

Fresh



OCTOBER 2024



Feel-good flavours

We've got you covered when it comes to healthy, comforting fresh food that will keep your customers happy through autumn.

Celebrate the season of wonderful UK root vegetables, with local parsnips, potatoes, carrots and a wide range of squash and pumpkins.

Keep those salads and side dishes colourful with radicchio and beetroot, mixed with crunchy celeriac or kohlrabi. Include some beautiful mixed colour carrots for side dishes that are great for margins.

Nationally, the price of butter is still rising, and chocolate is expensive, but we'll continue to work hard to source the best value products we can. And we are currently in between the Dutch and the Spanish season for salads, so some of those prices are unstable.

This month we have a special offer on Noble Foods free range liquid whole egg and egg yolk. 1 litre cartons are just £5.25 for whole egg, and £8.25 for egg yolk.

It's never too early to start thinking about Christmas! Chat through your plans and menus with us in plenty of time, and we'll do our utmost to make sure you're all set for Christmas.

What's in season this October?

Beginning

Artichokes, Jerusalem	UK and France
Brussels sprouts	Northern UK
Red cabbage	UK

Mid

Apples	UK
Beetroot	UK
Carrots - various	UK
Cauliflower	UK
Cavolo Nero	UK
Celeriac	UK
Kohlrabi	UK
Leeks	Lancashire
Mushrooms, wild	UK
Parsnips	Yorkshire
Potatoes, Sagitta	UK
Purple sprouting broccoli	UK
Pumpkin	UK
Romanesque	UK, weather permitting
Spring Green cabbage	UK
Squash - various	UK
Swede	Scotland
Tenderstem broccoli	UK

End

Cucumber	Dutch ending - Spanish from November
Nectarine	End of northern hemisphere varieties
Raspberries	UK ended - Southern hemisphere now
Strawberries	UK ended - now Dutch and Spanish
Tomatoes	Dutch ending - now Spanish

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BEST BUYS

for October

Our buyers top recommendations for quality, flavour and value

Bramley apples

These classic cooking apples are in plentiful supply at the moment, making them great value. Perfect for all kinds of hot and cold puddings, chutneys, sauces and toppings.

Brussels sprouts

It's the start of the northern sprout season. We'll take delivery of the freshest, most flavoursome produce at great prices, so October is the perfect time to introduce them on your menus.

Leeks

Direct from our Lancashire farmers, these local leeks are fantastic value and will be a staple ingredient for many autumn dishes.

Autumn exotics

It's pumpkin season and we've got a huge range, from small to extra-large pumpkins. Gorgeous in soups, pies, pasta, curries or cakes – as well as for decoration – our farmers will keep us stocked up for autumn.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Make the most of mushrooms this October; our wide range offers an array of textures and earthy flavours. Try deep fried breaded hen of the woods for a delicious chicken substitute, or keep things simple and sauté fresh chanterelles with butter, thyme, and garlic, letting their golden peppery notes shine through.

There are some good-sized quince fruits now available, and they'll make a delicious, tangy jelly to serve with rich game or as part of a cheeseboard. Or slow-cook quince in a lamb tagine to enjoy the natural sweetness and depth of flavour of both ingredients.

Parsnips are thriving this year. They are gorgeous when simply honey roasted as a side dish, or you can make them shine at breakfast time as well by swapping out potatoes to make golden-spiced hash browns that caramelize beautifully.

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