

June Seasonal Produce

Vegetables

Artichoke (Baby, globe, French Globe), Asparagus (English, Wild), Aubergine (English) Avocados, Bean (Borlotti, Broad, Coco, Yellow Flat, Bean shoots, Yellow Butter), Beetroot (Baby, Golden, Candy, leaves), Borage Flower, Breakfast Radish, Broad Beans (English), Broccoli (English late sprouting), Carrots (Baby, Yellow & Black, Chantena y), Cauliflower (English), Sweetcorn Cobs (Spanish), Courgettes (Round Green, Round Yellow, flower French), Cucumbers, Elderflower.

Fennel (English Baby, Italian), Garlic (French wet, New season wet), Horseradish, Leeks (English Baby), Marrows, Almonds, Onions (French Grelot, Baby Grelot, Silver skin, Button), Peas (English), Pomelos.

Potatoes (Binjete, Estima, Jersey mids, King Edwards, Maris Peer, Ratte, Ayrshire royal, Jersey Royals), Salad (Boston King, Buttercrunch, Little gems, Lambs Lettuce, Mesclun, Mizuna, Lovage, Mustard greens, Oak leaf, Rienne des glace, Scarole, Watercress English, Webs wonder, Peashoots, Sorrel, Spinach Curly endive, Dandelion (pissenlit), Frissee curly), Samphire (French marsh), Shallots Tomato (Cherry yellow, Plum vine, English Salad, Heirloom, Italian Baby San Mezzano, Jersey Vine, Beef, Cherry red, Cherry vine Sicily, Coeur de Boeuf veritable, Verona, Rose de Berne) Turnips (English Baby, French Flat, baby long, small early purple tops) Wood Sorrel (Limited)

Fruit

Apples (Granny smith), Apricots, Blackberries, Blackcurrants (towards the end of the month), Blueberries, Cherries, Elderberries (Mid month), Figs (Starting end of month), Frais du Bois (English), Charentais Melon, Gooseberries (English), Green Almonds, Indian Pomegranates Mangoes (Air Freight, Alphonso/Kesar), Maras du Bois, Nectarines (White/Yellow), Peaches (flat), Raspberries (English), Rhubarb (English Outdoor), Sharon Fruit, Strawberries (Mara de bois, Wild, English), Watermelons (New Crop), Whitecurrants. Yuzu (Yellow & Green)

Game & Meat

Beef, Deer (Roe, Bucks), Duckling, Lamb, Pigeon (Wood), Pork, Quail, Rabbit.

Fish

Anchovy, Bream (Black, pink), Brill, Cod (Atlantic, Pacific, Icelandic), Coley, Cuttlefish, Grey Mullet, Haddock, Hake Halibut (Greenland, Pacific), Herring (Icelandic), Hokey, Megrim, Perch, Plaice, Pollack, Salmon (wild), Sea Trout, Whiting, Zander.

Shellfish

Crawfish, Spiny Lobster, Cuttlefish, Langoustine, Lobster (native), Scallops (Queen)

Foraging

Sweet Cicely, Wood Sorrel, Elderflower, Yarrow (June to Oct), Wild Borage flowers, Chickweed, Gean (wild cherry), Dewberry, Sand leek, Angelica (Alexanders), 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, Meadow Sweet, Wild Celery, Lime tree(Linden).

