

## Fruit in Season in August

Blackberries

Bilberries

Blueberries

Bramley Apples

Cherries

Gooseberries

Greengages

Loganberries

Plums

Raspberries

Strawberries



## Vegetables in Season in August

Artichoke

Aubergine

Beetroot

Broad Beans

Broccoli

Cabbage - Red, Savoy & Spring Green

Carrots

Cauliflower

Celery

Chillies

Courgette

Cucumber

Fennel Bulbs

French Beans

Garlic

Jersey Royal Potatoes

Kohl Rabi

Lettuce - Cos & Iceberg

Marrow

New Potatoes

Onions

Pak Choi

Peas

Radishes

Rocket

Runner Beans

Samphire

Spinach

Spring Onion

Squash

Sweetcorn

Tomatoes

Turnip

Watercress

## Herbs in Season in August

Basil

Chervil

Chives

Coriander

Dill

Oregano

Mint

Parsley - Curly & Flat Leafed

Rosemary

Sage

Sorrel

Tarragon

Thyme