, delivered to us that evening, and in your kitchen the next day—this is hyper-local, same-day freshness at its finest.

DID YOU KNOW: Cucumbers are treated as a savoury vegetable in the kitchen, but they're technically a fruit. Why? Because they grow from the flower of the plant and contain seeds—just like tomatoes and peppers.

FRUIT

EUROPEAN STONE FRUIT SEASON BEGINS

May is the beginning of one of our favourite seasonal highlights—the European stone fruit season, which runs through to early October. The first few weeks always come with higher prices, but things level out as supply increases. Early arrivals are already here:

APRICOTS

With their soft, velvety skin and sweet, floral flesh, apricots are a subtle and elegant early-summer fruit. A relative of peaches and plums, they're delicious fresh or baked into tarts and desserts.



PEACHES

Juicy, fragrant, and perfect served with cream, crumbled into desserts, or simply eaten over the sink (arguably the only proper way).



NECTARINES

A smooth-skinned peach with slightly more acidity and a beautiful balance of sweetness. Look out for flesh varieties ranging from white to blood red.

ENGLISH STRAWBERRIES

A true British icon. Known for their intense sweetness and unmistakable flavour, English strawberries are finally here. Our grower Julian Mead of Five Ways Farm in Essex will be delivering his first pick of the season in the second week of May—our 11th season working together. Expect exceptional quality and flavour, just in time for the start of summer.



EPPING FOREST ELDERFLOWER

The fragrant white flowers of the elder tree bloom throughout Epping Forest in May and June. Known for their delicate floral notes, elderflowers are most often used to make cordial, a refreshing and nostalgic summer drink. A real seasonal treat for both sweet and savoury applications.



SEASONAL PRODUCE HIGHLIGHTS

YELLOW BEANS

Now arriving from France, these golden cousins to green beans are sweet, tender, and a beautiful addition to plates. Still expensive at this early stage, but well worth it for presentation and flavour. Look out for the English crop later in summer.



BROAD BEANS

A staple sign of late spring, broad beans are now arriving from Italy and Spain, with English-grown crops expected later in the season. They're sweet, creamy, and full of character—best enjoyed fresh from the pod.



WILD (WHEAT) ASPARAGUS

Sometimes called the asparagus of the woods, this French delicacy is small, tender, and deeply aromatic. It grows wild in meadows and hillsides and is only harvested for a short window in May and June. A must for any chef looking to bring something unique to the spring table.



SUGAR DROP CHERRY VINE TOMATOES

We've partnered with a specialist cherry vine tomato grower in Essex this season—and trust us, you've never tasted anything like these. With current Brix levels at 11, they're exceptionally sweet and full of flavour. More details and a behind-the-scenes farm visit coming soon.

BANK HOLIDAY OPENING TIMES

Monday 5th May – Early May Bank Holiday – Closed

Monday 26th May – Late Spring Bank Holiday – Closed

May is a month full of momentum—a gateway to the bounty of summer and a celebration of all things fresh, local, and flavourful. Whether you're building new dishes, refreshing your menus, or simply enjoying the beauty of British produce, we're here to support you every step of the way.

Let us know what you're planning—we'd love to help you bring it to life.



