

Fruit in Season in September

Apples	Damsons
Bilberries	Elderberries
Blackberries	Pears
Blueberries	Plums
Bramley Apples	Raspberries
Crab Apples	Redcurrants



Vegetables in Season in September

Artichoke	Fennel	Potatoes
Aubergine	French Beans	Pumpkin
Beetroot	Garlic	Radish
Broccoli	Horseradish	Runner Beans
Brussels Sprouts	Kale	Shallots
Cabbage - Red, White, Savoy & Spring Green	Kohl Rabi	Spinach
Carrots	Leeks	Spring Onions
Cauliflower	Lettuce - Cos & Iceberg	Squash
Celeriac	Mangetout	Sweetcorn
Celery	Marrow	Tomatoes
Chillies	Onions	Turnip
Courgette	Pak Choi	Watercress
Cucumber	Peas	Wild Mushrooms
	Peppers	

Herbs & Nuts in Season in September

Chestnuts	Oregano	Rosemary
Chives	Mint	Sage
Cobnuts	Parsley	Sorrel
Coriander	Rocket	Thyme

Recipe Ideas / Notes