January, Fruit & Veg

Apple	Leek
Brussels Sprout	Lemon
Carrot	Parsnip
Cauliflower	Pear
Celeriac	Potato
Celery	Purple Sprouting Broccoli
Chestnut	Rhubarb
Chicory	Salsify
Date	Swede
Jerusalem Artichoke	Sweet Potato
Kale	Turnip

January, Meat & Fish

Cod	Pheasant
Duck	Oyster
Goose	Salmon
Mussles	Venison
Partridge	

February, Fruit & Veg

Apple	Parsnip
Carrot	Pepper
Cauliflower	Potato
Celery	Purple Sprouting Broccoli
Chicory	Rhubarb
Jerusalem Artichoke	Swede
Kale	Sweet Pots
Leek	Turnip
Lemon	

February, Meat & Fish

Cod	Oyster
Halibut	Salmon
Mussels	Venison

March, Fruit & Veg

Apricot	Parsnip
Carrot	Pepper
Cauliflower	Purple Spouting Broccoli
Celeriac	Radish
Chicory	Rhubarb
Jerusalem Artichoke	Sorrel
Leek	Spinach
Lemon	Spring Greens
New Potatos	Watercress

March, Meat & Fish

Cod	Mussels
Crab	Oyster
Halibut	Salmon

April, Fruit & Veg

Apricot	Peas
Asparagus	Pepper
Carrot	Purple Sprouting Broccoli
Cauliflower	Rhubarb
Celeriac	Sorrel
Gooseberry	Spinach
Lambs Lettuce	Spring Greens
Lettuce	Strawberry
New Potatos	Watercress

April, Meat and Fish

Cod	Oyster
Crab	Salmon
Halibut	Tuna
Lamb	

May, Fruit & Veg

Apricot	Peas
Artichoke	Pepper
Asparagus	Raspberry
Aubergine	Rhubarb
Blackberry	Sorrel
Courgette	Spinach
Fennel	Spring Greens
Gooseberry	Strawberry
Lambs Lettuce	Tomato
Lettuce	Watercress
New Potatos	Watermelon

May, Meat and Fish

Crab	Salmon
Halibut	Tuna
Lamb	

June, Fruit & Veg

Apricot	New Potato
Artichoke	Pea
Asparagus	Pepper
Aubergine	Potato
Basil	Radish
Beetroot	Raspberry
Blackberry	Redcurrant
Blueberry	Samphire
Broad Beans	Sorrel
Carrot	Spinach
Cavalo Nero	Spring Greens
Cherry	Strawberry
Courgette	Swiss Chard
Fennel	Tomato
Garlic	Watercress
Gooseberry	Waermelon
Lambs Lettuce	
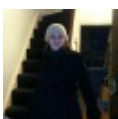
June, Meat and Fish

Crab	Salmon
Halibut	Tuna
Lamb	

July, Fruit & Veg

Apricot	Lambs Lettuce
Artichoke	Lettuce
Asparagus	New Potato
Aubergine	Pea
Basil	Peach
Beetroot	Pepper
Blackcurrant	Plum
Blueberry	Potato
Broadbean	Radish
Broccoli	Raspberry
Cabbage	Redcurrant
Carrot	Samphire
Cavalo Nero	Spinach
Celery	Strawberry
Cherry	Sweetcorn
Courgette	Swiss Chard
Fennel	Tomato
Fig	Watercress
Garlic	Watermelon
Gooseberry	

July, Meat & Fish

Autumn Lamb	Lamb
Crab	Salmon
Grouse	Scallops
Halibut	Tuna

August, Friut & Veg

Apricot	Leek
Artichoke	Lettuce
Aubergine	Parsnip
Basil	Pea
Beetroot	Peach
Blackcurrant	Pear
Blueberry	Pepper
Broadbean	Plum
Broccoli	Potato
Cabbage	Radish
Carrot	Raspberry
Cavalo Nero	Redcurrant
Celery	Samphire
Courgette	Sorrel
Damson	Spinach
Fennel	Strawberry
Fig	Sweetcorn
Garlic	Swiss Chard
Gooseberry	Tomato
Kale	Watercress
Lambs Lettuce	Watermelon

August, Meat & Fish

Crab	Lamb
Goose	Salmon
Grouse	Scallops
Guinea Fowl	Tuna
Halibut	

September, Meat & Fish

Autumn Lamb	Lamb
Crab	Mussels
Duck	Oyster
Goose	Rabbit
Grouse	Salmon
Guinea Fowl	Scallops
Halibut	Tuna

September, Fruit & Veg

Apple	Lettuce
Apricot	Parsnip
Artichoke	Pea
Aubergine	Peach
Beetroot	Pear
Blackberry	Pepper
Broadbean	Plum
Broccoli	Potato
Brussels Sprout	Pumpkin
Cabbage	Quince
Carrot	Radish
Cavalo Nero	Raspberry
Celeriac	Redcurrant
Celery	Salsify
Cranberry	Sorrel
Courgette	Spinach
Damson	Strawberry
Fennel	Swede
Fig	Sweetcorn
Garlic	Sweet Potato
Gooseberry	Swiss Chard
Kale	Tomato
Lambs Lettuce	Turnip
Leek	Watercress

October, Fruit & Veg

Apple	Lambs Lettuce
Artichoke	Leek
Aubergine	Lettuce
Beetroot	Parsnip
Broccoli	Pea
Brussels Sprout	Pear
Carrot	Pepper
Cavalo Nero	Plum
Celeriac	Potato
Celery	Pumpkin
Chestnut	Quince
Clementine	Radish
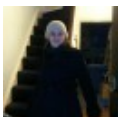
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October, Fruit & Veg (cont)

Cranberry	Salsify
Date	Swede
Fig	Sweet Potato
Garlic	Swiss Chard
Jerusalem Artichoke	Tomato
Kale	Turnip

October, Meat & Fish

Autumn Lamb	Oyster
Crab	Partridge
Duck	Pheasant
Goose	Rabbit
Grouse	Salmon
Guinea Fowl	Venison
Mussels	

November, Fruit & Veg

Apple	Jerusalem Artichoke
Artichoke	Lambs Lettuce
Beetroot	Lettuce
Brussels Sprout	Parsnip
Carrot	Pea
Cauliflower	Pear
Celeriac	Potato
Celery	Pumpkin
Chestnut	Quince
Clementine	Salsify
Cranberry	Swede
Date	Sweet Potato
Fig	Swiss Chard
Kale	Turnip

November, Meat & Fish

Crab	Oyster
Duck	Partridge
Goose	Pheasant
Grouse	Rabbit
Guinea Fowl	Venison
Mussels	

December, Fruit & Veg

Apple	Kale
Beetroot	Leek
Brussels Sprout	Lemon
Carrot	Lettuce
Cauliflower	Parsnip
Celeriac	Pear
Celery	Potato
Chestnut	Pumpkin
Chicory	Quince
Clementine	Salsify
Cranberry	Swede
Date	Sweet Potato
Jerusalem Artichoke	Turnip

December, Meat & Fish

Duck	Oyster
Goose	Partridge
Grouse	Pheasant
Mussels	Venison