

Fresh



APRIL 2024

Keeping it light



Spring is well under way, the evenings are light, and customers will be looking forward to getting out and enjoying healthy, seasonal menus.

Delicious English asparagus is now available, and teamed with other superb springtime ingredients like fresh peas, chard and cabbages, it's a great time to create crisp new dishes.

Now the Yorkshire forced rhubarb season has ended, we move on to field-grown rhubarb with great availability from Yorkshire and Lancashire. Wild garlic is still in season, so stock up and add some delicate, sweet garlic flavour to a range of meals.

We love to see how our produce is being used to create amazing dishes on your menus, so please tag Class One Direct in any pictures on Instagram! And don't forget about our online ordering facility. It makes quick work of repeat orders and you can log on 24/7.

What's in season this April?

Beginning

Asparagus	English
Chard	Swiss and Rainbow from Evesham
Melons	Cantaloupe/Galia/Honeydew
Peas	UK
Potatoes	Jersey Royals
Strawberries	Holland/UK

Mid

Beetroot	UK
Cauliflower	UK
Celeriac	UK/Holland
Onions	UK
Rhubarb	Yorkshire & Lancashire
Red Cabbage	UK/Holland
Spring green cabbage	Lancashire
Wild garlic	UK
Swede	Scotland
White cabbage	Lincolnshire

Ending

Jerusalem artichokes	UK
Carrots	UK/Europe
Leeks	UK/France/Belgium
Purple sprouting broccoli	UK
Savoy cabbage	France
Tenderstem broccoli	UK

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BEST BUYS

for April

Our buyers top recommendations for quality, flavour and value



Jersey Royals

The unique flavour of Jersey Royals makes them ever popular. They are new in, so make the most of this seasonal treat and get them on your menus in any way you can!

Coming soon...

Annabels Deliciously British strawberries will be available from May. Coming direct from the family farm in West Yorkshire, we'll bring you the freshest, sweetest crop. Keep an eye on our website to see when these are available.

Tasting Notes

Seasonal tips and ideas from Class One Chefs



Cauliflower

With fantastic flavour and crunch, our cauliflowers are spot-on right now. We have a great supply, which translates as great value for our customers.

The earthy taste of asparagus makes a substantial ingredient in a range of dishes. Keep it simple by pan-frying and serving with feta and tomatoes – you can't go wrong teaming asparagus with cheese – or roast it with other spring veggies. For a substantial salad, chop asparagus and mix with beans and colourful peppers, or cook in a quiche with mushrooms.



For light and fresh desserts or salads, melon is a winner. Layer different melons with rhubarb, yogurt and crumbled ginger biscuits for a tasty dessert. As the days get warmer, add a melon sorbet or granita to the menu.



Spring Cabbage

Grown in Lancashire, these sweet and tender greens are a fantastic value, staple ingredient.

Add a touch of colour with vibrant beetroot. Earthy and sweet, it's delicious when grated raw into salads and coleslaws. Or create a tangy salad dressing with cooked beets, olive oil, honey and balsamic vinegar. For vegetarian favourites, make a hearty beetroot burger or falafels, or a creamy risotto.



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