

thrifty eats presents

SHOP FOR THE SEASON

.....
march
.....

VEGETABLES

Wild Garlic

Sorrel

Kale

Winter Cauliflowers

Chard

Spinach

Leeks

Cabbages

Parsnips

Purple Sprouting Broccoli

Spring Onions

Winter Lettuces

Brussels Sprouts

Spring Cabbages

Chicory

FRUITS

Rhubarb

FISH

Native Oysters

Mussels

Coley

Dab

Lemon Sole

Cod

Haddock

Whiting

Pollock

HERBS

Winter Savory

Parsley

Chervil

Coriander

Rosemary

Bay

Sage

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for more food related goodness, head to sites.jameg.co.uk/thriftyeats

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