



Seasonal Recipes from Fountains Abbey

November

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

- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Kale
- Leeks
- Potatoes
- Parsnips
- Beetroot
- Cranberries
- Chestnuts
- Wild Mushrooms
- Turnips
- Pumpkin

Meat and Fish

- Goose
- Venison
- Rabbit
- Partridge
- Pheasant
- Turbot

