

Fresh

MARCH 2024



Spring fresh

There is much to celebrate as we enter spring. With Mother's Day in early March, and Easter at the end of the month, there are sure to be special menus and dishes on offer to help your customers celebrate. Do get in touch with us to discuss any menu ideas.

With bad weather in Brazil, unfortunately melons are very expensive at the moment. But there is some fantastic good value fruit available such as the last of the forced Yorkshire Rhubarb and imported blood oranges.

Don't forget, the best way to order from us is online. Once you've activated your account you can log on and order at any time of the day or night. Select your regular products easily by using the saved product lists, use the search function for fast browsing, and get live product availability information. If you haven't already switched to online ordering, give us a call and we'll get you set up.

What's in season this March?

Beginning

Globe artichoke	UK and France
Savoy cabbage	Portugal and Spain
Hispi cabbage	Portugal and Spain
Jersey Royal potatoes	Weather dependent
Rhubarb, field grown	Lancashire
Wild garlic	Yorkshire

Mid

Jerusalem artichoke	UK
Beetroot	UK
Chantenay carrots	UK
Carrots	Lancashire and Scotland
Cauliflower	UK and France
Celeriac	UK and France
Curly Kale	Lancashire
Leeks	Lancashire
Onions	UK and Spain
Parsnips	Yorkshire
Potatoes, main crop	UK
Purple sprouting broccoli	UK
Red cabbage	Lincolnshire
Spring green cabbage	Lancashire
Swede	Scottish
Tenderstem broccoli	UK

Ending

Cavolo Nero	UK
Forced rhubarb	Yorkshire

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

BEST BUYS

for March

Our buyers top recommendations for quality, flavour and value

Wild Garlic

Yorkshire-based Herbs Unlimited forage delicious wild garlic. It's peak season right now so stock up on this great value, perfectly fresh herb.

Edible Flowers

We can offer a range of good quality edible flowers. Add a special finishing touch to dishes with colourful flowers including Borage, Cornflowers and Viola.

Curly Kale

In plentiful supply from Lancashire growers, this super fresh and tasty leafy green is great value and will be well received on any menu.

Easter Treats

Stock up on Easter favourites such as locally-made **Hot Cross Buns**. Serve with our **butter portions** and your customers will be set for the day ahead.

Tasting Notes

Seasonal tips and ideas from Class One Chefs



Make the most of prime **wild garlic** season by incorporating it a few different ways into your menu. Simply steam the leaves with a little butter to serve with lamb, or use the raw leaves in a pesto. For more substantial meals, use in a risotto or pasta dish – it works well with chicken and chorizo.

We can supply all the lovely veg to accompany your Easter roasts. Shred and roast **Savoy** and **Hispi cabbages** with breadcrumbs and parmesan for a delicious crunchy side dish. Or keep it simple with sautéed **leek** and **cabbage** and a touch of **lemon**.

When the first of the **Jersey Royals** arrive, you'll want to get them on the menu straight away. Create a **Jersey Royal** potato salad with **asparagus**, **spring onions** and **cherry tomatoes**. Or roughly mash them with **broad beans** and **mint** for a substantial side.



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GOOD FRIDAY – OPEN
EASTER SATURDAY – OPEN
BANK HOLIDAY MONDAY – CLOSED
TUESDAY 2ND APRIL – OPEN