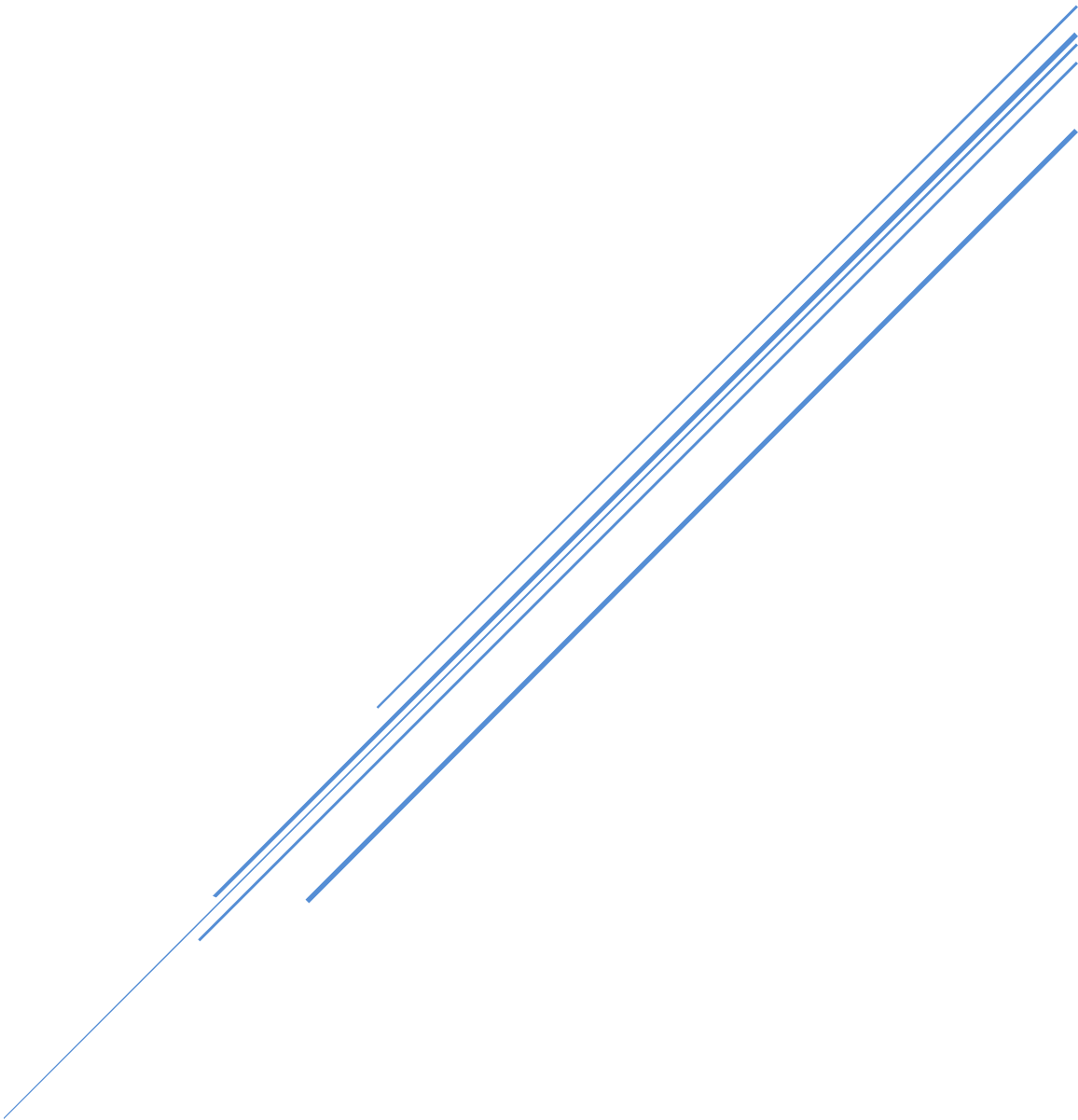




SEASONAL PRODUCE GUIDE



SEASONAL PRODUCE: JANUARY

Vegetables

Artichoke - (Jerusalem, Crones), Aubergines - (Italian Pale, Spanish), Beetroot - (Candy, Golden), Brussel Sprouts, Cabbage - (Red, Savoy, Black, White, Cime de rapa (Italian bitter leaf brassica), Portuguese Hispi, January King, English Cavolo Nero), Cardoons, Celeriac, Celery, Chervil Root.

Chestnuts, Chicory, Curly Kale, Leeks, Onion (Cipollini, Roscoff), Parsnips, Potatoes (Early, Main crop, Purple, Rattles, Maris Piper, Black Truffle, Pink fir), Pumpkin (Iron Bark, Organic Pottimarron, Baby Punterella), Purple Broccoli, Salad - (Radicchio and trevise, Tardivo (Wild Trevise), Claytonia), Salsify, Sea – Kale (Forced), Sea – Kale - (Scottish, 3rd week for 6 weeks only), Squash - (French Butternuts), Swede, Turnips.

Fruit

Apples, (English discovery, Bramley, Braeburns), Clementine's, Cranberries, Dates (Medjool), Lemon (Spanish, Peak season), Lychee (Mauritian), Mangoes, Orange Blood, Seville Oranges (Limited Period), Pears - (Italian Baby, Passé Crassane, Comice, English Conference, Nashi), Persimmon, Pineapples, Pomegranates - (Indian & American), Quince - (Turkish), Rhubarb (forced, Yorkshire), Satsuma's, Tangerine, Sharon Fruit.

Game

Deer – (Red Stag, Red Hinds, Fallow Bucks, Fallow Does, Roe Does), Goose – (Farmed & Wild), Grouse, Hare, Mallard, Partridge (English grey leg), Woodcock, Snipe, Pheasant, Coot, Curlew, Moorhen.

The Season ends on 31st January for the following: Woodcock, Duck, Goose, Coot, Curlew, Moorhen, Partridge & Pheasant

Fish

Anchovy, Bream - (Black), Brill, Cod (Atlantic), Dab, Gurnard – (Grey, Red, Yellow), Haddock, Hake, Halibut - (Greenland), Herring, John Dory, Mackerel, Pollock, Red Mullet, Sardine, Sea bass, Sole – (Dover, Lemon), Turbot, Whiting, Clams, Crab – (Brown, Spider, King), Crayfish (freshwater), Langoustine, Lobster – (European & Canadian), Mussels, Oysters (rock & native), Scallops, Sea Urchin.

Fungi

Pied de mouton, Perigord Black truffle, Winter truffle, White truffle, Chanterelles – (Yellow/Grey), Girolles, Sparassis – (Cauliflower Mushroom)

SEASONAL PRODUCE: **FEBRUARY**

Vegetables

Artichoke - (Jerusalem, Crones), Aubergines - (Italian Pale, Spanish), Beetroot - (Candy, Golden), Brussel Sprouts, Cabbage - (Red, Black, White, Cime de rapa (Italian bitter leaf brassica), Portuguese Hispi, , English Cavolo Nero), Celeriac, Celery, Chervil Root, Chestnuts, Chicory, Curly Kale, Leeks, Onion (Cipollini, Roscoff), Parsnips, Potatoes (Early, Main crop, Purple, Rattes, Maris Piper, Black Truffle, Pink fir), Pumpkin (Iron Bark , Organic Pottimarron, Baby Punterella), Purple Broccoli, Salad - (Radicchio and trevise, Tardivo (Wild Trevis), Claytonia), Salsify, Sea Kale (Forced), Sea Kale - (Scottish, Limited supplies), Squash - (French Butternuts), Swede, Turnips, Wild Chicory, Turnip Tops, Swiss Chard

Fruit

Apples, (English discovery, Bramley, Braeburns, Granny Smiths, Cox, Golden Delicious, Washington Red Chief, Gala, Pink Lady), Clementine's, Cranberries, Dates Medjool, Lemon (Spanish, Peak season), Lychee (Mauritian), Mangoes, Orange Blood, Seville Oranges (Limited Period), Pears - (Italian Baby, Passé Crassane, Comice, English Conference, Nashi), Persimmon, Pineapples, Pomegranates - (Indian & American), Quince - (Turkish), Rhubarb (forced, Yorkshire), Satsuma's, Tangerine, Sharon Fruit.

Game

Deer (**Check with area, some seasons finish mid Feb**),
Rabbit, Quail, Hare, Duck & Goose (**foreshore until 20th**)

Fish

Bream - (Black), Brill, Dab, Gurnard – (Grey, Red, Yellow), Haddock, Hake, Halibut - (Greenland), Herring, John Dory, Mackerel, Red Mullet, Sardine, Sea bass, Sole – (Dover, Lemon), Turbot, Whiting, Clams, Crab – (Brown, Spider, King), Crayfish (freshwater), Langoustine, Lobster – (European), Mussels, Oysters (rock native), Scallops, Sea Urchin.

Fungi

Pied Bleu, Perigord Black truffle, Chanterelles – (Yellow/Grey), Girolles, Sparassis – (Cauliflower Mushroom)

SEASONAL PRODUCE: **MARCH**

Vegetables

Artichokes - (Crones, Spanish Globe, Jerusalem, Spanish Baby Globe), Aubergine –(Italian Pale, Spanish), Beard of Monk – (wild chicory variety), Broad Beans – (Spanish), Broccoli - (sprouting, English Purple), Cabbage - (Black, Red, Cavolo Nero, Portuguese Hispi, Savoy, Castelfranco), Cauliflower, Celeriac, Chicory –(Red), Cime di Rapa (Turnip Tops), Courgette flower - (French), Curly Kale, Fennel – (Italian), Garlic New Season (Egyptian), Garlic (wild starts), Cardoon, Leeks.

Fruit

Apples, (English discovery, Bramley, Braeburns, Granny Smiths, Cox, Golden Delicious, Washington Red Chief, Gala, Pink Lady), Clementine's, Cranberries, Dates Medjool, Lemon (Spanish, Peak season), Lychee (Mauritian), Mangoes, Orange Blood, Seville Oranges (Limited Period), Pears - (Italian Baby, Passé Crassane, Comice, English Conference, Nashi), Persimmon, Pineapples, Pomegranates - (Indian & American), Quince - (Turkish), Rhubarb (forced, Yorkshire), Satsuma's, Tangerine, Sharon Fruit.

Game

Deer – **(Check with area, some seasons finish mid Feb).**
Rabbit, Quail, Hare, Duck & Goose **(foreshore until 20th)**

Fish

Bream - (Black), Brill, Dab, Gurnard – (Grey, Red, Yellow), Haddock, Hake, Halibut - (Greenland), Herring, John Dory, Mackerel, Red Mullet, Sardine, Sea bass, Sole – (Dover, Lemon), Turbot, Whiting, Clams, Crab – (Brown, Spider, King), Crayfish (freshwater), Langoustine, Lobster – (European), Mussels, Oysters (rock & native), Scallops, Sea Urchin.

Fungi

Pied Bleu, Perigord Black truffle, Chanterelles – (Yellow/Grey), Girolles, Sparassis – (Cauliflower Mushroom)

SEASONAL PRODUCE: **APRIL**

Vegetables

Artichokes (Jerusalem, Spanish Baby, Spanish Globe), Asparagus (English (Greenhouse), French White, Spanish Green), Aubergines (Italian Pale, Spanish), Avocados (Fuertes, Hass, South Africa), Beans (Bobby, Broad), British Spring Greens, Broccoli (English Purple, Purple Sprouting), Cabbage (Hispi, Spring), Castelfranco, Cauliflower, Celeriac, Chicory (White), Cime di Rapa (Turnip Tops),

Courgette flower (French), Courgettes (Round Green, Round Yellow), Fennel (Italian), Garlic (New Season - wild ransom, Wild Garlic leaf and flower), Leeks (Wild), Lemon (Leafy Italian), Loveage, Monks Beard, Nettle, Onions (Griotte, Spring, Roscoff), Peas (Italian, Spanish).

Potatoes (Jersey mids, Maris piper, Jersey Royals, Belle De Fontenay, Black Truffle, Pink fir, Rattes), Pumpkin (Iron Bark), Salad (Frisée curly, Mesclun, Rocket, Watercress English, Sorrel, Baby Parsley Shoots, Baby Watercress, Escarole, French Watercress), Samphire, Sea Beet, Squash (American Butternuts), Summer Savoury, Swiss Chard (French), Turnip (New Season), Tomatoes (Cœur de Bœuf véritable, Verona, Rose de Berne)

Fruit

Apples (Granny smith, English Bramley), Baby Kiwi fruit, Frais du Bois (Spanish), Loquats, Mandarins (Moroccan), Mango (Alphonso, Palmers), Medlars, Melons (French Charentais), Oranges (Moroccan, Sicilian Blood Oranges), Pomegranates (Indian & American), Raspberries (Spanish), Rhubarb (Champagne, forced, Outdoor), Sharon Fruit, Strawberries (French Gariguettes)

Game & Meat

Deer (Red Stag, Fallow Bucks, Roe Bucks), Duckling, Goose (Farmed, Wild), Grouse, Guinea Fowl, Hare, Mallard (Finishes end of month), Pyrenean Lamb, Rabbit, Spring Lamb, Wild Rabbit, Wood Pigeon (English)

Fish

Coley, Gurnard (Red, Yellow), Hake (Cape), Halibut (Pacific), Herring, John Dory, Red Mullet, Salmon (Scottish Organic, Wild), Sea Trout (Welsh, Brown).

Fungi

Pied Bleu, Morel (2nd week), Mousserons (3rd week), Sparassis (Cauliflower Mushroom)

SEASONAL PRODUCE: **MAY****Vegetables**

Artichokes (French Bunch Baby, French Globe, French Purple), Asparagus (White, Wild, Green), Aubergines (British 'Holly bank'), Avocado (South African, Fuertes), Beans (Borlotti, Yellow Butter, Bean shoots, Flat Beans, Helda Beans – Spanish – Silk Beans, Yellow wax), Beetroot (English Baby), Borage Flower, Broad Beans, Broccoli (English Purple), Bronze Fennel, Carrots (English Baby), Cauliflower, Chive flowers (2nd week), Courgette flower (French 2nd week), Courgettes (Round Green, Round Yellow), Elderflowers, English Lavage, Fennel (English Baby, Italian),

Garlic (French Wet, new season, wild (ransoms)), Leek (French new season, English Baby), Mizuna Flowers, Monks Beard (Italian), Nettles Organic, Onions (French Grelot, spring), Peas (Sugar snap, Spanish), Potatoes (Jersey mids, Jersey royals, Maris piper, Cornish News, Cyprus - (all-rounder) Cornish New), Radish (Breakfast), Rocket flowers, Salad (Frisée, Mesclun, Rocket, Garlic, leaf, Cress mustard leaf, English Watercress, French Watercress, Spinach), Samphire, Sea Beet, Sorrel, Tomatoes (Heirloom, Italian Baby San Mezzano, Jersey Vine, Baby San Mezzano, Coeur de Boeuf veritable, Verona, Rose de Berne), Turnips (English Baby, French Flat, early purple tops small), Lemon Balm.

Fruit

Apples (Granny smith), Apricots, Cherries, Loquats, Mangoes (Venezuelan, Alphonso), Melon (Charentais, Spanish water), Nectarines (Spanish), Peaches (Spanish, Spanish Yellow Peach, White Peach), Pears (Comice), Plum (Greengages), Pomegranate, Pomelos, Raspberries, Rhubarb (English Outdoor), Papaya, Strawberries, Yuzu (Yellow & Green)

Game & Meat

Roe Deer (Bucks), Duckling, Pigeon Wood (English), Quail, Rabbit, Spring Lamb.

Fish

Cod (Atlantic, Pacific), Coley, Gurnard, Haddock, Hake, Halibut (Pacific), Hokey, John Dory, Plaice, Megrin, Perch, Pollack (Alaska), Salmon (wild), Sand Eels (South Coast, End of Month), Sea Trout, Thornback Ray (rocker), Whiting, Zander, Crawfish (Spiny lobster), Crayfish (freshwater), Cuttlefish, Lobster (native), Brown Crab.

Fungi

Pied Bleu, Sparassis – Cauliflower Mushroom, Morel, Mousserons (Violet), St George.

Foraging

Gulls Eggs (**from 1st – 15th May only**), Marsh Samphire, Hop Shoots, Sweet Cicely, Fresh Green Almonds, Wood Sorrel, Elderflower (Late May), Nettles.

SEASONAL PRODUCE: JUNE

Vegetables

Artichoke (Baby, globe, French Globe), Asparagus (English, Wild), Aubergine (English) Avocados, Bean (Borlotti, Broad, Coco, Yellow Flat, Bean shoots, Yellow Butter), Beetroot (Baby, Golden, Candy, leaves), Borage Flower, Breakfast Radish, Broad Beans (English), Broccoli (English late sprouting), Carrots (Baby, Yellow & Black, Chantenay), Cauliflower (English), Sweetcorn Cobs (Spanish), Courgettes (Round Green, Round Yellow, flower French), Cucumbers, Elderflower, Fennel (English Baby, Italian), Garlic (French wet, New season wet), Horseradish, Leeks (English Baby), Marrows, Almonds, Onions (French Grelot, Baby Grelot, Silver skin, Button), Peas (English), Pomelos.

Potatoes (Bintje, Estima, Jersey mids, King Edwards, Maris Peer, Ratte, Ayrshire royal, Jersey Royals), Salad (Boston King, Buttercrunch, Little gems, Lambs Lettuce, Mesclun, Mizuna, Lavage, Mustard greens, Oak leaf, Riene des glace, Escarole, Watercress English, Webs wonder, Pea shoots, Sorrel, Spinach Curly endive, Dandelion (pissenlit), Frisée curly), Samphire (French marsh), Shallots
Tomato (Cherry yellow, Plum vine, English Salad, Heirloom, Italian Baby San Mezzano, Jersey Vine, Beef, Cherry red, Cherry vine Sicily, Coeur de Boeuf veritable, Verona, Rose de Berne)
Turnips (English Baby, French Flat, baby long, small early purple tops)
Wood Sorrel (Limited)

Fruit

Apples (Granny smith), Apricots, Blackberries, Blackcurrants (towards the end of the month), Blueberries, Cherries, Elderberries (Mid-month), Figs (Starting end of month), Frias du Bois (English), Charentais Melon, Gooseberries (English), Green Almonds, Indian Pomegranates
Mangoes (Air Freight, Alphonso/Kesar), Maras du Bois, Nectarines (White/Yellow), Peaches (flat), Raspberries (English), Rhubarb (English Outdoor), Sharon Fruit, Strawberries (Mara de bois, Wild, English), Watermelons (New Crop), Whitecurrants. Yuzu (Yellow & Green)

Game & Meat

Beef, Deer (Roe, Bucks), Duckling, Lamb, Pigeon (Wood), Pork, Quail, Rabbit.

Fish

Anchovy, Bream (Black, pink), Brill, Cod (Atlantic, Pacific, Icelandic), Coley, Cuttlefish, Grey Mullet, Haddock, Hake Halibut (Greenland, Pacific), Herring (Icelandic), Hokey, Megrim, Perch, Plaice, Pollack, Salmon (wild), Sea Trout, Whiting, Zander.

Shellfish

Crawfish, Spiny Lobster, Cuttlefish, Langoustine, Lobster (native), Scallops (Queen)

Foraging

Sweet Cicely, Wood Sorrel, Elderflower, Yarrow (June to Oct), Wild Borage flowers, Chickweed, Gean (wild cherry), Dewberry, Sand leek, Angelica (Alexanders), Marsh Samphire
Rock Samphire, Wild Sea beet, Sea Purslane, Orache, Seablite, Sea Lettuce, Lava Bread, Shore Crabs, Wild rocket, Lambs sorrel, Wood sorrel, Wild marjoram, Wild fennel, Wild mint, Meadow Sweet, Wild Celery, Lime tree(Linden).

SEASONAL PRODUCE: JULY

Vegetables

Artichokes (Baby, French Globe), Asparagus (White), Aubergines, Avocados, Beans (Borlotti, English Bobby, English Broad, English Runner, Provencal Coco, Yellow Butter), Beetroot (Baby Golden/Candy, golden), Borage Flower, Cabbage (Pointy, prima, black, Cavolo Nero)

Carrot (Baby Yellow & Black), Cauliflower, Celery, Corn Cobs (Spanish), Courgette (Flower garden, courgettes), Cucumber, Fennel (English Baby, Italian), Garlic (New season, French Wet (Finishing)), Horseradish, Leek (English Baby), Lavage, Marrows, Almonds, Onions (French Grelot, Silver skin Button, large silver skin, Spanish new crop), Peas.

Potatoes (Early, belle de fontay, Bintje, charlottes, Estima, kestrel, pink fir apple, ratte, Maris-piper, Cyprus, jersey royal, Maris piper), Radish, Salad (Boston King, Buttercrunch, Dandelion (pissenlit), Frisée curly, little gems, mash, Mesclun, Mizuna, Mustard greens, oak leaf, pourpier, Riene des glace, escarole, Purslane Sorrel, Watercress – English, Curly endive, Pea shoots, baby spinach, Tatsoi), Samphire (Marsh), Savoury Summer, Shallots.

Tomatoes (English Salad, Heirloom, Italian Baby San Mezzano, Jersey Vine Tomatoes, cherry red, cherry yellow, plum vine, beef, Coeur de Boeuf veritable (Fr), Verona (Fr), Rose de Berne (Fr))
Turnips (English Baby, French Flat, baby long, early small purple tops), Wood Sorrel (Limited)
Fruit

Apples (Granny smith), Apricots (French), Blackberries, Blackcurrants, Cherries (French, English, White(naps)), Elderberries, Gooseberries, Figs (Provence French, Spanish, Italian), Frais du Bois, Mangoes (Air Freight, Alphonso/Kesar, large Indian), Maras du Bois, Melon water, Nectarines (white), Peaches (Flat mountain, flat French, flat Spanish), Plums, Greengages, Raspberries, Redcurrants, Rhubarb (English Outdoor), Tayberry, White currants, Yuzu – Yellow & Green

Game & Meat

Beef, Deer (Roe, Bucks), Duckling, Hares, Lamb, Pigeon (Wood- English), Quail, Rabbit.

Fish

Anchovy, Bream (Black, Pink), Brill, Cod, Coley, Dab, Eel, Hake, Halibut (Greenland, Pacific), Hokey, Megrim, Perch, Pollack, Salmon (wild), Sea Trout, Sea bass, Skate, Dover sole, Thornback Ray (rocker), Trout (brown, rainbow), Turbot, Whiting, Zander.

Foraging

Pineapple weed, Elderberries, Elderflowers, Marsh Samphire, Rock Samphire, Wild Sea beet, Sea Purslane, Orache, Seablite, Sea Lettuce, Lava Bread, Shore Crabs, Wild rocket, Lambs sorrel, Wood sorrel, Wild marjoram, Wild fennel, Wild mint, Chickweed, Meadow Sweet, Wild Celery, Sow Thistle, Burdock, Restharrow, Spear Thistle, Ground Ivy, Mulberries,

Chanterelle, Horse mushroom, Slippery Jacks, Pied de mouton, Giant Puff balls, Cep, August Boletus.

SEASONAL PRODUCE: **AUGUST**

Vegetables

Artichoke (Baby, Globe, French globe), Aubergines (Pale, English), Avocado, Baby Violet, Beans (broad, cannelloni, coco, yellow wax, runner French beans, Borlotti, bobby, British flat, bobby beans, English runner, yellow butter, organic broad).

Beetroot (Leaves, English Organic Baby, Borage Flower, Breakfast Radish, Broccoli, Cabbage (pointy, prima, Hispi, primo, English savoy, Carrots (English bunched, baby), Cauliflower (Summer, Purple, Orange, Romanesco (green caulis)), Chard (Swiss, Ruby), Choi sum (English), Corn on the cob, Courgette (flower French, garden, English, English flower, Round Green/Yellow), Cucumbers, Curly endive, Fennel, Kohl Rabi.

Lavage, Marrow, Nuts (Almonds, hazelnuts), Onions (large silver skin, Lisbon, red, button silver skin), Pak choi (white), Peas (English), Peppers (green, red, pointy, yellow, pardon (Spain), Yellow (Spain), peppers –baby), Potatoes (Early, main crop, Maris peer, anya new Juliet, Cornish new purple, belle de fontay, Bintje, Estima, mids French, Mona Lisa, ratte, Cornish new)

Salad (Boston king, Buttercrunch,, dandelion, (pissenlit), little gems, mash, Mesclun, Mizuna, mustard greens, oak leaf, Riene des glace, rocket, escarole, watercress English, webs wonder, red chicory, sorrel, spinach, baby spinach, watercress – French, Purslane, English cos, English lettuce gem), Samphire, Shallots, Summer Savoury.

Tomatoes (English Salad, Heirloom, Italian Baby San Mezzano, Italian Vine Tomatoes, Jersey Vine Tomatoes, Beef, Cherry Red, Cherry Vine, Cherry Yellow, Plum, Plum Vine, Vine, Tomatillo (Mexican ground cherry), Coeur de Boeuf veritable (Fr), Verona(Fr), Rose de Berne (Fr)) Turnips (Baby, baby long)

Fruit

Apples (Braeburns (nz), Granny smith, British discovery), Apricots (French), Blackberries, Blackcurrants, Blueberries (Scottish, Dorset), Cherries (English & White), Cobnuts (English), Damsons, Elderberries, Figs, Frais du Bois, Gooseberries, Grapes (Black Muscat, Italian white), Green Almonds, Hazelnuts, Loganberries, Mangoes, Maras du Bois, Melon (Charentais, galia, Spanish Cantaloupe, Italian Water, French Charentais).

Nectarines (White), Papaya, Peach (Flat, French White, French Yellow, Peche de vignes (blood peach), mountain), Pears (Forelle, Nashi), Plums (Black, red, yellow, British opal, greengages, Mirabelle), Raspberries (Scottish), Redcurrants, Rhubarb (English Outdoor), Strawberries (Wild, Scottish, Mara des bois)

SEASONAL PRODUCE: AUGUST**Game & Meat**

Beef, Deer (Roe Bucks, Red stag, Fallow bucks, Stag (**Aug – Oct**)).
Duck, Grouse (**12th Aug – 10th Dec**), Hares (**Finishes**),
Pigeon Wood (English), Pork, Quail, Snipe (**12th onwards**), Rabbit.

Fish

Anchovy, Bream, Brill, Cod, Coley, Dab, Eel, Gurnard (Yellow), Haddock, Hake, Halibut, Herring, Hokey, Mackerel, Megrim, Perch, Pollock, Red Mullet, Salmon (wild), Sea bass (wild), Sea trout, Dover, Squid, Thornback Ray, Trout (Brown, Rainbow), Whiting, Zander.

Foraging

Cobnuts, Sea Purslane, Frais du bois, Wild Cherries, Marsh Samphire, Rock Samphire, Wild Sea beet, Orache, Lava Bread, Wild rocket, Lambs sorrel, Wood sorrel, Wild marjoram, Wild fennel.

Wild mint, Chickweed, Elderflower, Meadow Sweet, Wild Celery, Chanterelle, Horse mushroom, Slippery Jacks, Pied de mouton, Giant Puff balls, Cep, August Boletus.

SEASONAL PRODUCE: SEPTEMBER**Vegetables**

Beans (French, Borlotti, coco), Beetroot (Golden, candy), Broccoli, Brussel sprouts (finest end of month), Cabbage (Pointy, prima, black, prima), Carrots, Cauliflower, Celeriac, Chard (Swiss, Ruby), Chillies (green & red snub nose) Corn on the cob, Courgette (Flower, French, UK), Cucumbers, Curly Kale, Fennel, Horseradish, Kohlrabi.

Leek (baby), Lettuce (Butter crunch, Frisée winter, Mesclun, Rocket, watercress, Webs wonder, English cos, Little gem), Marrows, Mouli, Nuts (Almonds, hazelnuts, pistachio), Onions (Large silver skin, white, Spanish set skin, red, button), Pak choi, Parsnips, Patty pan, Pod radish, Potatoes (Early, main crop, purple, ratte, belle de fontay, Estima, Mids French, Mona Lisa, Maris piper (new crop), Juliet, anya, Cornish new, Yukon gold)

Pumpkins (Chestnut, Muscatel, Crown prince, Iron bark, Pottimarron), Shallots, Spinach, baby spinach, Squash (spaghetti, acorn, butternut, zucca), Swede, Tomato (San-Mezzano, plum vine, heirloom, jersey, Coeur de Boeuf veritable, Verona, Rose de Berne (Fr))

Fruit

Apricots (French), Blackberries (Pixley), Blackcurrants, Blueberries (Scottish, Dorset), Cherries (English), Figs (French, black), Frais du Bois (English), Gooseberries, Grapefruits (pink), Grapes (black Muscat, Italian white), Green Almonds, Hazelnuts (French), Loganberries,

Melon (Charentais, Galia, Spanish Cantaloupe, Italian Water, French Charentais), Nectarines (White), Papaya, Peach (Flat, French White, French Yellow, Peche de vignes (blood peach), flat aka mountain), Pears (Forelle, Nashi), Physalis, Plums (black, red, yellow, British opal, Greengages, Mirabelle), Raspberries (Scottish), Redcurrants, Rhubarb (English Outdoor), Strawberries (Scottish), White currants, Yuzu – Yellow & Green.

Game & Meat

Deer (Roe, Bucks, Red Stag, Fallow Buck), Duck (Mallard), Goose (Farmed), Grouse, Hares, Ox-liver, Oxtail, Partridge (English grey leg), Pigeon (English Wood), Rabbit, Snipe, Teal.

Fish

Anchovy, Bream (Black), Brill, Cod (Atlantic, Pacific), Coley, Dab, Eel, Gurnard, Haddock, Hake, Halibut (Greenland, Pacific), Herring, Hokey, John Dory, Mackerel, Megrim sole, Octopus, Pollock, Red Mullet, Salmon (Wild), Sardines/Pilchards (Cornish), Sea bass (Line caught), Sole (Dover, Lemon), Sprats, Squid, Thornback ray rocker, Trout (Brown, rainbow), Tuna (Albacore), Turbot, Whiting, Zander, Brown Shrimp, Clams (Venus), Crab (Brown, Spider), Crawfish, Spiny lobster, Langoustines, Mussels, Oysters (rock native), Razor Clams, Sea Urchin.

Foraging

Bay boletus, Beefsteak fungus, Cauliflower fungus, Ceps, Chanterelle, Girolles, Oyster mushrooms, Pied de mouton, Puffball, Trompette de mort, Marsh Samphire, Rock Samphire, Wild Sea beet, Sea Purslane, Orache, Seablite, Sea Lettuce, Lava Bread, Shore Crabs, Wild rocket, Lambs sorrel, Wood sorrel, Wild marjoram, Wild fennel, Wild mint, Chickweed, Meadow Sweet, Wild Celery, Damsons, Elderberries, Cobnuts, Wild Strawberries, Burdock Root, Chestnuts.

SEASONAL PRODUCE: **OCTOBER****Vegetables**

Artichokes (Jerusalem, Crosnes, French Globe Bunch Baby Artichokes), Baby veg (Fennel, Leeks, Pumpkins, Turnips, Carrots/Yellow/White/Purple), Beans (English Runner (Finishing), English Bobby (Finishing), Coco Beans, French, Borlotti), Beetroot (candy, golden), Broccoli (Purple),

Brussel sprouts (new crop, sprout tops), Cabbage (pointy, white, prima, black, Savoy, Cavolo Nero, Hispi), Carrots, Calabrese, Cauliflower.

Celeriac, Celery, Chard (Swiss, Ruby), Corn on the cob (English), Courgette (English), Cucumbers, Curly Kale, Fennel (Italian), Kohl rabi, Leeks, Marrows (English)
Mouli, Nuts (chestnuts, walnuts, pistachio), Onions (white, flat), Parsnips, Peas (English Finishing).

Potatoes (Early, main crop, purple, Red Duke, Yukon Gold, Pink fur apple, ratte, desire, sweet orange flesh, red duke, pink fur, highland burgundy red, Cornish New), New Season Black Truffle, English Gem, English Cos, Pumpkins (Iron bark, baby pumpkin, Pottimarron, Spaghetti),

Radish (Breakfast, Pod), Salad (Frisée winter, Mesclun, cos, Baby gem, Spinach, French Watercress), Salsify (French), Samphire, Summer Savoury, Swede, Turnips.

Tomato (French Plum Vine, Heirloom, Italian Vine, Jersey Vine, Baby San Mezzano, Coeur de Boeuf veritable (Fr), Verona (Fr), Rose de Berne (Fr)).

Fruit

Apples (Bramley, Cox, crab, russet, gala, Crab, Custard), Bananas (baby), Clementine's, Cranberries, Dates (Red and Yellow), Figs (Provence Black, Greek), Grapes (black Muscat, white), Grapefruits pink, Juniper berries, Kaki Fruits, Limequats, Melon (French Charentais, galia (Israel), Catalina (brazil)), Oranges.

Pear (dog, English Conference, baby Rocha, Comice, Italian Williams, Italian Prickly, Cape, Paris Select), Pineapple (Victoria), Plums (Yellow), Pomegranates (Spanish), Quince (French), Rhubarb (Dutch), Rio Papaya, Satsuma, Strawberries (until mid Oct – Mara des bois (Fr)), Tangerine, Wet Walnuts (Due), Yuzu (Yellow & Green)

Game & Meat

Deer (Roe, Bucks, Red Stag, Fallow Buck) ~ Hind season **Oct - Jan**,

Duck (Mallard), Goose (Farmed), Grouse, Hares, Ox-liver, Oxtail, Partridge (English grey leg), Pigeon (English Wood), Rabbit, Snipe, Teal.

SEASONAL PRODUCE: OCTOBER**Fish & Shellfish**

Anchovy, Bream (Black), Brill, Cod (Icelandic, Pacific), Coley, Dab, Eel, Gurnard (Grey, Red, Yellow), Haddock, Hake, Halibut, Herring, Hokey, John Dory, Mackerel, Megrim, Pollack, Red Mullet, Sand eels, Sardines/Pilchard, Sea bass, Silver eels (Norfolk), Sole (Dover, Lemon, Witch), Sprats, Thornback Ray (rocker), Turbot, Whiting.

Clams (Venus), Crab (Brown, Spider), Crawfish (spiney lobster), Langoustine, Lobster (native), Mussels, Oysters (Loch Fyne, rock native), Scallops (King), Sea Urchin, Squid.

Foraging

Cobnuts, Burdock Root, Chestnuts, Bay boletus, Beefsteak fungus, Cauliflower fungus, Ceps, Chanterelle, Girolles, Oyster mushrooms, Pied de mouton, Puffball, Trompette de mort,

Rock Samphire, Wild Sea beet, Sea Purslane, Orache, Seablite, Sea Lettuce, Lava Bread, Shore Crabs, Wild rocket, Lambs sorrel, Wood sorrel, Wild marjoram, Wild fennel, Wild mint, Chickweed, Meadow Sweet, Wild Celery, Rowanberries, Haws, Rosehips

Wild Mushrooms

Bay boletus, Beefsteak fungus, Blewitt wood, Cauliflower fungus, Cep, Girolles, Mousserons, Oyster, Pied bleu, Pied de mouton, Trompette de mort, White alba Truffle, Winter chanterelle, Puff Balls, Petit Gris, Rickstone Funnel Caps, Canary, Hon Shinisi.

SEASONAL PRODUCE: NOVEMBER**Vegetables**

Artichokes (Jerusalem, Crosnes, French Globe Bunch Baby Artichokes), Aubergines (Italian Violet, Spanish), Baby veg (Carrots Yellow/White/Purple, Fennel, Pumpkins, Leek), Beans (Borlotti), Beetroot (English Candy, English Golden), Brussel Sprouts, Cabbage (Castelfranco, English Cavolo Nero, Hispi Savoy, red, white, Calabrese, Cime de rapa (Italian bitter leaf brassica)), Celeriac, Celery, Chervil Root, Chestnuts, Chicory, Curly Kale, Fennel (Italian), Kohlrabi, Leeks, Lemon Balm.

Nuts (chestnuts, walnuts, pistachio), Onion (Cipollini, Roscoff, white Ornamental gourds), Parsley Root, Parsnips, Potatoes (Early, main crop, purple, New Season Black Truffle, New Season Rattles, Pink fir, Yukon Gold, sweet orange flesh), Pumpkin (Iron Bark, Pottimarron), Salad (French Watercress, Tardivo (Wild Treviso), Treviso, claytonia, Frisée winter), Salsify, Scorzonera, Squash (French Butternuts, Spaghetti, Butternut, Acorn), Swede, Swiss Chard.

Tomatoes (Cœur de Bœuf varitable (Fr), Verona (Fr), Rose de Berne (Fr)), Turnip (Cime di Rape (Turnip Tops)).

Fruit

Apples (English Cox, Bramley, English Russet, Custard, English Braeburns, English Jon gold, English Spartan), Bananas baby, Clementine's (Spanish / Italian), Succulente Cranberries, Dates (Californian Medjool), Grapefruits (pink), Grapes (white, Muscat), Lemon (Spanish), Mangoes, Orange (Juicing Spain, Spanish).

Pear (English Conference, parsanne wax tip (fr), Pears William (fr), French Baby, Paris Select, The Dog (French)),

Persimmons / Sharon Fruit (Spanish), Pineapples (Victoria), Plums (Angeleno), Pomegranates (Spanish), Punterella, Quince (French), Satsuma's, Tangerine, Walnuts (Wet), Yuzu – Yellow & Green.

Game & Meat

Deer (Fallow Does, Fallow Bucks, Roe Does, Red Stag), Goose (wild, farmed), Grouse, Hares, Mallard, Partridge (English Grey Leg), Pheasant, Pigeon (Wood English), Rabbit, Snipe, Woodcock,

Fish & Shellfish

Anchovy, Bream (Black), Brill, Cod, Coley, Dab, Gurnard (Grey, Yellow, Red), Haddock, Hake, Halibut (Greenland), Herring, John Dory, Mackerel, Pollock, Red Mullet, Sardines/Pilchard, Sea bass, Sole (Dover, Lemon, Megrim), Sprats, Squid, Thornback Ray (rocker), Turbot, Whiting.

Crab (Brown, Spider, King), Crayfish (freshwater), Langoustine, Lobster (native), Mussels, Oysters (Loch Fyne, rock & native), Scallops (King), Sea Urchin.

Foraging

Nettles, Bay, Borage, Calendula (pot marigold), Elderberries, Sea aster, Sea beet, Sea buckthorn, Sea Purslane.

Bay boletus, Beefsteak fungus, Blewitt wood, Cep, Winter chanterelle, Oyster, Pied bleu, Pied de mouton, Trompette de mort, White Alba Truffle, Chanterelle, Girolles

SEASONAL PRODUCE: DECEMBER**Vegetables**

Jerusalem Artichoke, Beetroot, Brussel sprouts, Cabbage (Red, Savoy, Black), Celeriac, Celery, Chicory, Cime di rapa (Italian bitter leaf brassica), Crosnes (Japanese artichoke), Kale, Leeks, Lettuce (Artic King) Claytonia, Radicchio (red leaf), Winter destiny, Onions (white), Parsnips, Potatoes early(main crop, purple, ratte, Desiree), Pumpkins, Salsify, Swede, Turnips

Fruit

Apples (Cox), Bananas (baby), Clementine's, Cranberries, Grapefruits (Pink), Satsumas, Tangerine, Pears (Conference), Pomegranates, Quince, Rhubarb (Forced), Yuzu

Game

Goose (wild, farmed), Grouse (Finishes 10th Dec), Hares, Partridge (English Grey Leg), Pheasant, Pigeon (English), Snipe, Teal, Woodcock, Ptarmigan (Finishes 10th Dec)

Fish

Anchovy, Bream, Brill, Cod, Haddock, Hake, Halibut, Herring, Sardine, Sea bass, Skate, Sole (Dover), Turbot, Thornback Ray, Whiting, Crab (brown, hen), Crayfish (freshwater), Langoustine, King Crab, Mussels, Oysters, Sea Urchin.

Fungi

Winter chanterelle, Pied de mouton, Trompette de mort, Black & White truffles.