

November

Eat Seasonal

Fruits

Apples
Chestnuts
Cranberries
Elderberries
Passion Fruit
Pears
Quince
Walnuts

Meat, fish, poultry

Brill
Crab
Goose
Haddock
Hake
Halibut
John Dory
Lemon Sole
Lobster
Monkfish
Mussels
Oysters
Plaice
Scallops
Sea Bass
Squid
Turbot

Vegetables:

artichoke
beetroot
butternut squash
celeriac
celery
jerusalem artichoke
kale
kohrabi
leeks
parsnips
potatoes
pumpkin
swede
turnips
wild mushrooms