

Fresh



SEPTEMBER 2023

Spoilt for choice



September is a great month for keeping those margins high with an abundance of great value produce about – home-grown and imported.

For light dishes, there's still plenty of great value UK-grown salads – **cucumbers, peppers, tomatoes** – and local **courgettes** and **fennel**. New season **British carrots** are good value and can be a cheap and cheerful addition to your menu.

The game season has started so there's wild grouse, wood pigeon and mallard – and it's the best time for farmed venison, rabbit and quail. Serve them with autumnal fruits – **blackberries, pears, plums, apples, cobnuts** and early **chestnuts**. Great value, dark leafy greens such as **curly kale, cabbage** and **cavolo nero** are perfect for more robust autumn dishes alongside homegrown **squash, pumpkin, swede** and wonderful **wild mushrooms**.

The month sees the first crisp **English apples** and **pears**, and fragrant **autumn raspberries**. It's the last month for **UK strawberries, Victoria plums** and **Kent cherries** so serve them while you can.

What's in season this September?

Beginning

• Cobnuts	Buy now
• Kohlrabi	UK
• Mushrooms	UK, wild
• Pears	UK
• Potatoes	Estima and Marfona
• Pumpkin	UK – local squash
• Apples	English – lots of varieties

Mid

• Beetroot	UK – bunched, baby and loose
• Broccoli	English
• Carrots	UK – Lancashire
• Cauliflower	UK
• Cavolo Nero	UK – Good availability
• Chantenay	UK – Small and sweet
• Curly Kale	UK
• Leeks	UK
• Marrow	UK
• Parsnips	Yorkshire & Lancashire
• Raspberries	UK
• Runner Beans	UK
• Salads	UK/Dutch
• Savoy Cabbage	UK
• Spring Greens	UK
• Tenderstem Broccoli	UK
• Blackberries	UK

Ending

• Corn on Cob	UK – great value
• Courgette	UK – Spanish to come
• Fennel	UK
• Peas	UK
• Strawberries	UK
• Victoria Plums	English

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BEST BUYS

for September

Our buyers top recommendations for quality, flavour and value

Carrots

Fresh, sweet, new season English carrots from Lancashire are a feast for the eyes and the palate – perfect sauteed, steamed, roasted or raw, grated and lightly pickled.



Apples

It's the season for English apples so surprise customers with different varieties and give them some provenance to go with their dish. Give us a call, we're happy to help.



Victoria plums

Well-ripened with a rich deep flavour, Victorias make great desserts – pies, crumbles, purees and jams – and also add depth to savoury dishes and sauces. Perfect for seasonal game especially duck. Other plums are available too.



Autumn Exotics

Top imported fresh produce this month comes from Spain – stone fruits are still available and great value plus there's pomegranates to add a pop of colour and juicy flavour to sweet and savoury dishes.



Tasting Notes

Seasonal tips and ideas from Class One Chefs



Hang on to summer and welcome the new season with an Autumn fruits pavlova. Fill your meringues with vanilla cream and top with **plums, pears, blackberries** and **figs**. Serve with honey syrup and **blackberry** puree.

Use home-grown leafy greens – **kale, cavolo nero** and **cabbage** – in fabulously filling minestrone soups to use up end-of season tomatoes. Shredded and pan-fried or roasted till crisp, these greens make great toppings for soups, salads and poke bowls.



Combine chestnuts with wild mushrooms to replace beef for heartier vegetarian dishes – perfect for pies and braised dishes – like **chestnut** and **mushroom** bourguignon or **leek** and **chestnut** purses in filo pastry.

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