

# 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  
Ham  
Lamb – Grills  
Pork Pies  
Pork Spare Ribs  
Saltmarsh Lamb  
Sausages  
Venison



### 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  
Plums  
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