

September Seasonal Produce

Vegetables

Artichokes (Jerusalem, Crosnes, French Globe Bunch Baby Artichokes), Baby veg (Fennel, Leeks, Pumpkins, Turnips, Carrots/Yellow/White/Purple), Beans (English Runner (Finishing), English Bobby (Finishing), Coco Beans, French, Borlotti), Beetroot (candy, golden), Broccoli (Purple), Brussel sprouts (new crop, sprout tops), Cabbage (pointy, white, prima, black, Savoy, Cavalo Nero, Hispi), Carrots, Calabrese, Cauliflower.

Celeriac, Celery, Chard (Swiss, Ruby), Corn on the cob (English), Courgette (English), Cucumbers, Curly Kale, Fennel (Italian), Kohl rabi, Leeks, Marrows (English), Mouli, Nuts (chestnuts, walnuts, pistachio), Onions (white, flat), Parsnips, Peas (English Finishing).

Potatoes (Early, main crop, purple, Red Duke, Yukon Gold, Pink fur apple, ratte, desire, sweet orange flesh, red duke, pink fur, highland burgundy red, Cornish New), New Season Black Truffle, English Gem, English Cos, Pumpkins (Iron bark, baby pumpkin, pottimarron, Spaghetti), Radish (Breakfast, Pod), Salad (frissee winter, mesclun, cos, Baby gem, Spinach, French Watercress), Salsify (French), Samphire, Summer Savory, Swede, Turnips.

Tomato (French Plum Vine, Heirloom, Italian Vine, Jersey Vine, Baby San Mezzano, Coeur de Boeuf veritable (Fr), Verona (Fr), Rose de Berne (Fr).

Fruit

Apples (Bramley, Cox, crab, russet, gala, Crab, Custard), Bananas (baby), Clementine's, Cranberries, Dates (Red and Yellow), Figs (Provence Black, Greek), Grapes (black Muscat, white), Grapefruits pink, Juniper berries, Kaki Fruits, Limequats, Melon (French Charentais, galia (Israel), Catalina (brazil)), Oranges.

Pear (dog, English Conference, baby rocha, comice, Italian Willams, Italian Prickly, Cape, Paris Select)

Pineapple (Victoria), Plums (Yellow), Pomegranates (Spanish), Quince (French), Rhubarb (Dutch), Rio Papaya, Satsuma, Strawberries (until mid Oct – Mara des bois (Fr)), Tangerine, Wet Walnuts (Due), Yuzu (Yellow & Green)

Game & Meat

Deer (Roe, Bucks, Red Stag, Fallow Buck) ~ Hind season high grove Oct – Jan, Duck (Mallard), Goose (Farmed), Grouse, Hares, Ox-liver, Oxtail, Partridge (English grey leg), Pigeon (English Wood), Rabbit, Snipe, Teal.

Fish & Shellfish

Anchovy, Bream (Black), Brill, Cod (Icelandic, Pacific), Coley, Dab, Eel, Gurnard (Grey, Red, Yellow), Haddock, Hake, Halibut, Herring, Hokey, John Dory, Mackerel, Megrim, Pollack, Red Mullet, Sand eels, Sardines/Pilchard, Sea bass, Silver eels (Norfolk), Sole (Dover, Lemon, Witch), Sprats, Thornback Ray (rocker), Turbot, Whiting.

Clams (Venus), Crab (Brown, Spider), Crawfish (spiny lobster), Langoustine, Lobster (native), Mussels, Oysters (Loch Fyne, rock native), Scallops (King), Sea Urchin, Squid.



Foraging

Cobnuts, Burdock Root, Chestnuts, Bayboletus, Beefsteak fungus, Cauliflower fungus, Ceps, Chanterelle, Girolles, Oyster mushrooms, Pied de mouton, Puffball, Trompette de mort.

Rock Samphire, Wild Sea beet, Sea Purslane, Orache, Sea Blite, Sea Lettuce, Lava Bread, Shore Crabs, Wild rocket, Lambs sorrel, Wood sorrel, Wild marjoram, Wild fennel, Wild mint, Chickweed, Meadow Sweet, Wild Celery, Rowanberries, Haws, Rosehips

Wild Mushrooms

Bay boletus, Beefsteak fungus, Blewitt wood, Cauliflower fungus, Cep, Girolles, Mousserons, Oyster, Pied bleu, Pied de mouton, Trompette de mort, White alba Truffle, Winter chanterelle, Puff Balls, Petit Gris, Rickstone Funnel Caps, Canary, Hon Shinisi.