

SEASONAL KITCHEN UK JULY

ARTICHOKE, AUBERGINE, BEETROOT, BROAD BEANS, BROCCOLI, CARROTS, CHILLIES, COURGETTES, FENNEL, FRENCH BEANS, GARLIC, JERSEY ROYAL NEW POTATOES, KOHLRABI, LETTUCE & SALAD LEAVES, MANGETOUT, NEW POTATOES, ONIONS, PAK CHOI, PEAS, RADISHES, ROCKET, RUNNER BEANS, SAMPHIRE, SPINACH, SPRING ONIONS, TOMATOES, TURNIPS, WATERCRESS, WILD NETTLES

APRICOTS, BILBERRIES, BLUEBERRIES, CHERRIES, GOOSEBERRIES, GREENGAGES, KIWI FRUIT, MELONS, PEACHES, STRAWBERRIES

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

LAMB, RABBIT, WOOD PIGEON

COD, COLEY, CRAB, DOVER SOLE, HADDOCK, HALIBUT, HERRING, LANGOUSTINE, MACKEREL, PLAICE, POLLACK, PRAWNS, SALMON, SARDINES, SCALLOPS (QUEEN), SEA BREAM, SEA TROUT, SHRIMP, SQUID, WHELKS, WHITEBAIT