

Fresh



JUNE 2023



SUMMER'S UP

After a cool wet 2023 to date with lots of supply chain problems, delayed planting and cooler than average temperatures, summer has finally arrived and crops are catching up and looking good.

At Class One, our shelves are filling up with fresh produce for you that's more consistent in size, colour and quality than we've seen so far this year – and flavours are outstanding especially for UK produce.

We've got lots of local champions to celebrate – many from growers in our own and neighbouring counties. Yorkshire asparagus and Heritage tomatoes are absolutely superb, as well as Lancashire spring greens and kale. Outdoor Jersey Royals are fantastic quality – cheaper, bigger and more versatile – and local little gems and cos lettuce will appear later this month. New season local cauliflower, green cabbage and broccoli are delayed but will be available soon.

Fruit is the star this month though with sweet juicy peaches and nectarines from Spain, exotics such as mango, limes and figs – and best of the best Annabel's Deliciously British strawberries. We collect them daily from Annabel's Yorkshire farm and they get sweeter with every ray of sunshine. Hard to beat with a splash of Dales Dairies double cream.

What's in season this June?

Beginning

- **Baby Beetroot** UK
- **Blueberries** UK – weather permitting
- **Broccoli** Lancashire
- **Cavolo Nero** UK
- **Courgette** UK season – Evesham & Yorkshire
- **Gooseberries** UK – Evesham & Yorkshire
- **Kohlrabi** UK
- **Raspberries** UK – weather permitting
- **Romanesque** UK – weather permitting
- **Redcurrants** UK – short season
- **Whitecurrants** UK – short season
- **Savoy Cabbage** UK – small sizes now
- **Sugar Snaps** UK
- **Runner Beans** UK – end June

Mid

- **Strawberries** UK
- **Bok Choi** Lancashire grown
- **Broad Beans** UK – end of the month
- **Lettuce** Lancashire grown
- **Peas** UK and Italian
- **Beetroot** UK grown
- **Cauliflower** Lancashire
- **Celeriac** UK
- **New Potatoes** UK
- **Red Cabbage** UK
- **Spring Greens** Lancashire

Ending

- **Asparagus** UK

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Best buys for June

Our buyers' top recommendations for quality, flavour and value



Jersey Royal Potatoes

Outdoor-grown Jerseys are now available – and they are better value, bigger in size and we think more versatile and flavoursome. We recommend steaming and serving with lots of Yorkshire butter.



Woodfired Pizza Toppings

Ask about our fantastic range of fresh produce for your summer pizza offer – asparagus, peppers, chili, rocket, sweet onions, mushrooms and basil. We also stock a wide range of charcuterie, dairy, Mutti tomato pulp and purees, Italian pizza flour and frozen dough balls.



British Strawberries

There's nothing sweeter than local strawberries and we collect ours daily from Annabel's Deliciously British farm between Leeds and York and treat them with respect in our fruit store. These strawberries taste as good as they look – and we've negotiated a fixed price for the season so you can plan your menus around these beauties with no surprises.

Heritage Tomatoes

Sweet and sharp, Heritage tomatoes have fresher, more complex flavours – and need little more than a splash of olive or rapeseed oil to serve as they come or lightly-charred on the grill. We also have some fantastic UK-grown sweet vine tomatoes – perfect colour and even sizes that stay on the vine when roasted.



Summer Exotics

Availability update:

Quantity, quality and value is good for figs, mangos, limes, ginger, chili and avocado.

Order now and give your menus a Class One fiesta touch.



Tasting Notes

Seasonal tips and ideas from Class One Chefs

Small early UK Cauliflowers?

Simmer whole for 5 mins. Cut off base stem and turn upside down. Stuff cavities with a savoury mix of your choice – works with Indian, Middle-eastern and Mediterranean flavours and ingredients. Place stuffed cauliflower rightside up in a roasting tin and rub with olive oil, spices or herbs and roast for 20– 25 minutes. Serve with crispy roast cauliflower leave.



Make the most of **Asparagus** – it's perfect for all-day dining dishes and sharing platters and there's nothing easier to prep. Grill and serve with a couple of poached free range eggs, toasted sourdough bread and hollandaise, or pile onto a platter with aioli and other vegetables for dipping. Add to salads, quiches and tarts – or use to provide texture in a summer pasta dish.



Expand your **Strawberry** repertoire beyond desserts. Toss them in salads, make sharp strawberry vinaigrette or sweet fresh jam for luxury brunch menus. Pickle and serve with beef carpaccio or use in a sauce for pork.



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