

September Seasonal Produce

Vegetables

Beans (French, borlotti, coco), Beetroot (Golden, candy), Broccoli, Brussel sprouts (finest end of month), Cabbage (Pointy, prima, black, prima), Carrots, Cauliflower, Celeriac, Chard (Swiss, Ruby), Chillies (green & red snub nose) Corn on the cob, Courgette (Flower, French, UK), Cucumbers, Curly Kale, Fennel, Horseradish, Kohlrabi.

Leek (baby), Lettuce (Butter crunch, Frissee winter, Mesclun, Rocket, watercress, Webs wonder, English cos, Little gem), Marrows, Mouli, Nuts (Almonds, hazelnuts, pistachio),

Onions (Large silver skin, white, spanish set skin, red, button), Pak choi, Parsnips,

Patty pan, Pod radish, Potatoes (Early, main crop, purple, ratte, belle de fontay, estima, Mids French, Mona Lisa, maris piper (new crop), Juliet, anya, Cornish new, Yukon gold)

Pumpkins (Chestnut, Muscatel, Crown prince, Iron bark, Pottimarron), Shallots, Spinach, baby spinach, Squash (spaghetti, acorn, butternut, zucca), Swede, Tomato (San-Mezzano, plum vine, heirloom, jersey, Coeur de Boeuf veritable, Verona, Rose de Berne (Fr))

Fruit

Apricots (French), Blackberries (Pixley), Blackcurrants, Blueberries (Scottish, Dorset), Cherrys (English), Figs (French, black), Frais du Bois (English), Gooseberries, Grapefruits (pink), Grapes (black Muscat, Italian white), Green Almonds, Hazelnuts (French), Loganberries,

Melon (Charentais, Galia, Spanish Cantaloupe, Italian Water, French Charentais), Nectarines (White), Papaya, Peach (Flat, French White, French Yellow, peche de vignes (blood peach), flat aka mountain), Pears (Forelle, nashi), Physalis, Plums (black, red, yellow, British opal, Greengages, Mirabelle), Raspberries (Scottish), Redcurrants, Rhubarb (English Outdoor), Strawberries (Scottish), White currants, Yuzu – Yellow & Green.

Game & Meat

Deer (Roe, Bucks, Red Stag, Fallow Buck), Duck (Mallard), Goose (Farmed), Grouse, Hares, Ox-liver, Oxtail, Partridge (English grey leg), Pigeon (English Wood), Rabbit, Snipe, Teal.

Fish

Anchovy, Bream (Black), Brill, Cod (Atlantic, Pacific), Coley, Dab, Eel, Gurnard, Haddock, Hake, Halibut (Greenland, Pacific), Herring, Hokey, John Dory, Mackerel, Megrin sole, Octopus, Pollock, Red Mullet, Salmon (Wild), Sardines/Pilchards (Cornish), Sea bass (Line caught), Sole (Dover, Lemon), Sprats, Squid, Thornback ray rocker, Trout (Brown, rainbow), Tuna (Albacore), Turbot, Whiting, Zander, Brown Shrimp, Clams (Venus), Crab (Brown, Spider), Crawfish, Spiny lobster, Langoustines, Mussels, Oysters (rock native), Razor Clams, Sea Urchin.

Foraging

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