

Fresh



SEPTEMBER 2024



Embrace the best of two seasons

Spoilt for choice in September!

It's a fantastic time of year for the fresh calendar. With summer crops still available and the autumn harvest beginning, chefs are spoilt for choice. Make the most of the last of the season's berries, while enjoying delicious apples and pears as they move into their prime.

There's an abundance of delicious vegetables at their best this month; mixed Chantenay carrots, Piccolo parsnips, multiple beetroot varieties and fantastic greens like leeks and kale.

We wanted to give you a heads-up that UK lettuce will be finishing towards the end of the month and imported lettuce lines can be volatile whilst the seasons change. Mix it up by making seasonal slaw's to garnish your dishes, instead of the standard side salad. Colourful and tasty too! Bear in mind that avocados could also be in limited supply during this time.

Don't forget, our online ordering system shows live product availability, and you can place an order 24/7. And just give us a call if you want to discuss menu ideas. We're always happy to help!

What's in season this September?

Beginning

Cob nuts	UK, short season
Wild mushrooms	UK
Pears	UK
Potatoes – Estima & Marfano	UK
Pumpkin	UK
Squash—several varieties	UK

Mid

Apples	UK
Beetroot – bunched, baby & loose	UK
Broccoli	UK
Carrots, bunch	UK
Cavolo Nero	UK
Cauliflower	Yorkshire and Lancashire
Chantenay carrots	UK
Curly Kale	Lancashire
Leeks	Lancashire
Marrow	UK
Parsnips	Yorkshire and Lancashire
Purple sprouting broccoli	UK, weather dependent
Raspberries	UK
Runner beans	Yorkshire
Salads – tomatoes, cucumbers, peppers	UK
Savoy cabbage	UK
Spring Green cabbage	UK
Swede	Scotland
Tenderstem broccoli	UK

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BEST BUYS

for September

Our buyers top recommendations for quality, flavour and value

Beetroot

Versatile and bursting with unique flavour, beetroot is perfect to carry through from summer to autumn menus. There are some fantastic varieties available at the moment; from red to candy to golden. Experiment to find your favourite.

Piccolo parsnips

Smaller and more slender than traditional parsnips with a sweet and delicate flavour. Prepare them by roasting the traditional way, or up-sell as a more premium side dish by adding truffle and honey.

Curly kale

Rich and woody flavour with a peppery bitterness to add depth to your dishes. Fantastic value as well as being a healthy addition to your dishes. Brilliant for adding greenery to soups, pastas, pies or poke bowls.

Autumn exotics

Bring instant vibrancy to your dishes with mixed colour Chantenay carrots. Minimal effort yet maximum impact on taste and presentation!

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Welcome the comforting autumn staples of **pumpkin** and **squash**, with roasted **squash** and **blue cheese** pizza or creamy **pumpkin** and **sage** pasta.

Embrace the versatility of **beetroot** during the transitional months and create a simple and delicious starter with roasted **beetroot** and **goats cheese**. Or, revamp your veggie menu with a **beetroot** burger or fritter as a main course option.

Enjoy new-season English **pears** and crisp **apples** together in a range of puddings such as the classic crumble, a tasty tarte tatin or a sticky cake. Add **apples** and **pears** to crunchy English **salads** to mark the change in season.

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