



Seasonal Recipes from Fountains Abbey

April

What's in season?

Local and seasonal food is something that we are very passionate about. Here are some of the foods in season this month:

Fruit and Vegetables

- Broccoli
- Cabbage
- Cauliflower
- Morel mushrooms
- Wild garlic
- Radishes
- Rhubarb
- Carrots
- Kale
- Watercress
- Spinach
- Rosemary

Meat and Fish

- Spring lamb
- Cockles