

Fresh



OCTOBER 2023

Going back to our roots



Autumn is definitely in full swing now – it's chilly, wet and windy and customers are looking for food that cheers them up and fills them up. So at Class One, we're going back to our roots with fantastic new season, great quality and great value root veg.

Fresh in are UK-grown **heritage baby carrots in mixed colours** – orange, purple, yellow and white, **Lancashire swedes**, **Yorkshire parsnips** and home-grown **celeriac** and **kohlrabi**. And for something a little extra special, sweet earthy **sand carrots** from France and nutty **Jerusalem artichokes**. **Pumpkins** and **squashes** are fantastic quality this season – with a wide range of produce from Yorkshire, Lancashire and UK-wide. These are all great for margins – as well as decoration. Check out our range of **ornamental gourds** too and give your place a welcoming seasonal touch that will lift moods until it's time for the Christmas light-up.

We are also proud to announce we have another new UK grower – Red Star – which is already delivering wonderful **tenderstem broccoli**, **spring onions** and **bunched beetroot**. And don't forget to get your orders in for new season **Lancashire Brussels sprouts**, UK **Cox and Braeburn apples** and the last few punnets of **Annabel's strawberries** from Yorkshire – season ends mid month.

What's in season this October?

Beginning

Artichokes,	UK
Jerusalem	Lancashire
Brussels Sprouts	UK
Quince	UK
Red Cabbage	UK

Mid

Apples	UK
Beetroot	UK
Carrots, Chantenay	UK
Cauliflower	UK
Cavolo Nero	UK
Celeriac	UK
Kohlrabi	Great value
Leeks	Lancashire
Mushrooms, Wild	UK
Parsnips	Yorkshire
Potatoes	Sagitta
Pumpkin	Great quality
Squash	Several varieties
Swede	Lancashire
Tenderstem Broccoli	UK

Ending

Cucumber	Now Dutch/Spanish
Peaches	Season ending
Plums	UK
Strawberries	UK
Raspberries	UK

Planning Christmas Menus?

The earlier you share your plans, the more we can help – so give us a call!

01756 700244
classonedirect.com



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

BEST BUYS

for October

Our buyers top recommendations for quality, flavour and value

UK Squashes

Our farmers grow an amazing range of squashes – which all deserve a place in the kitchen for their flavour, uses and great value. Look out for Crown Prince, Onion, Gem, Acorn, Celebration and Harlequin. Ask us for tips on what to choose and why.

Autumn Exotics

Tropical **mangosteens** are back – super juicy with a nice mix of sweet and sour flavours. Also in are fantastic, **unwaxed lemons** – and French **sand carrots** with their old-fashioned sweet, mineral-rich flavour

Tasting Notes

No tricks just seasonal treats and tips from Class One Chefs

Sweet, juicy and luscious, **Turkish figs** are a treat however served. Pair with salty goat's cheese or feta for starters and light lunch dishes, and **blackberries and pumpkins** for autumnal desserts. **Figs** work well with grouse, veal and beef. Or simply grill and serve with **honey, yoghurt and granola** for a luxury brunch dish.

The natural sweetness of **pumpkin** makes it perfect for desserts – and there's lots of delicious ways to use it that don't include bags of marshmallows US-style. Try **pumpkin and honey loaf**, **pumpkin and maple cheesecake** with a seed brittle, **pumpkin ice cream** or a light **spiced pumpkin flan**.

Get the colours of the season on a plate with **mixed colour carrots – purple, yellow, orange and white heritage carrots** create a dish by themselves. Roast with **oranges** and **pistachios**, or ricotta and harissa oil – grate into fresh slaws or simply pickle.



Cavolo Nero

Always sounds exotic on menus, this chard-like dark green leafy is UK-grown and a robust side for seasonal mains like game, roasts and meaty pies. Great quality and great value this month with no waste.

Lancashire Sprouts

First of the season, these super fresh nuggets of goodness from some of our favourite local farmers are delivered to you within a day of picking. These are perfect for autumn dishes and for sprout lovers like us just as exciting as the first asparagus tips or strawberry punnets.



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