thrifty eats presents

SHOP FOR THE SEASON

march

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VEGETABLES	FISH
Wild Garlic	Native Oysters
Sorrel	Mussels
Kale	Coley
Winter Cauliflowers	Dab
Chard	Lemon Sole
Spinach	Cod
Leeks	Haddock
Cabbages	Whiting
Parsnips	Pollock
Purple Sprouting Broccoli	HERBS
Spring Onions	Winter Savory
Winter Lettuces	Parsley
Brussels Sprouts	Chervil
Spring Cabbages	Coriander
Chicory	Rosemary
FRUITS	Bay
Rhubarb	Sage

thrifty eats presents

SHOP FOR THE SEASON

----- march -----

VEGETABLES

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Kale

Winter Cauliflowers

Chard

Spinach

Leeks

Cabbages

Parsnips

Purple Sprouting

Broccoli

Spring Onions

Winter Lettuces

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