MORAL FIBRES

Fruit in Season in November

Apples
Pears
Quince

Vegetables in Season in November

Artichoke
Beetroot
Brussels Sprouts
Butternut Squash
Cabbage - Red, White, Savoy & Spring Green
Carrots
Cauliflower
Celeriac
Celery
Chicory
Horseradish
Jerusalem Artichoke
Kale
Kohlrabi
Leeks
Parsnip
Potatoes
Pumpkin
Salsify
Shallots
Swede
Turnip
Wild Mushrooms

Herbs & Nuts in Season in November

Chestnuts
Cobnuts
Rosemary
Sage
Watercress

Recipe Ideas / Notes

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