

August

Eat Seasonal

Fruits

Apricots
Blackberries
Blackcurrants
Blueberries
greengages
kiwi
loganberries
melons
nectarines
peaches
raspberries
redcurrants
tomatoes

Meat, fish, poultry

crab
crayfish
cod
dover sole
grey mullet
haddock
halibut
herring
john dory
lamb
lemon sole
lobster
mackerel
monkfish
plaice
salmon
sardines
sea bass
scallops
squid

Vegetables:

artichoke
aubergine
beetroot
broadbeans
broccoli
carrots
cucumber
fennel
french