

Fresh



NOVEMBER 2024



Comfort, colour and seasonal cheer

Combat the darker, colder days with bright, colourful and comforting fresh produce.

Flavourful UK-grown **purple sprouting broccoli**, **purple cauliflowers** and bunched and loose **beetroot** will liven up many dishes. And seasonal staples such as local **parsnips**, **sprouts**, **potatoes** and a variety of **cabbages** will keep diners happy and costs down.

We have a new range of 100% fruit juices in stock, from Daily Dose. These come in 1 litre bottles of orange, apple, lemon and lime, and you no longer need to pre-order. The price of chocolate and butter is still high, unfortunately, although we can offer some relief when it comes to fresh produce. From mid-November we will be moving onto contracted winter prices which provides price stability throughout the next few months.

Christmas is just around the corner, so now is the time to get in touch with our team of expert greengrocers to discuss your festive menu requirements.

What's in season this November?

Beginning

Cranberries	US
Easy peel oranges	Northern hemisphere
Melons	Southern hemisphere
Sprout tops	UK

Mid

Apples	UK
Artichokes, Jerusalem	UK and France
Beetroot – bunched & loose	UK
Brussels sprouts	Lancashire
Carrots	UK
Cauliflower	UK
Cavolo Nero	UK
Celeriac	UK
Curly kale	UK
Kohlrabi	UK
Leeks	Lancashire
Parsnips	Yorkshire
Potatoes, main crop	UK
Purple sprouting broccoli	UK
Pumpkin	UK
Romanesque	UK
Savoy cabbage	UK
Spring green cabbage	UK
Swede	Scotland
Tenderstem broccoli	UK

End

Marrow	UK
Mushrooms, wild	UK season ended – European available
Squash	UK season ended – Butternut and French available

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BEST BUYS

for November

Our buyers top recommendations for quality, flavour and value

Apples

When it comes to seasonal fruit, it's hard to beat a crunchy British apple on a crisp autumn day. Whether you're adding them to salads, desserts or cheese boards, there's a great selection of tasty apples at competitive prices available.

Leeks

Stock up on Lancashire's finest leeks to see you through the season.

Parsnips

Our Yorkshire-grown parsnips provide the perfect combination of sweet and earthy flavours. Fantastically fresh and great value right now.

Autumn exotics

Fresh cranberries imported from the US can only mean one thing – the festive season is upon us. These sharp little berries are full of goodness and surprisingly versatile. Use with quince, oranges or apples for fruity sauces or pastes, add to savoury pies, or use in colourful cocktails.

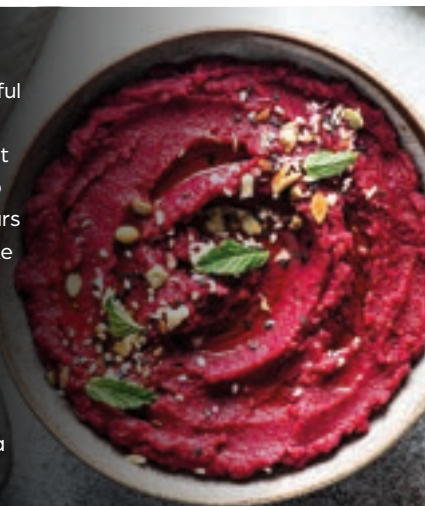
Tasting Notes

Seasonal tips and ideas from Class One Chefs



It's the season of roast dinners, and roasted parsnips are always a winner on the plate. There's so much more you can do with this versatile root veg, from latkes or pancakes for brunch, to a root vegetable tarte tatin with nuts and blue cheese for lunch. You could also add it to a sticky toffee pudding to balance the salty caramel sauce.

UK bunched and loose beetroot will add beautiful colour and depth to a variety of dishes. Roast it with butternut squash to bring out the best flavours of both vegetables. Make a beetroot and roasted almond dip to add to salads or serve with homemade bread, or add to a hearty apple and walnut crumble for a twist on a classic.



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