

January

Fruit

apples
pears

Meat

duck
rabbit
turkey
venison

Fish and shellfish

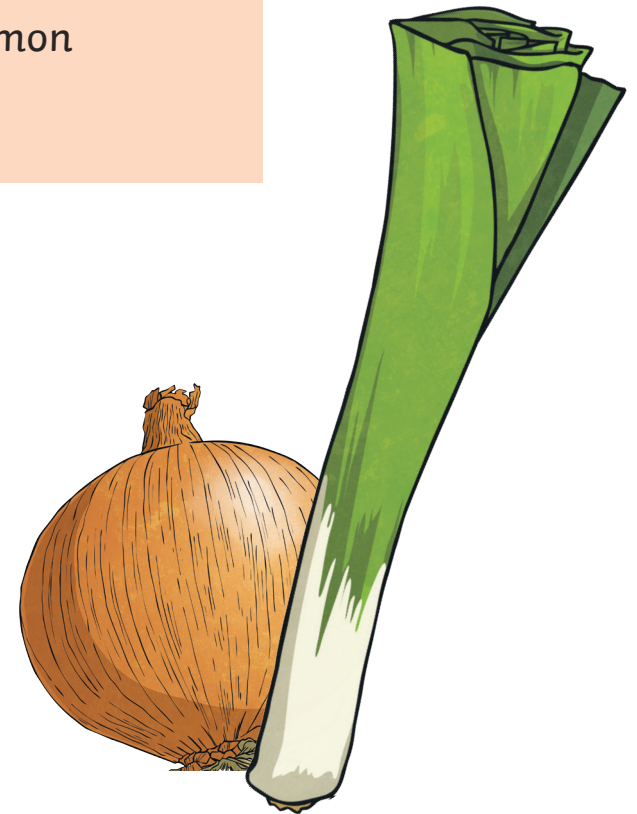
haddock
mussels
oysters
salmon

Herbs and other foods

garlic mustard
flat parsley

Vegetables

Brussels sprouts	kale	spring greens
cabbage	leeks	spring onions
carrots	jerusalem artichokes	squash
celeriac	mushrooms	swedes
celery	onions	turnips
chicory	parsnips	



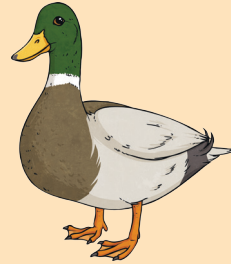
February

Fruit

apples
pears

Meat

duck
rabbit
turkey
venison



Fish and shellfish

haddock
mussels
oysters
salmon

Herbs and other foods

flat parsley

Vegetables

Brussels sprouts	onions
cabbage	parsnips
carrot	purple broccoli
celeriac	spring greens
kale	spring onions
leeks	squash
mushrooms	swede



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March

Vegetables

artichoke	parsnip	spring onions
cabbage	purple broccoli	watercress
carrots	radishes	
chicory	rhubarb	
cucumber	sorrel	
leeks	spring greens	

Herbs and other foods

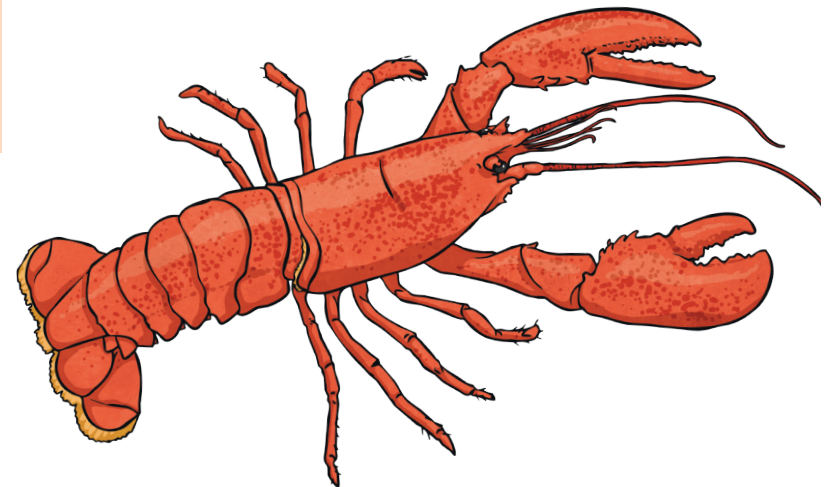
chives	garlic mustard
mint	

Meat

rabbit
turkey

Fish and shellfish

mussels	salmon
oysters	

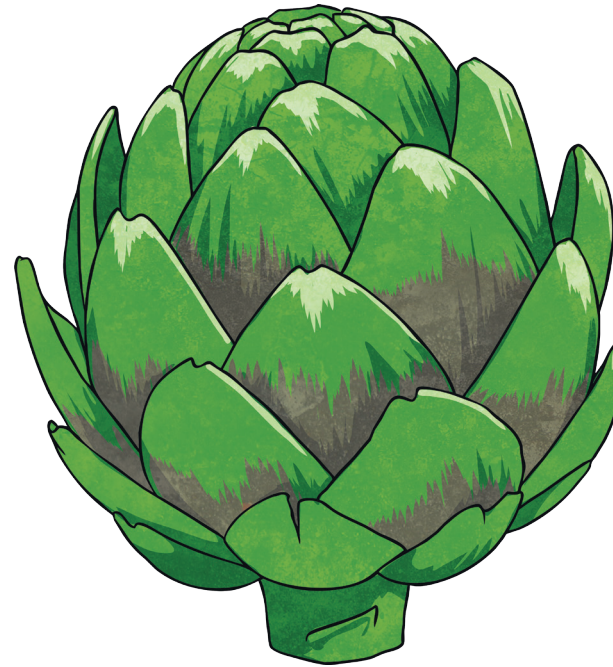


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April

Vegetables

artichoke	parsnips
cabbage	radishes
carrots	rhubarb
chicory	rocket
new potatoes	sorrel
kale	spinach
morel mushrooms	spring greens
spring onions	watercress



Herbs and other foods

chives	mint
coriander	nettles
garlic mustard	

Meat

lamb
rabbit
turkey

Fish and Shellfish

crab
salmon
tuna



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May

Vegetables

artichoke	elderflowers	peppers	spinach
asparagus	lettuce	radishes	spring greens
aubergine	marrow	rhubarb	spring onions
chicory	new potatoes	rocket	watercress
chillies	peas	sorrel	

Fruit

strawberries
pears
tomatoes

Herbs and other foods

basil	marjoram
chives	mint
coriander	nettles
garlic mustard	oregano

Fish and shellfish

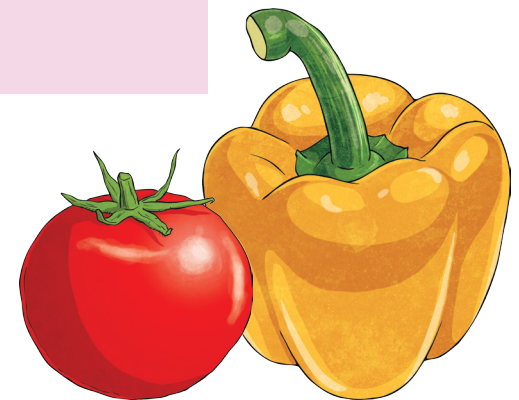
crab
pollack
salmon
sardines
tuna

Meat

lamb
rabbit



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June

Vegetables

asparagus	cucumber
aubergine	lettuce
broad beans	marrow
broccoli	new potatoes
cauliflower	peas
chicory	peppers
chillies	radishes
courgettes	rhubarb
runner beans	rocket
sorrel	squash
spring greens	swiss chard
spring onions	turnips
	watercress

Fish and shellfish

crab	salmon
haddock	sardines
mackerel	tuna
pollack	

Fruit

cherries	pears	tomatoes
gooseberries	plums	strawberries
loganberries	raspberries	blackcurrants

Meat

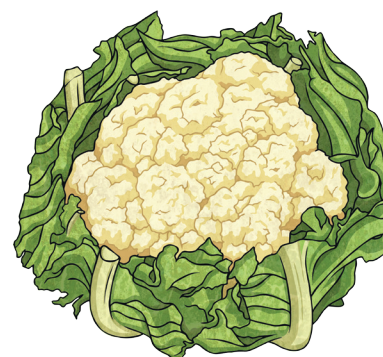
lamb
rabbit

Herbs and other foods

basil	marjoram
chives	mint
dill	nettles
fennel	oregano
garlic	samphire
garlic mustard	tarragon



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July

Vegetables

beetroot	mangetout
broad beans	new potatoes
cabbages	onions
cauliflower	peas
celery	summer radishes
chillies	runner beans
courgettes	summer squash
cucumber	rhubarb
lettuce	

Herbs and other foods

basil	marjoram
chives	mint
dill	nettles
fennel	oregano
garlic	samphire

Fruit

blackberries	cherries	strawberries
blackcurrants	greengages	loganberries
blueberries	gooseberries	tomatoes
brambles	raspberries	redcurrants

Fish and shellfish

crab
haddock
mackerel
pollack
prawns
salmon
tuna
sardines
scallops

Meat

lamb



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August

Vegetables

aubergine	fennel
broad beans	french beans
broccoli	kohlrabi
carrots	leeks
cauliflower	lettuce
chicory	mushrooms
chillies	parsnips
courgettes	peas
cucumber	sorrel
peppers	spring greens
potatoes	spring onions
pumpkin	squash
radishes	sweetcorn
rhubarb	swiss chard
rocket	watercress
runner beans	

Fruit

apples	cherries	strawberries
blackberries	damsons	tayberries
blackcurrants	loganberries	tomatoes
blueberries	pears	redcurrants
brambles	plums	
gooseberries	raspberries	

Fish and shellfish

crab	pollack
haddock	tuna
mackerel	scallops
salmon	
sardines	

Herbs and other foods

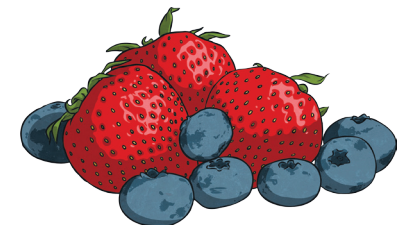
basil	mint
chives	nettles
dill	oregano
garlic	
marjoram	

Meat

lamb	rabbit	venison
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September

Vegetables

aubergine	chillies	peas
broccoli	cucumber	peppers
Brussels sprouts	kale	potatoes
butternut squash	leeks	pumpkin
carrots	lettuce	radishes
cauliflower	marrow	rhubarb
celery	onions	rocket
courgettes	parsnips	runner beans
chicory	sweetcorn	sorrel
spinach	swiss chard	turnips
spring greens	wild mushrooms	watercress
spring onions		summer squash

Fruit

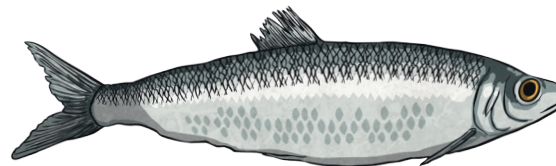
apples	strawberries
blueberries	pears
brambles	plums
blackberries	raspberries

Fish and shellfish

crab	pollack
haddock	salmon
mackerel	sardines
mussels	scallops

Herbs and other foods

basil	fennel
chives	mint
dill	oregano
garlic	



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Meat

duck
lamb
venison

October

Vegetables

aubergine	courgette	potatoes
broccoli	cucumber	radishes
Brussels sprouts	kale	rocket
butternut squash	leeks	runner beans
carrots	lettuce	spinach
cauliflower	marrow	spring greens
celeriac	onions	spring onions
celery	parsnips	swede
chillies	peas	sweetcorn

Herbs and other foods

chestnuts	marjoram
chives	mint
fennel	oregano
garlic mustard	

Fruit

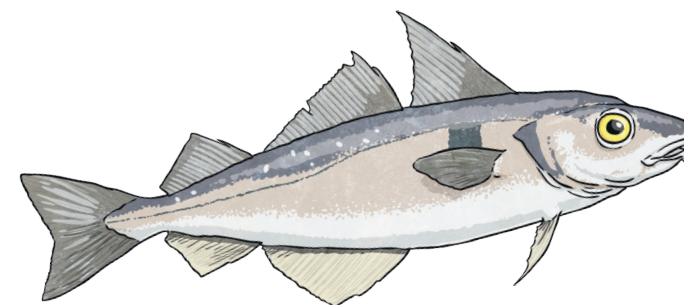
apples
blackberries
elderberries
pears
raspberries

Meat

duck	turkey
goose	rabbit
lamb	venison

Fish and shellfish

crab	oysters
haddock	pollack
mackerel	prawns
mussels	salmon



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November

Vegetables

Brussels sprouts	leeks	wild mushrooms
butternut squash	onions	winter squash
cabbage	parsnips	
carrots	potatoes	
cauliflower	pumpkin	
celeriac	swede	
celery	swiss chard	
chicory	turnips	
kale	watercress	

Herbs and other foods

chestnuts	marjoram
chives	mint
fennel	oregano
garlic mustard	

Fruit

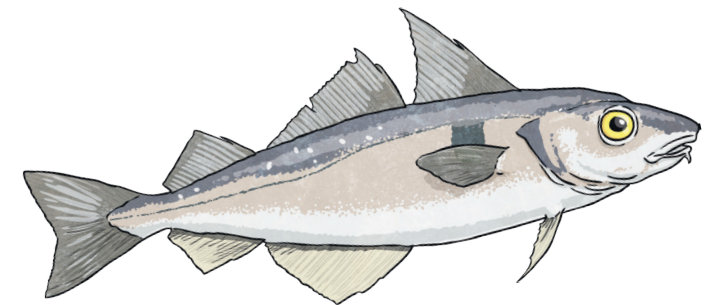
apples
cranberries
elderberries
pears

Meat

duck	turkey
goose	venison
rabbit	

Fish and shellfish

crab	pollack
haddock	scallops
mussels	
oysters	



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December

Vegetables

Brussels sprouts	leeks	red cabbage
carrots	mushrooms	swede
celeriac	onions	swiss chard
celery	parsnips	turnips
chicory	potatoes	watercress
kale	pumpkin	winter squash

Meat

duck	turkey
goose	venison
rabbit	

Herbs and other foods

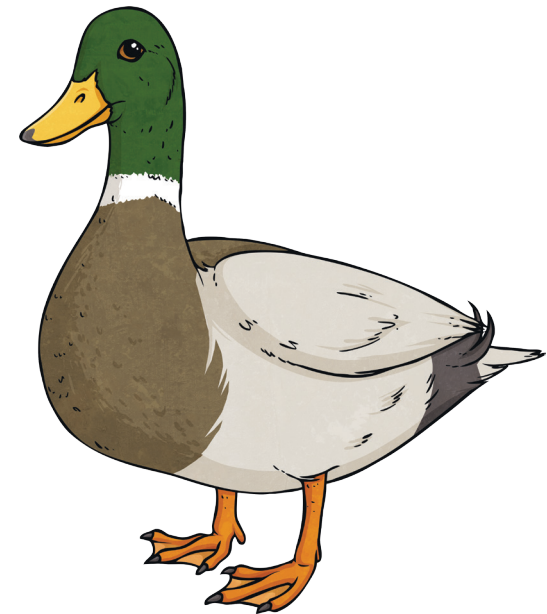
chestnuts
garlic mustard

Fruit

apples
cranberries
pears

Fish and shellfish

haddock	oysters
mussels	scallops



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All Year Round

Meat	Vegetables	Fish and shellfish	Herbs and other foods
chicken beef pork rabbit	beetroot potatoes scallions carrots	haddock mussels oysters salmon	bay leaves oats and other grains rocket



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