



Rhubarb

May

WHAT'S IN SEASON?



Strawberries



Spinach



Samphire
(herb)

SHOPPING LIST



Aubergine



Chicory



Beetroot



Chillies



Lettuce



Peas



New Potatoes



Marrow



Artichoke



Asparagus



Radishes



Peppers



Watercress
(herb)



Sorrel
(herb)



Rocket

