

Fresh



JULY 2023

Squeaky Greens



Forget squeaky clean – we've got squeaky greens direct from growers all over the UK coming fresh into our warehouse every day. They are so fresh you can hear the difference when you prep them – and the flavours are outstanding.

Fresh in daily from Lancashire are new season **cauliflowers**, crisp, white and absolutely delicious, juicy deep-green **celery** and ice-packed **broccoli** – all delivered direct from our growers. For summer flavours, there's local **fennel**, tender **leeks**, **marrow**, **watercress** and lots of fresh **beans**. And for colourful plates – and high GP – there's fresh UK **corn on the cob**, **carrots**, **red kale**, **red cabbage** and **salad**, **heritage** and **vine tomatoes** and US **sweet potatoes**. Finish dishes with a few Yorkshire-grown **edible flowers** for a summery feel and peppery taste.

July is the sweetest month for local berries – so look out for our buckets of **bilberries**, **strawberries**, **raspberries** and **cherries** from the UK. Stone fruits are good value too now – from sunny ripe **apricots** to **peaches** and **nectarines**. Go online for prices and availability – or give us a call. We're always here to help so get in touch!

What's in season this July?

Beginning

- Carrots UK
- Cauliflowers Lancashire
- Cherries UK
- Corn on Cob UK
- Curly Kale UK starts again
- Fennel UK
- Leeks Lancashire
- Marrow UK
- Red Kale Lancashire
- Salads UK
- Tenderstem Lancashire

Mid

- Bok Choy UK
- Broad Beans UK till September
- Broccoli UK
- Cavolo Nero UK
- Chard UK
- Peas Available until September
- Potatoes Main crop starting
- Raspberries Evesham, Lancashire & Yorkshire
- Red Cabbage Lancashire
- Runner Beans Lancashire
- Savoy Cabbage Lancashire & Yorkshire
- Strawberries Yorkshire
- Watercress Lancashire and Yorkshire

Ending

- Gooseberries UK
- Kohlrabi UK
- Redcurrants UK – Dutch only

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ORDER UP TO 11PM
FOR NEXT DAY DELIVERY
DELIVERY BEFORE
11AM GUARANTEED

BEST BUYS for July

Our buyers top recommendations for quality, flavour and value



US Sweet Potatoes

Great taste, great size and great value! These new season sweet potatoes from the US have got everything going for them and they are perfect for bulking up dishes and improving your GP. Use them for a lighter mash, for Cajun-style fries and wedges to go with summer BBQs, and vegan curries.



Bilberries

Ben likes his old-style with custard, but you can serve juicy stewed bilberries in tarts and pies or use as fresh jams, jellies, sorbets or chutneys. Cousin to the blueberry, bilberries are darker, smaller with a more intense flavour – serve raw in small amounts only as the fruit has a high level of tannins.

Super celery

Direct from Lancashire, new season celery has great flavour, good colour and a crisp snap that you'll only get with freshly-picked local produce. Great for salads with beetroot and Yorkshire goat's cheese, for seasonal crudites with your best-selling dips and to freshen up a cheeseboard or ploughman's. Super value now.



Edible flowers

Perfect for bringing summery colours and fragrances to main courses, desserts and drinks – and adding a floral or peppery note to summer salads, our range of edible flowers are all Yorkshire-grown by Herbs Unlimited and harvested daily. From violas, lavenders, oxalis and hyssop to chives, tagetes and nasturtiums, freshness and quality is guaranteed.

Summer Exotics



Add some gentle summer heat to your menu with our Bang Bang fresh ginger – tops for warmth and freshness; and Padron peppers for fast cook and serve bar snacks and tapas plates.

Tasting Notes

Seasonal tips and ideas from Class One Chefs



Preserve the light summer flavour of fennel by frying. Thinly slice bulbs and dip slices into a loose tempura batter before frying. Serve with aioli – as an appetiser – or as a side dish for grilled fish and chicken dishes..



Give your house summer slaw more love and make it with Lancashire red cabbage. It looks great on the plate, works with vinaigrette or creamy mayonnaise dressings and is a good side to lots of dishes besides burgers. Change your slaw recipe weekly or daily to offer house special slaws depending on what ingredients need to be used up – perfect for better fridge and store management.



Turn the season's new cauliflowers into fantastic summer mains with an exotic twist and high GP by cooking in a sticky East Asian sauce (like Kung Po) sprinkled with sesame seeds to serve. Cook florets until just tender so they retain a bite and pair with rice and lime wedges. A nice menu option for vegans and a light lunch or dinner dish.

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