

# March Seasonal Produce

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## Vegetables

Artichokes – (Crones, Spanish Globe, Jerusalem, Spanish Baby Globe),  
Aubergines – (Italian Pale, Spanish), Bead of Monk – (wild chicory variety), Broad Beans –  
(Spanish), Broccoli - (sprouting, English Purple).

Cabbage - (Black, Red, Cavalo Nero, Portuguese Hispi, Savoy, Castelfranco), Cauliflower,  
Celeriac, Chicory – (Red), Cimi di Rappe (Turnip Tops), Courgette flower – (French), Curly  
Kale, Fennel – (Italian), Garlic New Season (Egyptian), Garlic (wild starts), Cardoon, Leeks,

## Fruit

Apples, (English discovery, Bramley, Braeburns, Granny Smiths, Cox, Golden Delicious,  
Washington Red Chief, Gala, Pink Lady), Clementines, Cranberrys, Dates Medjool, Lemon  
(Spanish, Peak season), Lychee (Mauritian), Mangoes, Orange Blood, Seville Oranges  
(Limited Period), Pears - (Italian Baby, Passé Crassane, Comice, English Conference,  
Nashi), Persimmon, Pineapples, Pomegranates – (Indian & American), Quince – (Turkish),  
Rhubarb (forced, Yorkshire), Satsuma's, Tangerine, Sharon Fruit.

## Game

Deer – (Check with area, some seasons finish mid Feb), Rabbit, Quail, Hare, Duck & Goose  
(foreshore until 20<sup>th</sup>)

## Fish

Bream – (Black), Brill, Dab, Gurnard – (Grey, Red, Yellow), Haddock, Hake, Halibut –  
(Greenland), Herring, John Dory, Mackerel, Red Mullet, Sardine, Sea bass, Sole – (Dover,  
Lemon), Turbot, Whiting, Clams, Crab – (Brown, Spider, King), Crayfish (freshwater),  
Langoustine, Lobster – (European), Mussels, Oysters (rock native), Scallops, Sea Urchin.

## Fungi

Pied Bleu, Perigord Black truffle, Chanterelles – (Yellow/Grey), Girolles, Sparassis –  
(Cauliflower Mushroom)