

July Seasonal Produce

Vegetables

Artichokes (Baby, French Globe), Asparagus (White), Aubergines, Avocados, Beans (Borlotti, English Bobby, English Broad, English Runner, Provençal Coco, Yellow Butter), Beetroot (Baby Golden/Candy, golden), Borage Flower, Cabbage (Pointy, prima, black, Cavello Nero)

Carrot (Baby Yellow & Black), Cauliflower, Celery, Corn Cobs (Spanish), Courgette (Flower garden, courgettes), Cucumber, Fennel (English Baby, Italian), Garlic (New season, French Wet (Finishing)), Horseradish, Leek (English Baby), Lovage, Marrows, Almonds, Onions (French Grelot, Silver skin Button, large silver skin, Spanish new crop), Peas.

Potatoes (Early, belle de fontay, binjete, charlottes, estima, kestrel, pink fir apple, ratte, maris-piper, Cyprus, jersey royal, maris piper), Radish, Salad (Boston King, buttercrunch, Dandelion (pissenlit), frisée curly, little gems, mash, mesclun, mizuna, Mustard greens, oak leaf, pourpier, Rienne des glaces, scarole, Purslane, Sorrel, Watercress – English, Curly endive, Pea shoots, baby spinach, Tat Soi), Samphire (Marsh), Savoury Summer, Shallots.

Tomatoes (English Salad, Heirloom, Italian Baby San Mezzano, Jersey Vine Tomatoes, cherry red, cherry yellow, plum vine, beef, Coeur de Boeuf véritable (Fr), Verona (Fr), Rose de Berne (Fr)).

Turnips (English Baby, French Flat, baby long, early small purple tops), Wood Sorrel (Limited)

Fruit

Apples (Granny smith), Apricots (French), Blackberries, Blackcurrants, Cherries (French, English, White(naps)), Elderberries, Gooseberries, Figs (Provence French, Spanish, Italian), Frais du Bois, Mangoes (Air Freight, Alphonso/Kesar, large Indian), Maras du Bois, Melon water, Nectarines (white), Peaches (Flat mountain, flat French, flat Spanish), Plums, Greengages, Raspberries, Redcurrants, Rhubarb (English Outdoor), Tayberry, White currants, Yuzu (Yellow & Green)

Game & Meat

Beef, Deer (Roe, Bucks), Duckling, Hares, Lamb, Pigeon (Wood- English), Quail, Rabbit.

Fish

Anchovy, Bream (Black, Pink), Brill, Cod, Coley, Dab, Eel, Hake, Halibut (Greenland, Pacific), Hokey, Megrin, Perch, Pollack, Salmon (wild), Sea Trout, Sea bass, Skate, Dover sole, Thornback Ray (rocker), Trout (brown, rainbow), Turbot, Whiting, Zander.

Foraging

Pineapple weed, Elderberries, Elderflowers, Marsh Samphire, Rock Samphire, Wild Sea beet, Sea Purslane, Orache, Sea Blite, Sea Lettuce, Lava Bread, Shore Crabs, Wild rocket, Lambs sorrel, Wood sorrel, Wild margoram, Wild fennel, Wild mint, Chickweed, Meadow Sweet, Wild Celery.



Sow Thistle, Burdock, RestHarrow, Spear Thistle, Ground Ivy, Mulberries,

Chanterelle, Horse mushroom, Slippery Jacks, Pied de mouton, Giant Puff balls, Cep,
August Boletus.

