

Fresh



NOVEMBER 2023

Autumn Colours



Before the busy Christmas period kicks in, now is the perfect time to make the most of fresh UK autumn produce to create comforting, warming dishes.

This month we are proud to bring you delicious **sprouts, celeriac** and **purple sprouting broccoli** that come direct from UK farms. Bring autumn colours to the table with British **beetroot, carrots, and red and white cabbage**, which are also top value staples on your menu. There's a great supply of quality, main crop **potatoes** at the moment.

Apples and **quince** are available from local growers, and can be teamed with imported oranges and cranberries for a seasonal touch.

Catch the last of the home-grown **cauliflower** and **broccoli** before we import from Europe for the winter. Salad season is also moving to Spain – our contracted prices with our growers keep prices stable for you, so you can offer a wide range of salad dishes all year round.

Christmas is just around the corner, so now is the time to get in touch with our team of expert greengrocers to discuss your menu requirements.

What's in season this November?

Beginning

Cranberries	US
Easy peel oranges	Northern Hemisphere
Melons, Cantaloupe	
/Galia/Honeydew	Southern Hemisphere
Sprout Tops	UK, north

Mid

Apples	UK
Artichokes, Jerusalem	UK & France
Beetroot	UK bunched and loose
Brussels Sprouts	Lancashire
Carrots	UK
Cavolo Nero	UK
Celeriac	UK
Curly Kale	Yorks & Lancs
Kohlrabi	Great value
Leeks	Lancashire
Parsnips	Yorkshire
Potatoes	UK main crop
Purple Sprouting	
Broccoli	UK
Quince	UK & France
Red Cabbage	UK
Rhubarb	Imported
Romanesque	
cauliflower	UK
Savoy Cabbage	UK
Spring Green Cabbage	UK
Swede	UK
Tenderstem Broccoli	UK

Ending

Marrow	UK
Squash	UK ends – Butternut available
Broccoli	UK ends – Spanish available
Cauliflower	UK ends – French available

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BEST BUYS

for November

Our buyers top recommendations for quality, flavour and value

Parsnips

Our Yorkshire-grown parsnips provide just the right combination of a sweet and earthy flavour. As fresh as you get and great value right now.

Leeks

Make the most of leek season with Lancashire's finest. Stock up on this super versatile allium and you won't need to worry about waste.

Chestnuts

Sweet, hearty chestnuts will warm your diners' souls. Now is the perfect time to create a wide range of autumn dishes.

Autumn Exotics

Top imported produce this month are **melons**. Sweet, juicy and refreshing, we have **Cantaloupe**, **Galia** and **Honeydew** to bring a touch of sunshine to autumn menus.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Great value this month, **kale** is incredibly versatile. Top a classic, creamy UK **celeriac** soup with crispy **kale**, or whizz it up to make a substantial houmous or pesto.

Use gorgeous **quince** to add a twist to classic desserts – indulgent trifle or warming crumbles – perfect paired with white chocolate, honey, or nuts. Start the Christmas prep with a delicious **quince** and **cranberry** sauce or paste.

Freshen up rich dishes with light salads that include shredded **red cabbage** and **carrots**, with seasonal **apples** and crunchy nuts and seeds.

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