

# September

## Eat Seasonal

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### Fruits

Apples  
Bleckberries  
Damsons  
Figs  
Grapes  
Melons  
Nectarines  
Peaches  
Pears  
Plums  
Tomatoes  
Walnuts

### Meat, fish, poultry

brown trout  
crab  
crayfish  
cod  
dover sole  
duck  
grey mullet  
haddock  
hallibut  
herring  
john dory  
lamb  
lemon sole  
lobster  
mackerel  
monkfish  
plaice  
salmon  
sardines  
sea bass  
scallops  
squid  
turbot  
venison

### Vegetables:

artichoke  
aubergine  
beetroot  
broccoli  
butternut squash  
carrots  
celery  
courgettes  
cucumber  
garlic  
kale  
kohlrabi  
leeks  
mangetout  
marrow  
onions  
peppers  
potatoes  
radishes  
rocket  
runner beans  
sweetcorn  
watercress  
wild mushrooms