

Fresh



MARCH 2025



Spring is in the air

The days are getting longer and customers are getting out and about more.

It's time to go all-in with spring menus and, with Mother's Day at the end of the month, tempt customers with a few special dishes. It's the season for lovely fresh greens that are tender, full of flavour and simple to prep and cook. Stock up on leeks, cabbages, kale and tenderstem and purple sprouting broccoli. Don't miss the Yorkshire wild garlic that will be available mid-March – another fresh taste to delight customers.

Look out for Jersey Royals later in the month; they are always a hit and can be used in so many ways. It's a good time to switch to new potatoes as the price of cold store potatoes is likely to rise.

We would love to invite you to visit us at our base in Skipton, take a look at our wide range of produce and discuss how we can help you. Please get in touch to arrange a visit.

What's in season this March?

Start

Asparagus	UK
Globe artichoke	UK & France
Savoy cabbage	UK & France
Hispi cabbage	Portugal
Jersey Royal potatoes	Jersey
Rhubarb – field grown	Lancashire
Wild garlic	Yorkshire

Mid

Jerusalem artichoke	UK
Beetroot	Evesham & Yorkshire
Carrots – loose	Lancashire & Scotland
Carrots – Chantenay	Nottinghamshire
Cauliflower	UK & France
Celeriac	UK & France
Curly kale	Lancashire
Leeks	Lancashire
Onions	UK & Spain
Parsnips	Yorkshire
Potatoes – main crop	UK
Purple sprouting broccoli	UK
Red cabbage	Lincolnshire
Spring green cabbage	Lancashire
Swede	Scotland
Tenderstem broccoli	UK

Ending

Cavolo Nero	UK finished – Italian available
Yorkshire rhubarb	Forced rhubarb finishing soon – field grown available from mid-month

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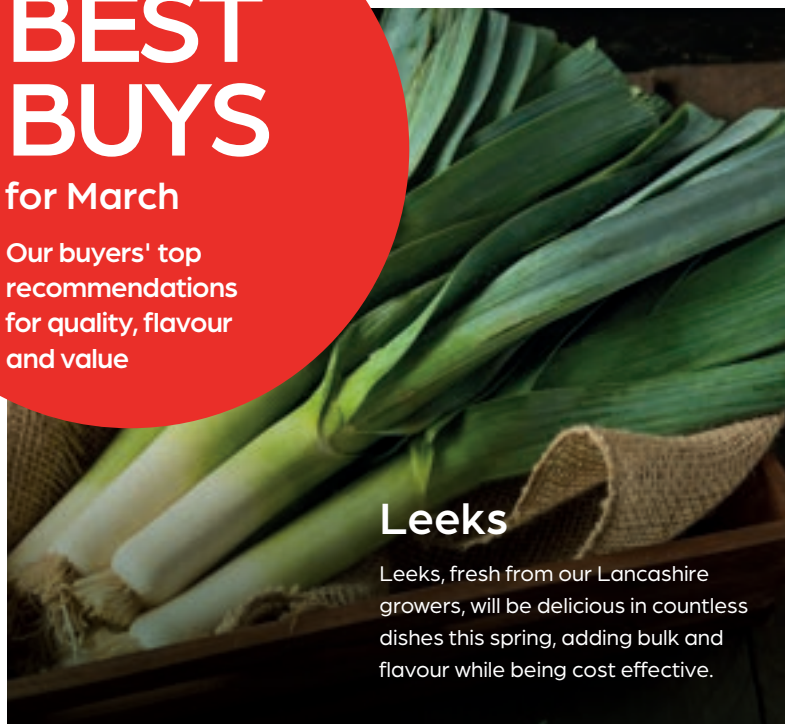


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BEST BUYS

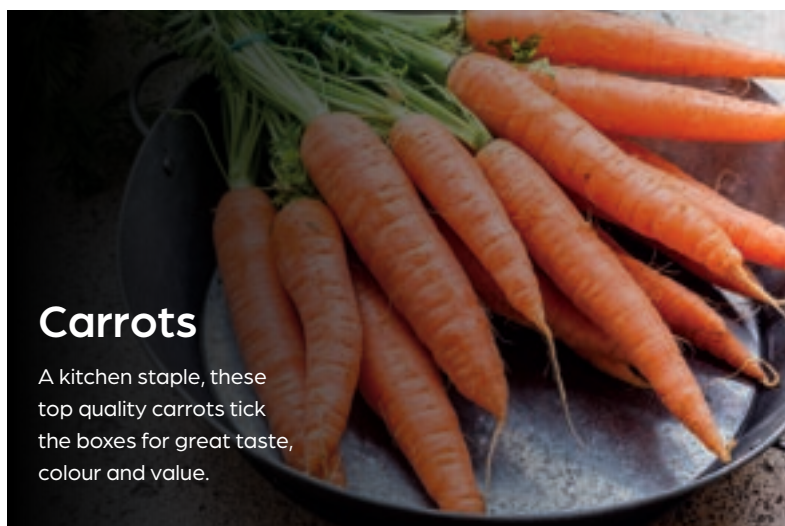
for March

Our buyers' top recommendations for quality, flavour and value



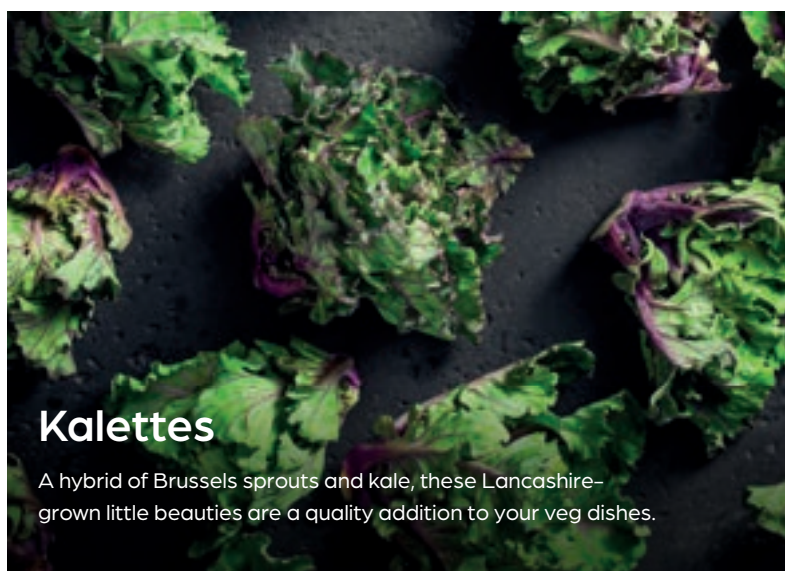
Leeks

Leeks, fresh from our Lancashire growers, will be delicious in countless dishes this spring, adding bulk and flavour while being cost effective.



Carrots

A kitchen staple, these top quality carrots tick the boxes for great taste, colour and value.



Kalettes

A hybrid of Brussels sprouts and kale, these Lancashire-grown little beauties are a quality addition to your veg dishes.



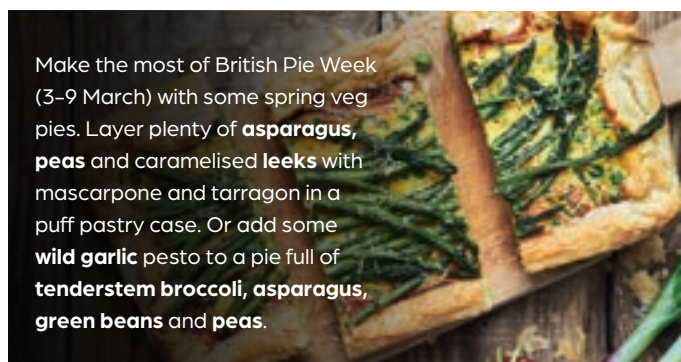
Spring exotics

Jerusalem artichoke

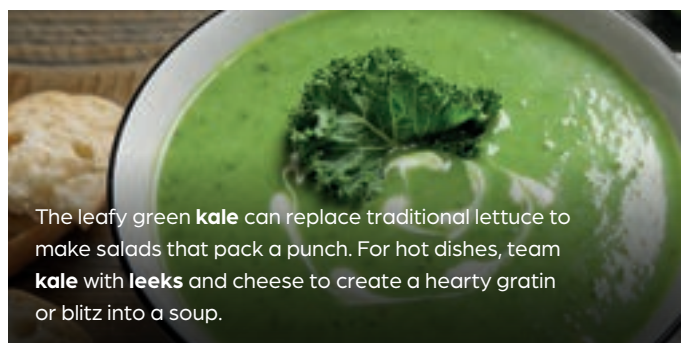
These unusual looking roots are extremely versatile, with a unique nutty and sweet flavour. They're a good size and great value at the moment

Tasting Notes

Seasonal tips and ideas from Class One Chefs



Make the most of British Pie Week (3-9 March) with some spring veg pies. Layer plenty of **asparagus**, **peas** and caramelised **leeks** with mascarpone and tarragon in a puff pastry case. Or add some **wild garlic** pesto to a pie full of **tenderstem broccoli**, **asparagus**, **green beans** and **peas**.



The leafy green **kale** can replace traditional lettuce to make salads that pack a punch. For hot dishes, team **kale** with **leeks** and cheese to create a hearty gratin or blitz into a soup.



Enjoy the last of the Yorkshire **rhubarb** with a rhubarb and ginger crème brûlée, baked rhubarb and custard cheesecake, refreshing rhubarb sorbet, or a beautiful rhubarb and elderflower cake – perfect for Mother's Day menus.

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