

# Fresh



MAY 2024



**Bright  
days  
ahead**

The season of long weekends has arrived! With two Bank Holiday Mondays this month, we're here to ensure you have plenty of the best quality produce to keep your kitchens busy and diners happy.

There's some lovely British produce available now such as asparagus, beetroot, broad beans and spinach. Fill your menus with versatile home-grown veg and salads, and finish off with the first of the Yorkshire strawberries.

We're moving onto UK tomatoes now that the Spanish season has finished. Get these juicy beauties in your salads, and serve with British salad leaves. We've got fantastic rocket, little gem, cos, and bistro leaves available for fresh and light spring dishes.

We love to talk menu planning, so feel free to get in touch and we'll always do our best to source great value, great tasting produce to help make your recipes a success. Just a heads up, we'll be closed on Monday 6th and Monday 27th May, so get those Bank Holiday weekend orders done in good time.

## What's in season this May?

### Beginning

|                                          |                                   |
|------------------------------------------|-----------------------------------|
| <b>Apricot, Nectarines &amp; Peaches</b> | Northern hemisphere season starts |
| <b>Broad Beans</b>                       | UK                                |
| <b>Cucumbers</b>                         | English                           |
| <b>Easy peel citrus</b>                  | Southern hemisphere               |
| <b>Lettuce, English</b>                  | Lancashire                        |
| <b>Fresh peas</b>                        | UK & Italy                        |
| <b>Pak choi</b>                          | Lancashire                        |
| <b>Peppers</b>                           | Netherlands                       |
| <b>Spinach</b>                           | UK baby and long leaf             |
| <b>Strawberries</b>                      | UK                                |
| <b>Tomatoes</b>                          | UK                                |

### Mid

|                      |               |
|----------------------|---------------|
| <b>Asparagus</b>     | UK            |
| <b>Beetroot</b>      | UK            |
| <b>Cauliflower</b>   | Yorkshire     |
| <b>Potatoes, new</b> | Jersey Royals |
| <b>Spring Greens</b> | Lancashire    |

### Ending

|                                  |                                                      |
|----------------------------------|------------------------------------------------------|
| <b>Chantenay Carrots</b>         | UK ending, replaced by Israel                        |
| <b>Leeks</b>                     | UK ending, replaced by Netherlands, France & Belgium |
| <b>Purple Sprouting Broccoli</b> | UK finished until September                          |
| <b>Swede</b>                     | UK ending                                            |

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**DELIVERY BEFORE  
11AM GUARANTEED**

# BEST BUYS

for May

Our buyers top recommendations for quality, flavour and value

## Bunched radishes

Crisp and peppery, these bright red or rainbow radishes pack a punch. Fantastic value at the moment, add these to your orders to treat the taste buds.

## Annabel's Strawberries

New in this month, Annabel's Deliciously British Strawberries will bring an early taste of summer dining. We collect this sweet and juicy fruit daily from the family farm in West Yorkshire, for the freshest delivery to you.

## Asparagus

British-grown asparagus is beautifully tasty. Due to the variable British weather, we source this from a few different suppliers, so that you'll always have plenty of the freshest asparagus to include in your dishes this spring.

## Spring exotics

Brazilian Figs is our exotic recommendation for May. Figs have multiple health benefits, as well as bringing a delicious sweetness to all kinds of dishes.

## Tasting Notes

Seasonal tips and ideas from Class One Chefs

Make the most of the short season for **fresh peas**. Throw them in a **Jersey Royal** potato salad, along with chopped **tenderstem broccoli**, as part of a delicious and healthy light lunch.

Splash some sunshine on your plate by using **apricots** and **strawberries** together. Make some fruit scones, a creamy iced dessert or a comforting sweet pie.

A filling and fresh salad made with **radishes**, **cucumber**, **celery**, **dill**, **mint** and **goats' cheese** will go down a treat. Serve with crusty bread and butter to perfectly accompany the strong flavour of the radish and goats' cheese.

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