

Fresh



MARCH 2026



What's in season this March?

Beginning

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

Mid

Jerusalem artichoke	UK
Beetroot – bunched and loose	Evesham & Yorkshire
Carrots	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
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It's officially spring, and it's a fantastic time for building menus full of fresh British produce.

We've got plenty of delicious, easy-to-prepare greens available such as **kale**, **spring green cabbage**, **savoy cabbage**, **leeks** and **tenderstem broccoli**. Later this month we'll have field-grown **rhubarb** and **Jersey Royals** – both of these tasty seasonal treats will be popular with diners. Locally-foraged **wild garlic** is another versatile highlight.

We're always adding to our range, and our newest products include Netherend individually wrapped **butter** portions, which are attractive, convenient and ideal for busy establishments. Ancho **dried chillies** are also now in stock. With a sweet, smoky flavour, these will add richness and a mild heat to a range of dishes. And good news for all your dairy-free coffee requirements as **Oatly Barista milk** is back in stock.

Mother's Day celebrations, plus the warmer weather as we move through the month, should encourage more diners through your doors. Do get in touch if we can help with any aspects of your orders, menu planning or product availability.

BEST BUYS

for March

Our buyers' top recommendations for quality, flavour and value

Kale

Kale is a popular choice with health-conscious diners, and we have many different varieties available at the moment. Try purple, white, queen and variegated kale as well as the classic dark green, to add interest and colour to your menu.

Rhubarb

We're moving from forced rhubarb to field-grown now, and it's looking good for a bumper crop. Fresh from local growers, this rhubarb will add gorgeous deep colour and flavour to many spring dishes.

Bunched Carrots

Sweet and crunchy, these British carrots are attractive when cooked whole, and they're full of flavour. The stems can also be used in sauces, stock and pesto – keeping food waste to a minimum.

Spring exotics

Wild garlic

A real treat for spring, wild garlic's mild garlicky taste and vibrant green leaves make it ideal to add to risotto, soup, pasta dishes or in pesto. To enjoy a stronger flavour, add it raw to salads.

Tasting Notes

Seasonal tips and ideas from Class One Chefs

Pair **asparagus** and **artichoke** in a variety of ways to create fresh spring dishes: Mix with **wild garlic** and feta into pasta; make a creamy risotto; or fill a cheesy galette.

Spring is a great time to introduce simple, satisfying warm salads that can be offered as main dishes or seasonal sides. Mix **Jersey Royals** with **figs**, goats cheese and **garlic** to serve alongside chicken or fish, or make a creamy Jersey Royal, **asparagus**, hot smoked salmon and horseradish salad.

Purple sprouting broccoli is at its best now and adds crunch and vibrancy to dishes. Charrill the broccoli, mix with toasted **nuts** and drizzle with olive oil or chilli oil for a simple side dish, or make a creamy purple sprouting broccoli and **kale** gratin.