

YOUR TASTY LITTLE GUIDE TO EATING SEASONABLY

JUNE and summer's here, which means it's Strawberry time; you can't beat them with a little cream and sugar, or even black pepper

Broad beans and Peas are also at their seasonal best; pop them in your mouth raw with some pecorino cheese

COOL down in **JULY** with Curly lettuce and refreshing Cucumber, or try Cherries lightly poached with orange juice and sugar, served with chocolate ice cream

AUGUST Cos lettuce, essential for the perfect Caesar salad

new season Raspberries, hard to beat with fresh cream; and juicy Plums

SEPTEMBER means Runner beans and Courgettes are back on the menu Upgrade your apple crumble with Blackberries

TASTE Autumn in **OCTOBER** Sweetcorn on the cob and just-picked Cox apples

SPEND A **NOVEMBER**

night in with spiced Red cabbage and mashed Potatoes with olive oil, butter and plenty of black pepper

THIS **DECEMBER** try White cabbage and spring onions sauteed in olive oil

or experiment with your Brussels sprouts, tossed in butter with rosemary, crispy pancetta and crumbled chestnuts

The humble Carrot is at its best in **JANUARY** warm up with Kale sautéed with chilli and garlic into hot pasta with olive oil and parmesan

In season for the chilly month of **FEBRUARY** Savoy cabbage and Leeks - chop, boil and stir them into buttery mash

MARCH breakfast: spring bubble and squeak with Spring green cabbage, onions, crushed potatoes and a poached egg

APRIL'S hero is Cauliflower, delicious roasted with butter and sprinkled with parmesan

Catch triumphant Asparagus while you can in **MAY** when Rhubarb crumble is perfectly balanced with a little ginger; lovely with a big dollop of creamy custard

For tips, recipes and more visit www.eatseasonably.co.uk

