

Fresh



JULY 2025



Summer's bounty

July is a fantastic month for a great selection of flavoursome and colourful salads, vegetables and fruit.

For your nutritious greens, you can't beat **curly kale**, **tenderstem broccoli**, **spring greens** and **cabbages**. Add into the mix some vibrant **red kale**, **radishes**, **carrots**, **red cabbage**, **corn on the cob**, **peppers** and **heritage tomatoes** – you can serve up a rainbow.

When it comes to fruit, you can look forward to a sweet summer. Grown in Yorkshire, and picked every day, are Annabel's **strawberries** and **raspberries** – real customer favourites and flying off the shelves during Wimbledon fortnight. Stock up on **bilberries**, **redcurrants** and a selection of **stoned fruits**, too, for some great value desserts.

We're always working on increasing our product range to make your kitchens operate more smoothly and profitably while creating dishes that your customers will come back for time and again. One of our newest suppliers is Yorkshire-based Sturdy Foods. We're now stocking their **pizza dough balls**, available in Napoletana (80 x 250g), New York Style (30 x 600g) and Sourdough (90 x 210g and 80 x 250g). Keeping these dough balls to hand will let you create genuine, artisan-quality pizzas quickly and easily.

Summer can be unpredictable, with much depending on the weather. But fear not, when it comes to placing your orders with Class One, you can **log on and order 24/7**, to fit in with you and your business

What's in season this July?

Beginning

Carrots	UK
Cherries	UK short season
Corn on cob	UK
Curly kale	UK
Fennel	UK
Leeks	Lancashire
Marrow	UK
Red kale	Lancashire
Salads	UK tomatoes, cucumbers & peppers
Tenderstem broccoli	Lancashire
White cabbage	UK

Mid

Bok choy	UK
Broad beans	UK
Broccoli	UK
Cauliflower	UK – smaller sizes
Cavolo Nero	UK
Chard	UK
Lettuce	UK
New potatoes	Second earlies/main crop
Peas	UK
Raspberries	Evesham, Lancashire, Yorkshire
Red cabbage	Lancashire
Rhubarb	Good stock of field varieties
Runner beans	Lancashire
Savoy cabbage	Lancashire & Yorkshire
Spring green cabbage	Lancashire & Yorkshire
Strawberries	Yorkshire
Watercress	Lancashire & Yorkshire

BEST BUYS

for July

Our buyers' top recommendations for quality, flavour and value



Strawberries and raspberries

The tastiest Yorkshire strawberries and raspberries are coming fresh into the warehouse every day.



Summer exotics

Passion fruit

The deliciously intense flavour and fragrance of passion fruit adds a touch of the tropical to creamy desserts.

Tasting Notes

Seasonal tips and ideas from Class One Chefs



Stoned fruit

Peaches, nectarines, plums, apricots and cherries are all in peak season. They are juicy and full of flavour.



For a comforting yet fresh dessert, use Spanish **nectarines, peaches** and **plums** to make a cobbler. You could also add wedges of **peach** or **plum** to a panzanella to zhuzh up a crowd-pleasing salad.



Lettuce

A range of lettuce varieties are picked every day by local growers, ensuring this summer essential is plentiful, fresh, and fantastic value.



Packed full of nutrients, a satisfying vegetarian bake of **chickpeas** and **halloumi** with **curly kale, red kale, tomatoes** and **peppers** is also budget friendly.



Make a super-fresh summer salad with **fennel, watercress, orange** and **feta**, sprinkled with **chopped almonds** for a bit of crunch.