

SEASONAL KITCHEN UK

JUNE

ASPARAGUS, BROAD BEANS,
BROCCOLI, CARROTS, FENNEL,
JERSEY ROYAL NEW
POTATOES, LETTUCE & SALAD
LEAVES, NEW POTATOES,
PEAS, RADISHES, ROCKET,
SAMPHIRE, SPINACH, SPRING
ONIONS, WATERCRESS, WILD
NETTLES

KIWI FRUIT, RHUBARB,
STRAWBERRIES

BASIL, CHERVIL, CHIVES,
CORIANDER, DILL,
ELDERFLOWERS, OREGANO,
MINT, NASTURTIUM, PARSLEY
(CURLY), PARSLEY (FLAT-
LEAFED), ROSEMARY, SAGE,
SORREL, TARRAGON, THYME

LAMB, WOOD PIGEON
COD, COLEY, CRAB, HADDOCK,
HERRING, LANGOUSTINE,
PLAICE, POLLACK, PRAWNS,
SALMON, SARDINES, SCALLOPS
(QUEEN), SEA TROUT, SHRIMP,
WHELKS, WHITEBAIT