

# The Hungry Guest

## BITE SIZE SEASONAL GUIDE



### WINTER- DECEMBER/JANUARY/FEBRUARY

#### FRUIT AND VEGETABLES

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Red Cabbage, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage.

#### MEAT

Beef, Chicken, Pork, Goose, Lamb, Venison.

#### FISH

Oyster, Mussels, Cod.