

June

Eat Seasonal

Fruit:

**cherries,
elderflowers,
gooseberries,
kiwi, melon,
strawberries**

Meat, fish, poultry

**cod
crab
dover sole,
grey mullet
john dory
lamb
lemon sole
lobster
mackerel
plaice
salmon
sardines,
sea bass
sea trout**

Vegetables:

**artichoke
asparagus
,aubergine
broccoli
carrots
courgettes
fennel
jersey royal new
potatoes
lettuce
mangetout,
peas,
radishes
rocket,
runner beans
sorrel
spring onions
watercress**