

The Hungry Guest

BITE SIZE SEASONAL GUIDE



SPRING - MARCH / APRIL / MAY

FRUIT & VEGETABLES

Apples, Artichoke, Carrots, Cauliflower, Chicory, Cucumber, Leeks, Mangetout, Parsnip, Purple Sprouting Broccoli, Radishes, Rhubarb, Rocket, Salad Leaves, Spinach, Spring Greens, Spring Onions, Watercress, Wild Garlic

MEAT

Beef, Chicken, Lamb, Pork, Rabbit, Venison

FISH

Crab, Mussels, Oysters, Pollock, Prawns, Salmon, Sardines, Scallops, Trout, Tuna, Turbot