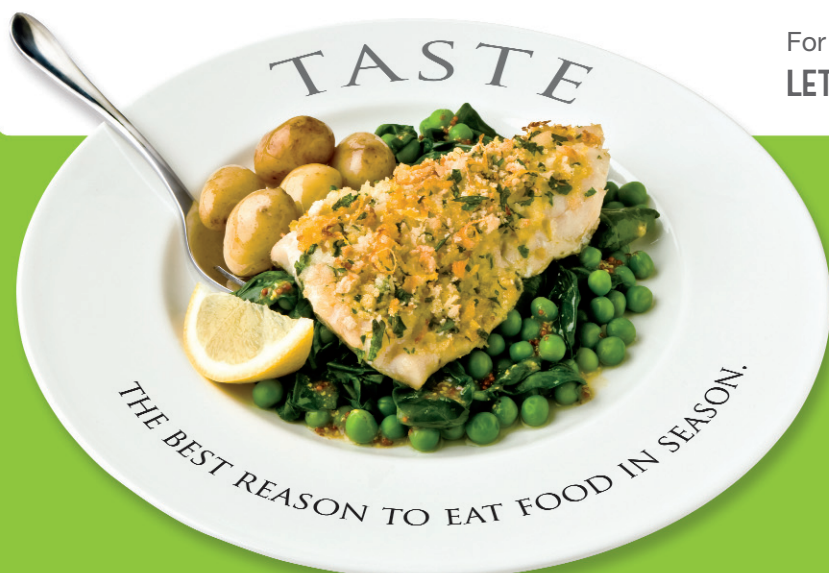


# WHAT TASTES BEST THIS MONTH?

<b>JANUARY</b>	Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrots, Celeriac, Celery, Chicory, Kale, Leeks, Mushrooms, Parsnips, Potatoes, Shallots, Squash, Turnips	Apples, Pears, Rhubarb	Beef, Chicken, Duck, Farmed Venison, Goose, Lamb, Pork, Rabbit, Red Deer, Wild Game Birds	Cod, Crab, Haddock, Langoustines, Mackerel, Monkfish, Mussels, Oysters, Scallops, Whiting
<b>FEBRUARY</b>	Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrots, Celery, Chicory, Kale, Leeks, Mushrooms, Parsnips, Potatoes	Apples, Rhubarb	Beef, Chicken, Duck, Farmed Venison, Goose, Lamb, Pork, Rabbit, Red Deer, Wild Game Birds	Crab, Haddock, Langoustines, Mackerel, Mussels, Oysters, Scallops, Whiting, Wild Salmon
<b>MARCH</b>	Beetroot, Broccoli, Cabbage, Carrots, Chicory, Leeks, Mushrooms, Potatoes, Radishes	Rhubarb	Beef, Chicken, Farmed Venison, Lamb, Pork, Rabbit, Red Deer	Crab, Hake, Langoustines, Oysters, Plaice, Scallops, Whiting, Wild Salmon
<b>APRIL</b>	Broccoli, Cabbage, Carrots, Kale, Leeks, Mushrooms, Potatoes, Radishes, Spinach, Spring Greens	Rhubarb	Beef, Chicken, Farmed Venison, Pork, Rabbit, Wood Pigeon	Crab, Hake, Langoustines, Lobster, Oysters, Plaice, Scallops, Wild Salmon
<b>MAY</b>	Asparagus, Broccoli, Cabbage, Carrots, Cauliflower, Lettuce, Mushrooms, New Potatoes, Radishes, Spinach	Rhubarb	Beef, Chicken, Farmed Venison, Pork, Rabbit	Crab, Haddock, Hake, Herring, Langoustines, Lobster, Oysters, Plaice, Scallops, Wild Salmon
<b>JUNE</b>	Asparagus, Broad Beans, Broccoli, Cabbage, Carrots, Cauliflower, Courgettes, Fennel, Lettuce, Mushrooms, New Potatoes, Onions, Spinach	Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries, Tayberries, Tomatoes	Beef, Chicken, Farmed Venison, Pork, Rabbit	Cod, Crab, Haddock, Hake, Herring, Mackerel, Oysters, Lemon Sole, Lobster, Scallops, Sea Trout, Squid, Wild Salmon
<b>JULY</b>	Beetroot, Broad Beans, Broccoli, Cabbage, Cauliflower, Carrots, Courgettes, Fennel, French Beans, Lettuce, Mushrooms, New Potatoes, Onions, Peas (shell), Peas (sugar snap), Runner Beans, Shallots, Spinach	Blackcurrants, Blueberries, Cherries, Gooseberries, Loganberries, Raspberries, Redcurrants, Rhubarb, Strawberries, Tomatoes	Beef, Chicken, Farmed Venison, Pork, Rabbit, Red Deer	Cod, Crab, Haddock, Hake, Herring, Lemon Sole, Mackerel, Monkfish, Oysters, Red Mullet, Sea Trout, Scallops, Squid, Wild Salmon
<b>AUGUST</b>	Aubergines, Beetroot, Broccoli, Cabbage, Cauliflower, Carrots, Celery, Courgettes, Fennel, French Beans, Lettuce, Mushrooms, New Potatoes, Onions, Peas (shell), Peas (sugar snap), Runner Beans, Shallots, Spinach	Blackberries, Blueberries, Brambles, Cherries, Gooseberries, Raspberries, Strawberries, Tomatoes	Beef, Chicken, Farmed Venison, Pork, Rabbit, Red Deer, Wild Game Birds	Cod, Crab, Haddock, Hake, Herring, Lemon Sole, Mackerel, Monkfish, Mussels, Oysters, Red Mullet, Scallops, Squid, Whiting, Wild Salmon
<b>SEPTEMBER</b>	Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Courgettes, Fennel, French Beans, Leeks, Lettuce, Mushrooms, Onions, Parsnips, Potatoes, Runner Beans, Shallots, Spinach, Summer Squash, Turnips	Apples, Blackberries, Blueberries, Brambles, Cherries, Damsons, Pears, Plums, Raspberries, Strawberries, Tomatoes	Beef, Chicken, Duck, Farmed Venison, Goose, Lamb, Pork, Rabbit, Red Deer, Wild Game Birds	Brown Trout, Cod, Crab, Haddock, Hake, Herring, Langoustines, Lobster, Mackerel, Monkfish, Mussels, Oysters, Red Mullet, Scallops, Sea Bass, Squid, Whiting, Wild Salmon
<b>OCTOBER</b>	Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Courgettes, Fennel, Kale, Leeks, Lettuce, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Runner Beans	Apples, Elderberries, Pears, Raspberries	Beef, Chicken, Duck, Farmed Venison, Goose, Lamb, Pork, Rabbit, Red Deer, Wild Game Birds	Cod, Crab, Haddock, Hake, Langoustines, Lobster, Mackerel, Monkfish, Mussels, Oysters, Scallops, Sea Bass, Squid, Whiting
<b>NOVEMBER</b>	Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Celeriac, Celery, Chestnuts, Chicory, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Red Cabbage, Squash	Apples, Pears	Beef, Chicken, Duck, Farmed Venison, Goose, Lamb, Pork, Red Deer, Wild Game Birds	Cod, Crab, Haddock, Hake, Langoustines, Lobster, Monkfish, Mussels, Oysters, Scallops, Sea Bass, Whiting
<b>DECEMBER</b>	Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Celeriac, Chicory, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Red Cabbage, Squash, Turnips	Apples, Pears	Beef, Chicken, Duck, Farmed Venison, Goose, Lamb, Pork, Rabbit, Red Deer, Wild Game Birds	Cod, Crab, Haddock, Langoustines, Lobster, Monkfish, Mussels, Oysters, Scallops, Sea Bass, Whiting



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