

Summer seasonal produce

Summer sees a wealth of fruit and vegetables to choose from. New carrots come in towards the end of June, as do soft fruits such as strawberries and cherries. July continues the trend with courgettes, fennel, broccoli and new cauliflower. Whilst tree fruit comes in towards the end of August.

Vegetables

- Asparagus
- Aubergine
- Broad Beans
- Carrots
- Cauliflower
- Celery
- Courgettes
- Cucumber
- Leeks
- Lettuce
- Peas
- Rhubarb
- Runner Beans
- Spinach
- Spring Onions
- Sweetcorn
- Tomatoes
- Spring Greens
- Squash
- Sweetcorn

Fruit

- Quince
- Pears
- Plums
- Cox Apples
- Blackberries
- Blueberries
- Bramley Apples

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