

Fresh



JULY 2024



What's in season this July?

Beginning

Carrots	UK
Cauliflowers	Lancashire
Cavolo Nero	UK
Cherries	UK
Corn on Cob	UK
Cucumber	UK
Curly Kale	UK
Fennel	UK
Leeks	Lancashire
Plums	UK
Red Kale	Lancashire
Tenderstem Broccoli	Lancashire
Tomatoes	UK

Mid

Bok Choy	UK
Broad Beans	UK
Broccoli	UK
Chard	UK
Lettuce	UK
Peas	UK
Potatoes	New Second earlies/ main crop starting
Raspberries	Evesham, Lancashire & Yorkshire
Red Cabbage	Lancashire
Rhubarb	UK outdoor varieties
Runner Beans	Lancashire
Savoy Cabbage	Lancashire & Yorkshire
Spring Greens	UK
Strawberries	Yorkshire
Watercress	Lancashire and Yorkshire

Ending

Gooseberries	UK
Redcurrants	UK finished - Dutch only

July sees an abundance of delicious UK produce coming into our warehouse fresh every day.

There's some stunning veg available from local growers - such as courgettes, kale, cavolo nero, sugar snap peas, cauliflowers and leeks. Salads are of course going to be big news in the warmer weather, and we've got plenty of choice of leaves as well as the most flavoursome mixed tomatoes, bunched beetroot, mixed radishes, cucumber and heritage carrots. Corn on the cob and freshly made coleslaw are perfect sides for barbecues or outdoor catering - we've got all the ingredients you'll need.

Sweet cherries, plums, strawberries and raspberries are banging the British drum for fruit. And you can catch the last of the British gooseberries and redcurrants to mix in some tangy flavours. We've still got great-value imported stoned fruit to add depth and variety to your menus.

Login to your online account to see the latest stock availability and prices, or give us a call - we're always happy to help.

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FOR NEXT DAY DELIVERY
DELIVERY BEFORE
11AM GUARANTEED

BEST BUYS

for July

Our buyers top recommendations for quality, flavour and value

Purple Sprouting Broccoli

We have a plentiful supply of UK-grown purple sprouting broccoli in 3kg boxes, direct from the farm. Add colour and crunch to dishes with some great value goodness.

Raspberries

Perfect for your light summer menus, Annabel's Deliciously British raspberries are in peak season and good value. Order now for a sweet taste of sunshine.

Lettuce

Superb Little Gem, Cos, Flat Leaf and Lollo Rosso lettuce will be your summer salad staples. We receive supplies from our Lancashire growers every day, so you'll always have the freshest, best-value produce.

Spring exotics

Add some heat to your menu with a selection of **chillies**. Experiment with red, green, padron and scotch bonnet.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

New season UK **courgettes** can take centre stage in salads, risottos and even cakes and bakes. Cheese sits nicely alongside courgette. For a filling salad include **mozzarella** or **parmesan**, **pine nuts**, **bulgar wheat** and grilled **courgettes**, drizzled with a **lemon** dressing.

For a substantial side dish, try braised **fennel** with roasted **leeks**, **onions** and **garlic**, with a **chilli** oil. Add some **feta** and **black olives** to bulk it out as a main dish.

Create vibrant desserts with the freshest **plums**, **strawberries** and **raspberries**. A light, fruity cake for afternoon teas, or a show-stopping pavlova will be well received. The new season plums will also make tasty sauces for meaty dishes, or pickle them for asian cuisine.

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