



# Seasonal Recipes from Fountains Abbey

## December

### 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

- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Kale
- Leeks
- Potatoes
- Clementines
- Cranberries
- Turnips
- Beetroot
- Quince

#### Meat and Fish

- Turkey
- Sea Bass
- Venison
- Duck
- Guinea Fowl