

Fresh



JUNE 2024



Taste the summer

After a rather cool, wet, spring, we're looking forward to summer and all the quality produce that comes with the warmer weather.

British salad leaves are looking fantastic and will be popular on menus over the summer months. We receive fresh salad ingredients daily, so you can create some exciting and nutritious summer dishes.

We need to share a bit of a price warning and stock update. Due to extreme rainfall in Kenya, there are supply issues with some produce. Mangetout, sugar snap peas and tenderstem broccoli are all affected and have increased in price. And with the UK parsnips and leeks finishing, availability on those is also limited at the moment, and prices are higher.

We do have some fantastic veg alternatives, such as Yorkshire asparagus, kale, spring greens and broccoli – give us a call if you want to discuss any menu ideas. Don't forget, our online ordering system shows live product availability, and you can place an order 24/7.

What's in season this June?

Beginning

Baby beetroot	UK
Blueberries	UK – weather permitting
Broad beans	UK
Broccoli	Lancashire
Cavolo nero	UK
Courgette	Evesham & Yorkshire
Gooseberries	Evesham & Yorkshire
Kohlrabi	UK
Raspberries	UK – weather permitting
Romanesque	UK – weather permitting
Redcurrants	UK – short season
Whitecurrants	UK – short season
Savoy cabbage	UK – small sizes now
Runner beans	UK

Mid

Beetroot	UK
Cauliflower	Lancashire
Celeriac	UK
Heritage tomatoes	UK
Kale	UK
Lettuce	Lancashire
New potatoes	UK
Pak choi	Lancashire
Peas	UK and Italy
Red cabbage	UK
Spring greens	Lancashire
Strawberries	Yorkshire

Ending

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

BEST BUYS

for June

Our buyers top recommendations for quality, flavour and value

Heritage tomatoes

Sweet and sharp, heritage tomatoes have wonderful fresh, complex flavours. Enjoy these great-value tomatoes simply with some seasoning, lightly grilled, or baked in quiches.

Spring exotics

Bring some sweet sunshine to dishes with delicious imported peaches, nectarines and apricots.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Broad beans

Bringing a burst of beautiful green to the plate, broad beans are versatile in hot or cold dishes.

It's salad season, so using new season UK **lettuce** as a base, you can be as creative as you like with salads – toss in, or make a dressing from, some sweet **strawberries**, **raspberries** and **redcurrants**.

Tender and sweet **baby beetroot** makes a delicious, colourful side dish, cooked whole and served with olive oil, red wine vinegar, mint, and salt and pepper. Or team it with feta for a wide range of perfectly balanced light summer dishes.

Mixed colour radishes

We have a great supply of Dutch mixed coloured radishes. These wonderful, crunchy radishes are bursting with flavour, and are fantastic value at the moment.

Use super-fresh Lancashire **cauliflowers** to create filling vegetarian mains. Deep fry the florets and coat them in a sticky sweet or spicy sauce for some tasty comfort food, or roast and serve in tacos with sliced **radishes**, **chillies**, **red cabbage**, **avocado** and a choice of dressings.

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