



# Seasonal Recipes from Fountains Abbey

## January

### 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**

- Forced Rhubarb
- Purple Sprouting Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Kale
- Leeks
- Parsnips
- Turnips

#### **Meat and Fish**

- Haddock
- Herring
- Mackerel
- Pilchard
- Pollack