



Seasonal Recipes from Fountains Abbey

October

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

- Sweetcorn
- Squash
- Apples
- Runner Beans
- Blackberries
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Kale
- Leeks
- Marrow
- Potatoes
- Spinach

Meat and Fish

- Grouse
- Wood Pigeon
- Pheasant
- Monk Fish

