



Seasonal Recipes from Fountains Abbey

May

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

- Samphire
- Parsley
- Mint
- New potatoes
- Cauliflower
- Asparagus
- Broad beans
- Cherries
- Spring onions
- Rocket
- Radishes
- Rhubarb

Meat and Fish

- Lamb
- Wood pigeon
- Duck
- Sea trout
- Sea bass