

Fresh



AUGUST 2024



What's in season this August?

Beginning

Apples, English	UK
Apples, Bramley	UK
Chantenay carrots	UK
Plums	UK
Purple sprouting broccoli	UK, weather permitting

Mid

Beetroot, red, golden/candy striped, bunched and loose	UK
Broad beans	UK
Broccoli	Lincolnshire & Lancashire
Carrots	UK
Cauliflower	Yorkshire & Lancashire
Cavolo Nero	UK
Chard	Evesham
Corn on the cob	UK
Courgette	UK
Curly kale	Lancashire
Fennel	UK
Leeks	Lancashire
Lettuce	Lancashire
Onions	UK and Spanish
Peas	Yorkshire
New potatoes	UK
Red cabbage	Lancashire
Red kale	Lancashire
Rhubarb	UK
Romanesque	UK
Salads – tomatoes, cucumbers, peppers	UK
Runner beans	Yorkshire
Spring green cabbage	UK
Squash	UK
Strawberries	Yorkshire
Swede	Scotland
Tenderstem broccoli	Lancashire

The sun has made a welcome appearance, so it's time to elevate those light summer dishes.

Salads are coming up trumps in August, and we've got an abundance of lovely UK-grown ingredients – crisp leaves, peppers, radishes and cucumbers, and wonderfully flavoursome tomatoes and beetroot.

There's plenty of choice for delicious fruit too. Create some special desserts with English apples and plums, strawberries or raspberries. There's nothing better at this time of year to satisfy a sweet tooth.

We need to give a bit of a price warning on some products at the moment, so just be aware that chocolate has almost doubled in price recently, and butter is getting more expensive.

Some good news now – we've got some new products that are ideal for your lunch menus. Try the gyros style pitta bread and Bridor mini white baguettes. Have a look at them online, where you can browse all our products to see prices and availability.

Don't forget the bank holiday at the end of the month. Stock up on plenty of produce in preparation for what will hopefully be a busy time for your business. We're always here to help so feel free to get in touch.

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BEST BUYS

for August

Our buyers top recommendations for quality, flavour and value



Plums

Delicious, new-in English plums are great value. They only have a short season, so get them on your menus while they're at their tastiest.

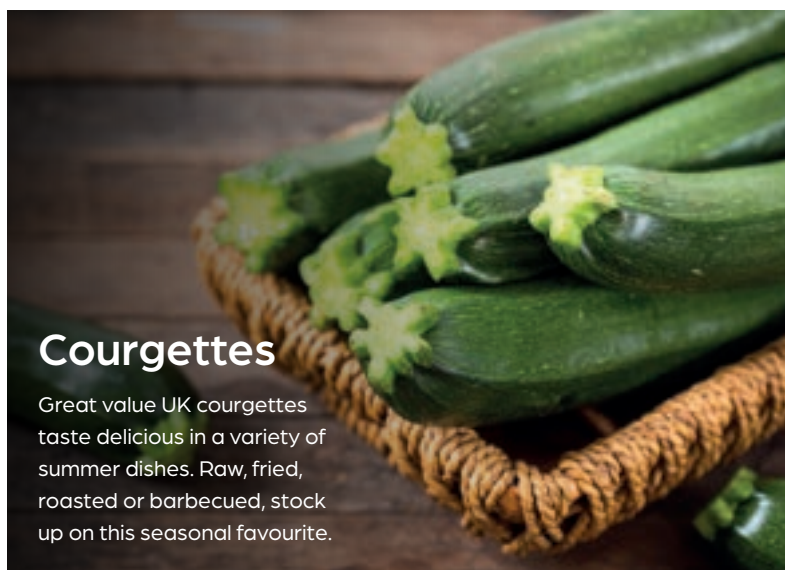
Spring exotics

Cousin to the blueberry, bilberries are darker and smaller, with a more intense flavour. Use raw in small amounts as a garnish on desserts, or stew them to make tarts and pies.



Tasting Notes

Seasonal tips and ideas from Class One Chefs



Courgettes

Great value UK courgettes taste delicious in a variety of summer dishes. Raw, fried, roasted or barbecued, stock up on this seasonal favourite.



Use the new season **Bramleys** to add some sweetness to a Moroccan lamb tagine, served with olives and couscous.

As nutritious as it is attractive, **red kale** will go down a treat this month. Serve simply as a side dish cooked in **garlic** and **lemon**, finished with toasted **pine nuts**. Or create a filling salad with **red kale**, **sweet potato**, **quinoa** and **avocado**.



Cauliflower

Fresh from our Lancashire and Yorkshire growers, these crisp, white cauliflowers are incredibly versatile and are a fantastic staple on menus.



Bunched radishes are great value and bring fabulous flavour and crunch to salads. Mix with **cucumber**, sour cream and dill for a fresh, satisfying salad. For something different, roast the radishes to bring out the natural sweetness; this makes a great side dish or as a lighter alternative to roast potatoes.

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