



Seasonal Recipes from Fountains Abbey

July

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

- Blueberries
- Strawberries
- Raspberries
- Loganberries
- Cherries
- Watercress
- Tomatoes
- Cucumber
- Spinach
- Onions
- Broccoli
- Kohl rabi
- Artichokes
- Aubergines
- Fennel

Meat and Fish

- Trout
- Pike
- Clams