## What's in season when...

# **Spring**

#### Meat

Beef Steaks Chicken Sausages

Spring Lamb - Grills

### **Vegetables**

Asparagus Carrots

Cauliflowers

Celeriac

Cucumbers

Curly Kale

Purple Sprouting Broccoli

Savoy Cabbage

Sorrel

Spinach

Spring Greens

Spring Onion Watercress



### **Fruit**

Gooseberries Rhubarb

### Fish

Crab Haddock

John Dory

Lobster

Mackerel

Monkfish

Prawns

Sea Bass

Sea Salmon Trout

Turbot



## Summer

#### Meat

Beef Steaks Burgers

Chicken - Kebabs & Grills

Lamb – Grills

Pork Pies

Pork Spare Ribs

Saltmarsh Lamb



## **Vegetables**

Beetroot

**Broad Beans** 

Carrots

Cauliflowers

Courgettes Cucumber

Fennel

Fresh Peas

Garlic

Green Beans

Lettuce & Salad Leaves

New potatoes

Radishes

Runner Beans

Sage

Salad Onions

Squash

**Tomatoes** 

Watercress

#### Fruit

Blueberries

Currants - black, white and red

Elderflower berries

Greengages

Loganberries

**Plums** 

Raspberries

Strawberries **Tayberries** 

### **Fish**

Crab

**Pilchards** 

Wild Salmon

# **Autumn**

### Meat

Chicken

Grouse

Ham

Heather-fed Lamb

Pies

Pork

Roasts

Sausages

Venison

## **Vegetables**

Field Mushrooms

Lettuce

Marrow

Potatoes

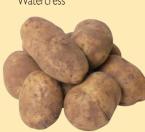
Pumpkin

Rocket

Squashes

Sweetcorn

Watercress



### **Fruit**

**Apples** Blackberries

**Damsons** Elderberries

Pears Sloes



### **Fish** Brill

Dabs

Dover Sole

Flounders

Oysters Skate

## Winter

### Meat

Casseroles

Chicken

Gammon

Goose

Partridge

Pheasant

Pies Roasts

Sausages

Turkey

Venison Wild Duck



### **Vegetables**

Bay Leaves Brussels Sprouts

Cabbage

Carrots Cauliflower

Celeriac

Curly Kale

Fennel Leeks

**Parsnips** 

Potatoes

Red Cabbage

Swede **Turnips** 

### Fruit

Apples Pears Quince



### Fish Grey Mullet

Mussels Scallops