



# Seasonal Recipes from Fountains Abbey

## August

### 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

- Apples
- Blackberries
- Plums
- Sloes
- Greengages
- Peas
- Beans
- Cauliflower
- Beetroot
- Shallots
- Lettuce
- Sweetcorn
- Courgettes
- Aubergines
- Fennel

#### Meat and Fish

- Hare
- Cray fish
- Skate
- John dory