

Fresh



FEBRUARY 2024

Love on a plate



Valentine's Day is big business, and the perfect opportunity to add something special to menus.

We have a huge choice of fresh, colourful produce to create memorable meals. Ask us about edible flowers, and a full range of micro cress – the perfect finishing touch to any romantic meal. Please give us a call to discuss your menu planning.

Things are rather uncertain with some food imports at the moment. French farmers are protesting over fuel tax and proposed new regulations, and are blockading motorways and ransacking wagons carrying fresh produce. This isn't currently affecting food prices, but if the disruption continues then it could push prices up. We'll be keeping an eye on the situation.

Grapes are very expensive at the moment, but there's good news for other fruits as the price of citrus fruit is slowly coming down. It might be an opportunity for a fresh take on desserts or salads ready for your spring menus.

What's in season this February?

Mid

Beetroot	UK
Blood oranges	Imported
Carrots	Local
Cauliflower	Good UK supply – European available also
Cavolo nero	UK – great availability
Celeriac	UK
Carrots	UK
Courgette	UK
Curly kale	UK
Jerusalem artichokes	UK and France
Leeks	UK
Onions	UK and France
Parsnips	UK
Potatoes	UK
Purple sprouting broccoli	UK – good availability
Rhubarb	Yorkshire – forced
Savoy cabbage	UK
Seville oranges	Imported
Spring green cabbage	UK
Sweet potato	UK
Tenderstem broccoli	UK

Ending

Brussels sprout	UK
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BEST BUYS

for February

Our buyers top recommendations for quality, flavour and value



Sweet Potato

Sweet potatoes are wonderful winter staples, and are in plentiful supply, which keeps the cost down. Favoured by health-conscious diners, sweet potato dishes are always well received.



Purple Sprouting Broccoli

We have a great supply of purple sprouting broccoli this month. Bursting with flavour and goodness, this vibrant veg is fantastic value for money.

Forced Rhubarb

We are in prime rhubarb season and we collect this daily, direct from our Yorkshire grower, to bring you the tastiest, freshest produce. The tender pink stems are perfect to incorporate in a Valentine's menu.



Winter Exotics

Salsify is our recommendation this month. This often under-used root vegetable is great in hearty soups and stews to see people through the winter. The subtle flavour also makes it ideal for roasting, as a side dish or a vegan centrepiece, sitting nicely alongside stronger flavours.

Tasting Notes

Seasonal tips and ideas from Class One Chefs



The versatile **leek** is tasty whether cooked simply with butter and seasoning, or when it is part of the main event. Try layering leeks with kale and ricotta in a vegetarian lasagne, or add to a creamy risotto.

Celeriac is beautifully sweet when roasted, and is substantial enough to be the star character in a vegan dish. Team celeriac with cheese or cream for some quality comfort food – add it to a gratin or as a pasta substitute in carbonara. For a dessert with a twist, make celeriac ice cream to serve with a sticky sponge cake.



The unique bitter flavour of **Seville oranges** works well in all kinds of desserts. Swap lemons for Seville oranges to make a light meringue pie, or team with chocolate or ginger in cakes, tarts or mousse. The juice also makes excellent sauces and marinades.

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