

The Hungry Guest

BITE SIZE SEASONAL GUIDE



SPRING- March/April/May

FRUIT AND VEGETABLES

Artichoke, Beetroot, Carrots, Chicory, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Rhubarb, Sorrel, Spring Greens, Spring Onions, Watercress, New Potatoes, Kale, Morel Mushrooms, Rocket, Spinach, Asparagus, Aubergine, Beetroot, Chicory, Chillies, Elderflowers, Lettuce, Marrow, Peas, Peppers, Samphire, Strawberries, Sweetheart Cabbage.

MEAT

Rabbit, Turkey, Lamb.

FISH

Oyster, Mussels, Tuna, Crab, Salmon, Pollock, Sardines