# The Hungry Guest
# BITE SIZE SEASONAL GUIDE

## SUMMER - JUNE / JULY / AUGUST

### FRUIT & VEGTABLES

Apple, Basil, Beans (runner and French), Beetroot, Broccoli, Carrot, Cauliflower, Celery, Courgette, Cucumber, Fennel, Lettuce, Onion, Potato, Radish, Raspberry, Red Current, Red onion, Rhubarb, Rocket, Strawberries

### MEAT

Beef, Chicken, Grouse, Lamb, Pheasant, Pork, Rabbit, Wood Pigeon

### FISH

Crab, Halibut, Kipper, Mackerel, Salmon, Tuna, Whiting