



Seasonal Recipes from Fountains Abbey

September

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

- Courgette
- Blackberries
- Marrow
- Apples
- Runner Beans
- Blueberries
- Cabbage
- Carrots
- Cauliflower
- Celery
- Kale
- Leeks
- Peas
- Plums
- Spinach
- Squash
- Sweetcorn

Meat and Fish

- Autumn Lamb
- Partridge
- Wood Pigeon

