

January

Fruit	Meat		Fish and shellfish	Herbs and other foods
apples pears	wild duck goose lamb	partridge pheasant venison	cod coley haddock hake langoustine lemon sole ling megrin monkfish mussels oysters plaice razor clams	garlic mustard
Vegetables				
beetroot purple broccoli brussels sprouts cabbages celeriac kale	winter radishes shallots swede onions parsnips leeks	turnips winter salad chicory winter squash Jerusalem artichoke		



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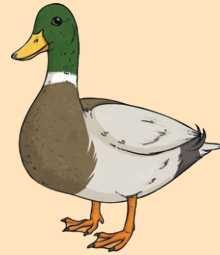
February

Fruit

apples
pears

Meat

wild duck
goose
venison



Fish and shellfish

cod
coley
haddock
hake
langoustine
lemon sole
ling
lobster
mackerel
megrim
monkfish
mussels
oysters
plaice
razor clams

Herbs and other foods

garlic mustard

Vegetables

beetroot	horseradish	parsnips
purple broccoli	Jerusalem	winter radishes
brussels sprouts	artichoke	shallots
cabbages	kale	swede
celeriac	leeks	turnips
kale	onions	
winter squash	winter salad	



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March

Vegetables

beetroot	Jerusalem	winter radishes
purple broccoli	artichoke	winter squash
brussels sprouts	kale	winter salad
cabbages	leeks	
celeriac	onions	
horseradish	parsnips	

Fish and shellfish

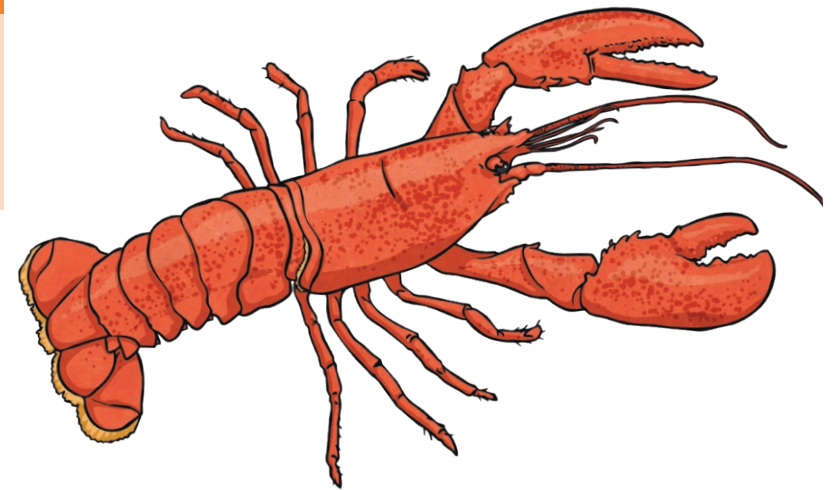
cod	lobster
coley	megrin
haddock	monkfish
hake	mussels
langoustine	oysters
lemon sole	plaice
ling	razor clams

Herbs and other foods

chives	garlic mustard
mint	wild garlic

Meat

venison



April

Vegetables

purple broccoli kale
horseradish leeks



Fish and shellfish

cod	lemon sole	oysters
coley	lobster	plaice
haddock	megrin	razor clams
hake	monkfish	
langoustine	mussels	

Meat

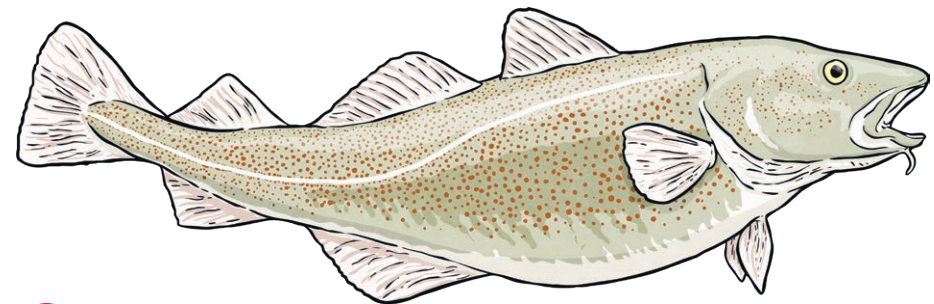
venison

Fruit

rhubarb

Herbs and other foods

chives	mint
coriander	wild garlic
garlic mustard	honey



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May

Vegetables

asparagus
purple broccoli
cabbages
cauliflower
chillies
cucumber
lettuce
new potatoes
pak choi
summer radishes

Fish and shellfish

cockles
cod
coley
haddock
hake
lingouline
lemon sole
ling
lobster
megrin
monkfish
mussels
oysters
plaice
razor clams
squid
turbot

Herbs and other foods

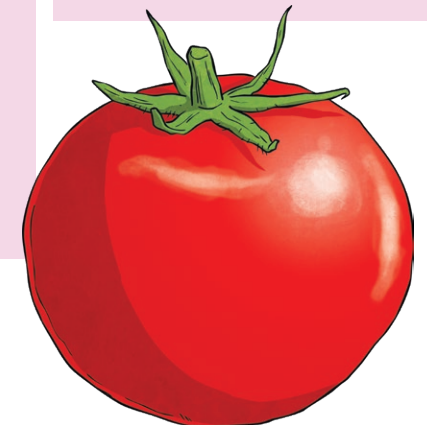
basil
chives
coriander
garlic mustard
lemon balm
marjoram
mint
oregano
tarragon
wild garlic
honey

Fruit

rhubarb
strawberries
tomatoes

Meat

venison



June

Vegetables

asparagus	lettuce
beetroot	mangetout
broad beans	new potatoes
cabbages	onions
cauliflower	pak choi
celery	peas
chillies	summer radish
courgettes	runner beans
cucumber	summer squash

Herbs and other foods

basil	marjoram
chives	mint
dill	oregano
fennel	tarragon
garlic	honey
garlic mustard	mushrooms
lemon balm	

Fruit

blackcurrants	raspberries	strawberries
cherries	redcurrants	tayberries
gooseberries	rhubarb	tomatoes

Fish and shellfish

cod	monkfish
coley	oysters
haddock	mussels
hake	plaice
herring	razor clams
langoustine	sea bass
lemon sole	sea trout
ling	squid
lobster	turbot
mackarel	
megrin	

Meat

venison



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July

Vegetables

beetroot
broad beans
cabbages
cauliflower
celery
chillies
courgettes
cucumber
lettuce

mangetout
new potatoes
onions
pak choi
peas
summer radishes
runner beans
summer squash

Fruit

blackcurrants
blueberries
brambles
gooseberries

loganberries
raspberries
redcurrants
rhubarb

strawberries
tayberries
tomatoes

Meat

venison

Fish and shellfish

cod
coley
haddock
hake
herring
langoustine
lemon sole
ling
lobster
mackarel

megrin
monkfish
mussels
oysters
plaice
razor
clams
sea bass
sea trout
squid

Herbs and other foods

basil
bergamot
chives
dill
garlic
dill

lemon balm
marjoram
mint
oregano
tarragon
wild raspberries

wild strawberries
ceps
chanterelles
mushrooms
honey



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August

Vegetables

beetroot	lettuce
broad beans	new potatoes
broccoli	onions
cabbages	pak choi
cauliflower	peas
celery	summer radish
chillies	runner beans
courgettes	summer squash
cucumber	turnips

Herbs and other foods

basil	garlic
bergamot	lemon balm
blueberry	marjoram
ceps	mint
chanterelles	oregano
chives	wild cherries
dill	honey
mushrooms	

Fruit

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

Meat

grouse
lamb
venison

Fish and shellfish

cod	megrin
coley	monkfish
haddock	mussels
hake	oysters
herring	plaice
langoustine	razor
lemon sole	clams
ling	sea bass
lobster	sea trout
mackerel	squid



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September

Vegetables

baby leeks	courgettes	pumpkin
beetroot	cucumber	summer radishes
broad beans	Jerusalem artichoke	runner beans
broccoli	kale	summer squash
cabbages	leeks	swede
cauliflower	lettuce	turnips
celeriac	onions	winter squash
celery	pak choi	
chillies	parsnips	

Fruit

apples	pears
blueberries	plums
brambles	raspberries
damsons	strawberries
gooseberries	tomatoes

Herbs and other foods

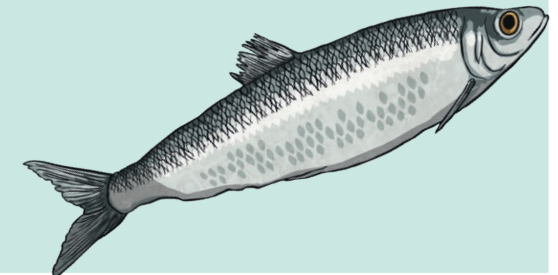
basil	mushrooms
blueberry	lemon balm
brambles	marjoram
ceps	mint
chanterelles	oregano
chives	rose hip
crab apples	rowan berries
dill	sloes

Meat

wild duck
goose
grouse
lamb
partridge
venison

Fish and shellfish

cod	mussels
coley	oysters
haddock	clams
hake	sea bass
herring	sea trout
langoustine	squid
lemon sole	
ling	
lobster	
mackerel	
megril	
monkfish	



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October

Vegetables

beetroot	courgettes	parsnips
broad beans	cucumber	pumpkin
broccoli	horseradish	summer radish
brussels sprouts	Jerusalem artichoke	runner beans
cabbages	kale	shallots
cauliflower	leeks	swede
celeriac	lettuce	turnips
celery	onions	winter squash
chillies	pak choi	

Meat

wild duck	partridge
goose	pheasant
grouse	venison
lamb	

Fish and shellfish

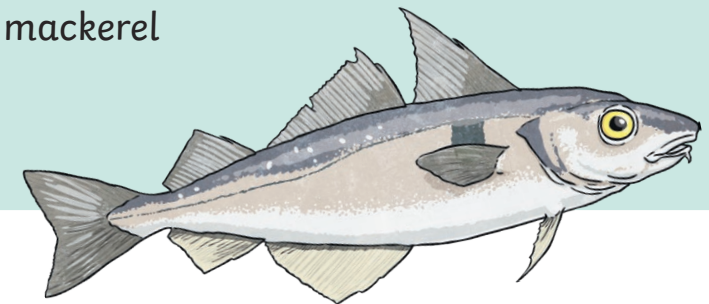
cod	megril
coley	monkfish
haddock	mussels
hake	oysters
langoustine	plaice
lemon sole	razor clams
ling	squid
lobster	
mackerel	

Herbs and other foods

basil	mushrooms
blueberry	lemon balm
brambles	marjoram
ceps	mint
chanterelles	oregano
chives	rose hip
crab apples	rowan berries
dill	sloes

Fruit

apples
pears
raspberries



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November

Vegetables

beetroot	horseradish	radish
broccoli	Jerusalem artichoke	salsify
brussels sprouts	kale	shallots
cabbages	leeks	swede
celeriac	onions	turnips
celery	parsnips	winter squash

Meat

wild duck	partridge
goose	pheasant
grouse	venison
lamb	

Fish and shellfish

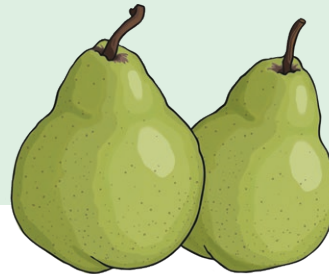
cod	mackerel
coley	megrin
haddock	monkfish
hake	mussels
langoustine	oysters
lemon sole	plaice
ling	razor clams
lobster	sprats

Herbs and other foods

chanterelles	lemon balm
chestnuts	marjoram
chives	mint
crab apples	oregano
mushrooms	rose hip
garlic mustard	sloes

Fruit

apples
pears



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December

Vegetables

beetroot	leeks
brussels sprouts	onions
cabbages	parsnips
celeriac	winter radishes
celery	shallots
horseradish	swede
Jerusalem artichoke	turnips
kale	winter salad

winter squash



Meat

wild duck	partridge
goose	pheasant
grouse	venison
lamb	turkey

Fish and shellfish

cod	megril
coley	monkfish
haddock	mussels
langoustine	oysters
lemon sole	plaice
ling	razor clams
lobster	

Herbs and other foods

chestnuts
garlic mustard
rose hip

Fruit

apples
pears



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All year round?

Vegetables		Meat	
carrots	rocket	beef	rabbits
mushrooms	scallions	chicken	venison
potatoes	spinach	guinea fowl	wood pigeon
		pork	
Herbs and other foods		Fish and shellfish	
oats and other grains	sage	cockles	scallops
bay	thyme	crab (brown)	rainbow trout
parsley	juniper berries	halibut	whiting
rosemary		pollack	winkles
		salmon	

