
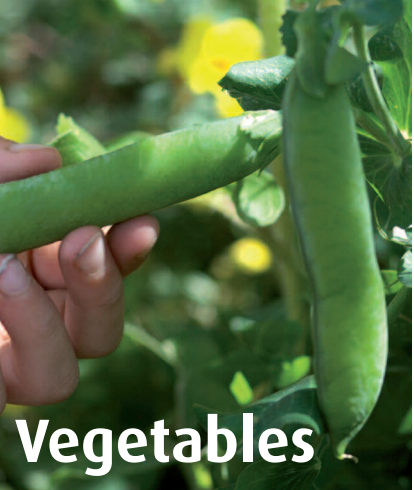






# What's in SEASON when?

	SPRING	SUMMER	AUTUMN	WINTER
 <p><b>Fruit</b></p>	Early Rhubarb.	Rhubarb, Blackcurrants, Cherries, Gooseberries, Loganberries, Raspberries, Redcurrants & Strawberries.	Apples, Bilberries, Blackberries, Blueberries, Damsons, Figs, Pears, Plums, Sloes, Crab Apples, Mulberries.	Apples and Pears from store, Forced Rhubarb.
 <p><b>Vegetables</b></p>	Cauliflower, Leeks, Parsley, Protected Spinach, Purple Sprouting Broccoli, Radishes, Swede, Spring Greens, Turnips and Winter Root Crops from store, Spring Onions, Watercress, Asparagus, Beetroot, Broad Beans, Kale, Lettuce, Mushrooms.	Aubergines, Beans, Broad Beans, Broccoli, (Calabrese), Summer Cabbage, Carrots, Cauliflower, Celery, Chinese leaves, Courgette, Cucumber, Fennel, Garlic, Lettuce, Mushrooms, Onions, Peas, Radishes, Sweetcorn, Tomatoes, Watercress, Local New Potatoes.	Aubergines, Beetroot, Brussels Sprouts, Autumn Cabbage, Celery, Leeks, Marrows, Potatoes, Sweetcorn, Celeriac, Fennel, Field Mushrooms, Jerusalem Artichokes, Mustard and Cress, Onions, Radish, Spinach, Squash, Turnip, Watercress.	Beetroot, Brussels Sprouts, Winter Cabbage, Carrots, Celeriac, White Winter Celery, Leeks, Onions from store, Parsnips, Potatoes, Spinach, Swede, Turnip, Winter root crops.
 <p><b>Nuts</b></p>			Chestnuts, Cobnuts, Hazelnuts.	
 <p><b>Meat, Poultry &amp; Game</b></p>	Indoor Reared Spring Lamb.	Outdoor Reared Lamb.	Venison, Outdoor Reared Lamb. Grouse, Hare, Duck, Partridge, Pheasant, Pigeon, Rabbit.	Venison, Outdoor Reared Lamb. Grouse, Hare, Rabbit, Venison, Wild Duck, Partridge, Pheasant.

**Please note:** Most farmed livestock & game are available all year round due to modern farming practices.