



Seasonal Recipes from Fountains Abbey

February

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

- Leeks
- Carrots
- Squash
- Kale
- Cabbage
- Parsnips
- Celeriac
- Forced rhubarb

Meat and Fish

- Venison
- Guinea fowl
- Hare
- Lemon sole
- Mussels
- Brill