



Seasonal Recipes from Fountains Abbey

June

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

- Elderflower
- Gooseberries
- Tayberries
- Strawberries
- Cherries
- Peas
- Lettuce
- Rocket
- Broad beans
- Courgettes
- Asparagus
- Peppers
- Aubergines
- Onions
- Radishes

Meat and Fish

- Welsh lamb
- Grey mullet
- Crab