

Fresh

JANUARY 2024



Winter warmers

We'd like to wish all our customers a happy and prosperous 2024. We're here to help supply you with great value fresh produce to kick-start the year.

Winter is the perfect time to enjoy root vegetables; they are at their sweetest at the moment. We can offer you superb value UK **carrots**, **potatoes**, **turnips** and **swede** to create healthy, filling dishes. The rich and creamy **Sagitta Potatoes** are perfect right now, as is the local and Scottish **swede**.

Catch the last of the English **apples** and **pears**; mixing them with fantastic Yorkshire forced **rhubarb** will create some delicious winter desserts.

We need to give a heads-up that the price of potatoes and butter is increasing. We'll continue to work closely with our growers and suppliers to offer you the best value possible.

What's in season this January?

Beginning

Purple Sprouting Broccoli	UK
Rhubarb	Yorkshire forced
Blood oranges	Italy
Seville oranges	Spain

Mid

Jerusalem artichokes	UK
Beetroot	UK bunched and loose
Brussels sprouts	UK
Carrots	UK
Cavolo Nero	Lincolnshire
Curly Kale	UK
Leeks	Lancashire
Potatoes, Sagitta	UK
Red cabbage	UK
Savoy cabbage	Lincolnshire
Spring green cabbage	UK
Swede	Local and Scottish
Tenderstem Broccoli	UK
Turnips	UK
Watercress	UK

Ending

Apples	English
Pears	English
Quince	English

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BEST BUYS

for January

Our buyers top recommendations for quality, flavour and value



Tenderstem Broccoli

We have some great UK suppliers of tenderstem broccoli, to provide you with the tastiest, best-value produce. Full of goodness, the delicate flavour and deep colour have a wide appeal.

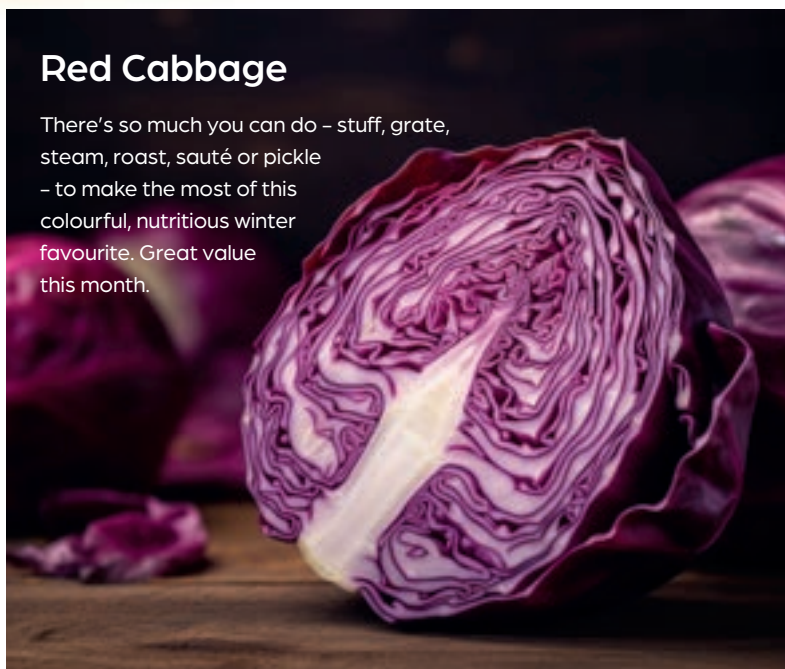


Swede

Perfect in hearty, warming stews and soups. Fantastic quality from our northern growers, this is a sweet and satisfying staple for your menu.

Red Cabbage

There's so much you can do – stuff, grate, steam, roast, sauté or pickle – to make the most of this colourful, nutritious winter favourite. Great value this month.



Winter Exotics

Make January sweet with new-in **blood oranges** from Italy. The gorgeous colour and raspberry-edged flavour will make a welcome addition to desserts.

Tasting Notes

Seasonal tips and ideas from Class One Chefs



Root vegetables are full of goodness and a few hearty dishes this month, after the Christmas indulgence, are sure to be well received on any menu. Try a spicy vegetable tagine or pie, or a creamy **parsnip**, **carrot** and **potato** gratin.

Add colour to winter dishes with great quality **purple sprouting broccoli**. Make a tangy goats cheese and **purple sprouting broccoli** tart or simply stir-fry with **garlic**, **ginger** and **spring onions**.



Yorkshire forced **rhubarb** is delicious, with the pale pink stems packing a punch. It's a tasty ingredient for crumbles, pies, and other desserts, of course, but there's no need to stop there. Make a **rhubarb** and **onion** sauce to serve with roast pork. The perfect combination of sweet and sour.

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