

Fruit in Season in October

Cox Apples
Crab Apples
Damsons

Elderberries
Pears
Quince



Vegetables in Season in October

Artichoke
Beetroot
Broccoli
Brussels Sprouts
Butternut Squash
Cabbage - Red, White, Savoy & Spring Green
Carrots
Cauliflower
Celeriac
Celery
Chicory

Fennel
Garlic
Horseradish
Kale
Kohlrabi
Leeks
Lettuce
Marrow
Parsnip
Potatoes
Pumpkin

Rocket
Runner Beans
Salsify
Shallots
Spinach
Squash
Swede
Sweetcorn
Turnip
Watercress
Wild Mushrooms

Herbs & Nuts in Season in October

Chestnuts
Chives
Cobnuts

Curly Parsley
Rosemary
Sage

Sorrel
Thyme

Recipe Ideas / Notes

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