



# The Good

# Life

Autumn 2015



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'All Things Preserving'

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**WARES**  
— of —  
*Knutsford*





# Welcome to The Good Life!

*Hello from the Wares of Knutsford team and a warm welcome to the first edition of our customer magazine.*

*The world of growing and preserving is fascinating and rewarding in so many ways. For centuries people across the world have preserved food and for just the last 20 years or so it has been our absolute pleasure to serve some of them with the best range and value we possibly can. Whether you are a jam maker, allotment gardener, restauranteur, home brewer or artisan seller, we hope you find some interesting and helpful information in 'The Good Life' and we wish you all the very best.*

*Please do let us know if you like the magazine at [info@waresofknutsford.co.uk](mailto:info@waresofknutsford.co.uk)*

*Valerie Byles*



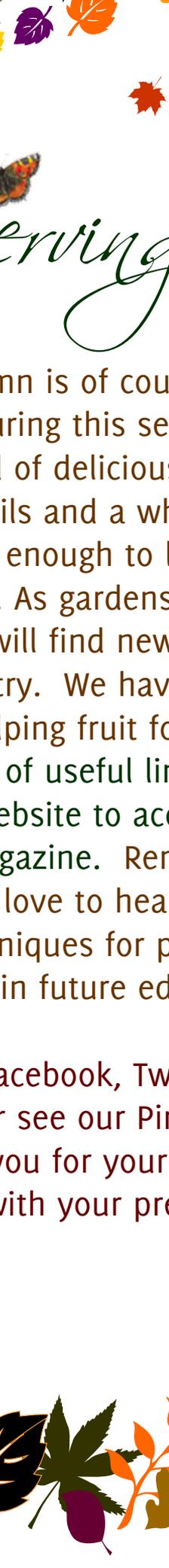
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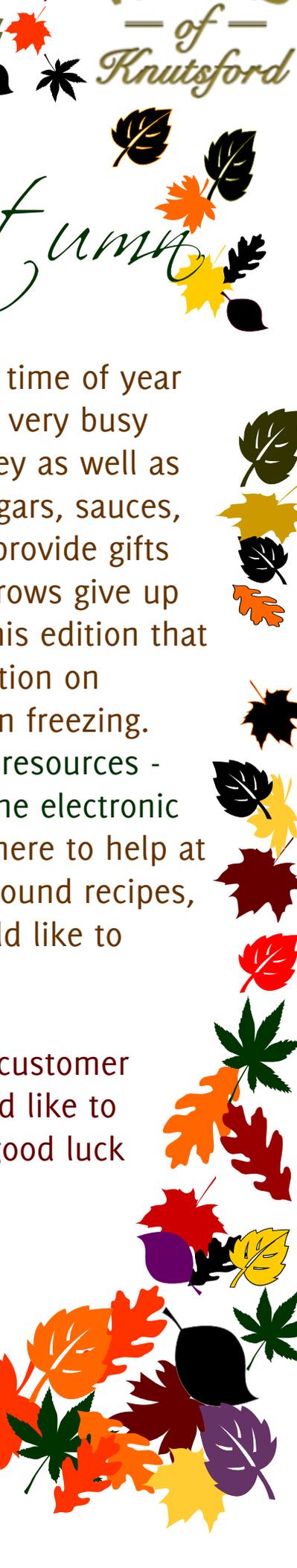
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# Preserving in Autumn



**A**utumn is of course the most wonderful time of year for preserving. During this season our customers are very busy making every kind of delicious jam, pickle and chutney as well as syrups, cordials, oils and a whole host of jellies, vinegars, sauces, wines and beers - enough to last all year round and provide gifts for all and sundry. As gardens, allotments and hedgerows give up their bounty you will find new ideas and recipes in this edition that you might like to try. We have also included information on sterilising jars, pulping fruit for novel uses and tips on freezing. This edition is full of useful links to other web-based resources - simply visit our website to access the links through the electronic version of this magazine. Remember we are always here to help at Wares. We would love to hear from you if you have found recipes, or developed techniques for preserving that you would like to share with others in future editions.



Find us on Facebook, Twitter and Instagram for customer feedback, or see our Pinterest pages. We would like to thank you for your custom and wish you good luck with your preserving adventures!

# How to Sterilise Jars

When preserving food good hygiene is essential to avoid contaminating produce. Sterilising jars and lids and all preserving equipment is essential and should be undertaken alongside food preparation, meaning jars are washed and sterilised just as the food is ready.



Before starting to make your preserves, ensure you have washed all your equipment really well. Simmer funnels, spoons and tongs in boiling water for 10 minutes and leave on a clean tea towel or kitchen roll to dry and cool before use.



There are a number of methods for sterilising the jars. Some customers prefer sterilising in a microwave or dishwasher but our recommended method is as follows:

1. Pre-heat the oven to 120C
2. Thoroughly wash the jars and lids/seals in hot soapy water and rinse.
3. Leave the jars upside down on a clean tea towel to drain. Put the lids on a separate clean tea towel, spreading them out upside down.
4. After a few minutes, place on a clean oven tray with the jars in the upright position.
5. Place the jars in the oven and pop the lids and seals into a pan of boiling water, around 10 -15 minutes before you think your jam/preserves will be ready.
6. Remember it doesn't matter if the jars are in the oven longer - as setting point can be unpredictable.
7. So, once setting point is reached, remove the pan from the stove and carefully remove the lids from the pan with tongs and the jars from the oven with gloves and allow to cool just a little.
8. Transfer still warm produce to the still warm jars and seal with waxed discs (wax side down) and pop on the seals/lids. Of course modern lids have a heat sealable band and lining and so wax discs are in fact optional. A damp cloth is handy for handling the jars when hot.



The process for bottles is just the same, being sure to remove any non-glass feature of the bottle such as rubber seals or stoppers.

<http://www.deliaonline.com/equipment/perfectly-preserved-equipment.html>

<http://www.jamieoliver.com/videos/how-to-sterilise-jars/>

<http://www.jamieoliver.com/videos/how-to-sterilise-jars/#BKoxwJxQFQjbhkG3.97>



# The Basic Principles of Jam Making



We like Delia's guide to Jam Making too:

## Ingredients



Fruit should be picked dry. If there is an unexpected shower of rain, stop picking and resume once the fruit is quite dry again. Fruit swollen with water has less pectin and acid, both important to successful jam making.

For the same reason, avoid washing soft fruits if possible - raspberries, blackberries and the like, harder fruits like gooseberries and plums are fine to be washed.

Always use sound fruit and slightly under ripe or 'firm ripe'. Over ripe fruit will lose shape and flavour and it contains less acid and therefore causes setting problems. Good acid levels increase flavour and brighten the colour of the jam. So, try to use fruit of a similar early ripeness and size for your recipe so that each fruit cooks at a similar rate and has plenty of acid.



When preserving fruits low in natural acid such as strawberries and cherries use a recipe that includes lemon juice (for added acid) which will make all the difference. Gooseberries, plums, damsons and currants naturally contain higher acid levels.

## Equipment

Bottles and Jars and all equipment should be absolutely clean and free from cracks or chips. They should be sterilised at the same time as the cooking of fruit and filled as soon as the recipe is complete whilst still warm from the oven.

Use a good heavy bottomed, wide pan or a specially made 'jam pan'.



Use a wooden spoon that you have scalded in boiling water. Be careful not to lose it into your jam! A funnel with a nice wide neck is also essential. A ladle is useful for decanting into the funnel.

## Method Tips



Don't make too much in one go, your pan should be only half full with all ingredients.

Warm your sugar in a low oven (along side your jars for sterilising) before adding to the fruit. This helps it dissolve more readily and once it's in - keep it moving! Never stop gently stirring whilst the pan is on the stove. Remove any scum that floats to the top just before decanting (a lesson for life).

Simmer fruit first (the time depends on the fruit and it's skin) before adding the sugar and once the sugar is added and *completely dissolved* (check the back of your spoon for granules) boil rapidly and stir well until setting point is reached – on average 10-15 mins is right.

Setting point (time to fill the jars) can be assessed by removing the pan from the heat and putting a small amount onto a chilled saucer for a couple of minutes to cool. Push the liquid with your little finger and look for small wrinkles in the skin. This is setting point (103-105oC if using a jam thermometer).

If setting point is not reached, pop back onto a rapid boil for another 5 mins and try again. As soon as setting point is reached fill the jars while they are still warm out of the oven, freshly sterilised. Seal each jar in turn before moving onto the next.

Wait to label the jars until your jam is cool, or they will fall off!  
Store in a cool, dark place and enjoy!



# Preserving in War Time Britain

Like so many I grew up listening to my grandmothers war stories. Tales of the men overseas, neighbours huddled around the radio for news, the separation and of course great sadness.

But infact most of the stories, told with great affection and animation were the happy recollections of a strong community and of companionship and resourcefulness amongst those working on the homefront 'making do' everyday.

Despite the severity of the war years, there is today a real nostalgia for the first half of the last century. The demand for 'vintage' design has never been greater. The revival of allotments and home growing and the popularity of television programmes following the lives of people who have opted out of modern society - all speak to a shared sense that life was good when it was simpler. Harder in some ways, but simpler in many.

What is perhaps not so obvious to the younger generations is what motivated simple self sufficiency and the rise of 'home economics'. It was of course not the lack of modern convenience foods, but a real and present necessity to grow, gather and preserve all and every food possible in order to keep food on the table through the war years. During and after both World Wars, food shortages and rationing affected town and country alike in all combatant nations, some far more severely than Britain. At the start of WWII the U.K imported 70% of all it's food. It was a vulnerability that led to the battle of the

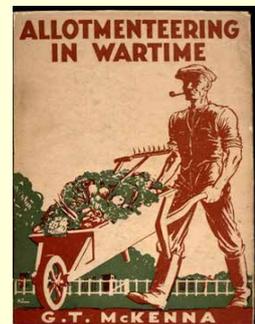
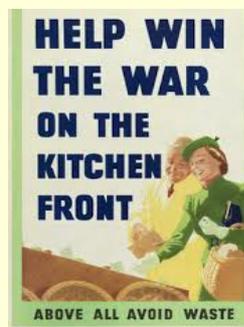


of the Atlantic and the gradual decline of imports by more than half. Food availability was also limited by a lack of manpower on farms and by disruption to land distribution routes. It is well known of course that early in WWII, the newly formed Ministry of Food, led by Lord Woolton, introduced rationing. Its purpose was to ensure adequate nutrition for all. Having learned from food shortages in WWI and in order to fairly distribute meat, tea, biscuits, cheese, eggs, lard, butter, cereals, milk and sugar, the Ministry of Food took control of all food distribution. Vegetables and fruit (where available) were not rationed and some historical commentators note that the reduction in fats and sugars and increased intake of greens and whole grains meant the war years were in fact the healthiest in living memory.

Alongside rationing and the control of distribution, Lord Woolton and his 50,000 strong team working from more than 1000 local offices understood that Britain needed educating. He believed that with help - the ingenuity of gardeners and cooks, inspired to grow and preserve their own food, would see the nation through any food shortages. Home economists, like Margueritte Patten were employed to travel the country from touring caravans, stopping passers by, giving demonstrations in factories and markets. Daily radio broadcasts during breakfast on the BBC provided tips and information on food preparation and nutrition and later Women's hour covered home growing and preserving. Poster campaigns, promoting self sufficiency were also abundant.



Lord Woolton



## Congratulations to the Womens Institute on 100 years!

Brilliantly, the Ministry of Agriculture and Food also saw an opportunity to harness the considerable potential of the Women's Institute who had demonstrated their capability during WWI. Bottling and preserving of food was something that rural women had always done. Indeed only a generation before it had been quite normal for rural families to be entirely self sufficient, hardly ever visiting a shop. The Institute had worked hard to professionalise their horticultural and culinary capabilities and there was now a chance to scale up both cultivation and preservation of food through their network. At the start of WWII there were some 5,500 institutes in Britain's villages, under the popular leadership of Lady Denman, said to be worth 10 of any man on a committee.

Supported by the home economists and led by Lady Denman, who was by then Director of both the women's land army and the WI, the Co-operative Fruit Scheme was launched in 1941. Schemes were established in homes, church halls, outbuildings and schools. Highly organised and supervised - hedgerows were searched for rosehips, blackberries and elderberries. Damson harvests were also plentiful during both wars and working together with large garden owners and farmers to gather fruit and veg and using government grants allowing them to buy sugar in large quantities, the WI went into the preservation of food at scale. In 1941 270 schemes in Suffolk alone produced 100,000Kg of Jam. All told, it is reported that the WI between 1940 and 1945 produced 5,300 tons of preserved fruit, enough for half a million people's jam ration. Through the scheme, jam, economical pickles and chutneys were distributed and sold in local shops, successfully providing much needed nutrition for many.

Lady Denman



Self sufficiency was a matter of pride during the war years, as it is for many today. Our customers tell us that they really enjoy the old-fashioned recipes, bottles, jars and enamelwares that remind them of simpler years gone by.



## 1940's Rosehip Syrup Recipe (high in Vitamin C)



**Directions given during WWII for 2lbs (900g) of hips**

**Boil 3 pints (1.7 litres) of boiling water.**

**Mince hips in a course mincer (food processor) and put immediately into the boiling water.**

**Bring to boil and then place aside for 15 minutes.**

**Pour into a jelly bag and allow to drip until the bulk of the liquid has come through.**

**Return the residue to the saucepan, add 1 1/2 pints (852ml) of boiling water, stir and allow to stand for 10 minutes.**

**Pour back into the jelly bag and allow to drip.**

**To make sure all the sharp hairs are removed put back the first half cupful of liquid and allow to drip through again.**

**Put the mixed juice into a clean saucepan and boil down until the juice measures about 1 1/2 pints (852ml), then add 1 1/4 (560gm) of sugar and boil for a further 5 minutes.**

**Pour into hot sterile bottles and seal at once.**

### Hints:

**It is advisable to use small bottles as the syrup will not keep for more than a week or two once the bottle is opened.**

**Store in a dark cupboard. Rosehips can be gathered August, Sept and October**

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## Methods for Freezing Fruit

Most fruits will keep well for up to 12 months if the correct method of freezing is employed and they are stored at 0 degrees or below. Unsweetened fruit loses quality faster than those packed using syrup or sugar. There are three principle approaches to freezing fruit.

**Tray Pack:** Suitable for blackcurrants, raspberries, blackberries or strawberries - spread them out on a kitchen roll or tea towel and remove all the leaves and stalks, but don't wash them. If possible, lay them on a plastic tray for freezing so that each fruit remains free and only once frozen transfer them to a thick freezer bag or boxes with the minimum air possible.

**Syrup Pack:** Recommended for most fruits. A 30-percent syrup (1 3/4 cup sugar per 4 cups of water) is ideal for most fruits. Lighter syrups are lower in caloric content and especially desirable for mild-flavoured fruits, such as melons. Heavier syrups may be needed for very sour fruits. Allow 1/2 to 2/3 cup of syrup for each pint of fruit. Make sure to use headspace in the container for expansion.

**Sugar Pack:** Place prepared, cut fruit in a bowl or shallow pan. Sprinkle sugar over the fruit. Mix gently with a large spoon until the sugar dissolves and juice is drawn out. Pack in containers, allowing the headspace as recommended for syrup-packed fruit.



## Pulped Fruit is Delicious!

See  
Our small  
jars!

Imperfect (and perfect) fruit and vegetables can be pulped, preserved and enjoyed by cutting away the bruised or diseased part, leaving the rest of the fruit perfect. Do not use over ripe fruit for pulping as it will ferment. Stew the fruit or vegetable as normal, with almost no water and a little sugar (add a half a teaspoon of salt per lb for tomatoes). For compot, pass through a sieve or blend and strain. Season to taste, or as per recipe (see delicious tomato Passata Recipe). Put steaming hot pulp/puree into small still hot sterile jars and seal.



Use later for sauces, with ice cream or yogurt (peaches/plums/apricots), with pancakes, in deserts or with cereals, porridge or rice pudding!



# Freezing in Jars.....

Lots of our customers ask us about freezing all sorts of things in jars, preferring glass to plastic for various reasons. Although manufacturers don't typically promote their jars for freezing, we know that you can successfully freeze all manner of food and drink. This method of preserving is very popular in America - here are some links and useful tips for you:

1. Always use a good quality wide neck, thick glass jar such as a Mason Jar or Familia Wiss Terrine.
2. The jar should not have large shoulders, since the contents will freeze from the top layer down (if the jar has shoulders, as the lower layers freeze they expand and push upwards - bursting the jar).
3. Always leave room for expansion - min 1 inch at the top of the jar.
4. Always allow the contents and jar to cool fully before freezing.
5. Freeze lying down and not directly onto the cooling system of the freezer.
6. If freezing stood up, keep the lid loosely on until frozen and then tighten.
7. Defrost in the fridge over night so that the temperature change is gradual.

Be careful when handling frozen glass and be aware that glass can break in the freezer.

Glass items sold via the website are manufactured for commercial use and any usage of these products in a domestic environment is at the customer's own risk.

## Useful Links!



Vegetables/puree



Smoothies



Pasta  
Sauces



Cocktails!



Soups and Stews

# *French Preserving*

It was a french man, Nicolas Appert, who in the late 18th Century invented airtight food preservation. After some years of experimentation whilst working as a confectioner and chef in Paris, Appert responded to an advert from the french military who were desperate to find a better way of preserving soldiers' rations and were offering 12,000 Francs for a new technique. He won the prize in 1810 by placing food in glass jars, sealing them with wax and corks and standing them in boiling water to sterilise (some years before Louis Pasteur proved that heat kills bacteria).



Nicolas Appert 1841



Appert patented his process and that same year published the first known book on food preservation 'L'art de Conserver les Substances Animales et Vegetales' and opened the worlds first preserving factory - Le Maison Appert in the town of Massey, near Paris. There he preserved all manner of food; eggs, meat, milk, vegetables and fruit and even a whole sheep for publicity. Appert's invention was quick to catch on and within a year an Englishman, Peter Durrand had patented the tin can. It would however be another 100 years before canning would become really popular, largely because a hammer and chisel was needed to release the can's contents!

Of course the french are still well known for their love of jam and preserving. In rural France artisan preservers still flourish, selling their wares at local markets.

Two notable larger companies are 'Bonne Maman' (meaning grandmother) and Le Parfait (meaning perfect).

The Bonne Maman brand was founded in 1971 and has gone on to become the market leader in France and the No 1 global distributor of jam. With their distinctive faceted jars and red gingham lids, they pride themselves on a minimum 50% fruit content - which is infact the legal minimum requirement for preserves to be called 'confiture' in France. The company is based in southern France but in fact now has 25 factories world wide.

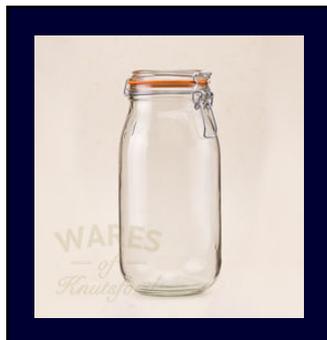
Le Parfait, makers of high quality glass jars with their distinctive orange sealing ring, was established in 1930 in Reimes and now employs 300 people. The company operates one of the most modern glass manufacturing plants in the world, using 50% recycled glass and complying with all EU CO2 emission targets.



Just a small selection of our many faceted and Le Parfait jars!

*Le Parfait*

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2000ml Le Parfait  
£6.65 each



1000ml Le Parfait  
From £5.15 each



500ml Clip top  
From £4.00 each



3000ml Le Parfait  
Storage Jar  
£7.40



500ml Familia Wiss  
Terrine  
From £24 for 6



212ml Grecian  
From £8.40 for 6



324ml Vintage  
Faceted  
From £9.70 for 12



385ml Bonne Maman  
From £11.75 for 12



110ml Hexagonal  
From £5.65 for 12

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# Mrs Doubtfire's Household Management

This Quarter: Ironing



**Most** seem to hate ironing but over the years I have made peace with the occupation and really quite enjoy it. Here are some of my thoughts on making it more of a pleasure.

**Clever shopping is essential** if you want to get rid of the chore. The worst of the tasks can be bedding and shirts. These days both of these come in easy iron or even non-iron fabrics. I have bought my husband half a dozen short and long sleeved shirts that I simply put on a coat hanger to dry and give them back to him for wearing. RESULT !!!! Walking and climbing companies are expert in this kind of clothing but are also realising that business people on the move need quick dry clothes you can wash and wear with no fuss. Anything with polyester in it is always a winner and I have a range of things that never crease and wash like a dream.

**Try to find a time in the day and a space where you can get peace to iron.** I used to iron in the bedroom where I could watch a favourite programme or listen to music or the radio in peace. There is something about the rhythm of ironing that can be relaxing and if you can make it a bit of "ME" time at the same time it's a winner. It also means standing up for an hour or two and think of the calories you burn whilst watching TV !! You can also put lots of things away as you iron them and thereby complete the whole washing cycle in one swoop.

**Equipment** - get yourself the following to make life easy.

1. A great steam iron
2. An ironing board with a smooth and well fixed cover. Don't put up with a torn cover or one that keeps moving.
3. If you can store it get an extra large board they are great.
4. Buy a couple of packets of coated wire hangers that you keep for drying and ironing purposes. I get mine from a household chain store and they solve a lot of silly problems.
5. More than one laundry basket.
6. Something high to rest the basket on (saves all that bending).

7. Spray Starch –is just wonderful for getting the creases out of over dry things and thick materials like denim. Don't use too much-you still want to be able to sit down and walk in them!

8. Fabric softener helps too

9. One or two good quality clothes airers.

**Never** dry things on radiators that will need an iron afterwards or over tumbledry - all overdrying is a nightmare. Line dry clothes with the thick bits at the top. Hang down towards the thinner bits.

**Making life easy** and find a laundry. I refuse to try to iron duvet covers. Life is too short. For £3 my local laundry washes and irons them for me and they return in hotel condition.

**Do** hang dresses, tops, shirts and even trousers on hangers to dry. I hang mine on an airer near - but never on - a radiator.

**Do** learn to tumble dry well. The rule of thumb is that towels, underwear and socks can be dried thoroughly and used straight away. The dreaded shirts or other such items can be part dried and ironed whilst damp. This makes the creases easy to get out and if they are still a bit damp put them on a hanger to air overnight.

**Do** try not to over fill your tumble dryer and get one with a variety of settings. Use tumble drying balls- your towels come out fluffy and great as do socks etc. Spray some things with water and always iron the worst things first. If you don't they'll stay in the basket for months. It's all downhill after those.

**Get your other half to iron.** I have a friend whose spouse says he does a better job of his shirts than she does. Clever girl !!!!! a round of applause for her I think. All the very best to you my dears, do take care.

*Euphemia Doubtfire*



*Old Fashioned Favourites from* **WARES**  
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*At Wares we stock a whole range of kitchen and household products that you might remember.*

# Autumn Ideas

## Blackberry Crumble



Blackberries are in season now, so get harvesting from your hedgerow - it's free, it's healthy and it's great fun! The only difficulty is not to eat all the blackberries as you pick them! There are so many things you can do with blackberries apart from jam, such as this delicious dessert.

This blackberry recipe is rich and indulgent - pure comfort food - but quite simple to achieve.

### Ingredients for the base:

120g butter  
120g sugar  
2 eggs  
120g self raising flour  
200g blackberries

### For the crumble:

100g flour  
50g butter, diced  
50g sugar

Preheat the oven to 180C and grease and line a 500g loaf tin. Put the butter and sugar in a mixing bowl and beat until pale and fluffy. Add the eggs slowly, beating as you go. Fold in the self raising flour gently then pour the mixture into the prepared loaf, spreading it evenly into the corners. Put the blackberries on top.

Make the crumble by rubbing the plain flour and butter together with your fingertips until the mixture resembles breadcrumbs, then stir in the sugar. Top the blackberry cake mixture with the crumble and bake for about 45 minutes, until the top is golden and bubbling. Leave to cool for a while then turn out. Serve with cream, ice-cream or custard.



## Rhubarb and Raspberry Jam

Preserving is often a pastime of later summer, when red fruits have come into season. This Raspberry Jam includes Rhubarb for extra body and zest along side the personality of raspberries.

These quantities should fill 11 or 12 190ml jars:

1.5kg trimmed, fresh rhubarb  
1.5kg raspberries, defrosted if you have used frozen  
1kg granulated sugar  
Juice of 2 lemons

After washing the rhubarb, cut into small chunks. Add the rhubarb, raspberries and lemon juice to a preserving pan and cook on a medium heat until the fruit is soft but the rhubarb is still intact rather than mushy. This should take about 20-30 minutes, stirring regularly so that the fruit doesn't stick. Remove the pan from the heat and add the sugar, stirring until it is completely dissolved.

Put the pan back on the heat and bring the jam to a rolling boil for 8-12 minutes. At this stage you can test to see if it has reached setting point. Do this by dropping a teaspoon of the jam onto a cold saucer. Leave it for a minute and then prod the drop gently with your fingertip - if the jam has formed a skin that wrinkles when you touch it, it is ready. If not, keep boiling for a few more minutes and test another time, then repeat as necessary until the jam reaches setting point.

Remove the pan from the heat and allow to cool a little. Pour into warm, sterilised jars and seal. Once cool, store in the refrigerator. The jam will keep for up to a year unopened but once the seal has been broken, use within three days.

The bright, fresh flavour of this jam is delicious on crumpets, used as a sponge cake filling or on top of porridge





# Christmas Planning!



## Classic Christmas pudding

If you don't have a recipe that has been handed down in your family, try this simple version.

- 50g blanched almonds, coarsely chopped
- 2 large cooking apples, peeled, cored and chopped
- 200g candied peel, finely chopped
- Half a nutmeg, grated
- 1kg raisins
- 140g plain flour
- 100g breadcrumbs
- 100g soft light brown sugar
- 3 eggs
- 2 tablespoons brandy cognac
- 250g butter, very cold

Add all of the ingredients apart from the butter to a large bowl and mix well. Grate the butter into the mixture and stir to combine again.

Prepare two 1.2 litre pudding basins by greasing with butter and laying a circle of greaseproof paper in the bottom. Fill with the pudding mix and top with a double layer of baking parchment, adding a pleat in the middle to allow for steam. Tie the paper around the neck of the pudding basins with string and trim away any excess.

Wrap each **pudding basin** in a double layer of foil to make it watertight and add a string handle to allow for easy lifting. The pudding can be boiled or steamed for eight hours. Leave to cool completely then unwrap the old foil and baking paper and re-wrap in a fresh, clean set. The puddings should then be kept in a cool, dark and dry place until Christmas.

To serve, boil or steam for another hour then unwrap the puddings and turn on to plate. Warm a few tablespoons of brandy or cognac in a saucepan, pour over the pudding and carefully set alight for the traditional flaming pudding effect!

Once you've mastered how to make Christmas puddings to a basic recipe you can try experimenting with some different flavours by adding cherries and pecan nuts to the mixture for example, or cranberries and orange.



## Traditional Mince Meat

- 250g raisins
- 375g currants
- 100ml brandy
- zest of 1 lemon, juice of ½
- 300g shredded suet
- 250g dark brown sugar
- 85g chopped mixed peel
- ½ small nutmeg, grated
- 1 large Bramley apple, peeled and grated



Soak the raisins and currants in the brandy and lemon juice for 1 hr until plumped up, then drain and set the brandy aside. Mix all the ingredients together in the order given, then pour in the brandy when everything else is well mixed. Spoon and press into sterilised jars, to exclude any air. Cover and leave for at least a fortnight. Will keep in the fridge for up to 6 months.



Please do write in with any favourite recipes and we will be delighted to share them in future editions: [info@waresofknutsford.co.uk](mailto:info@waresofknutsford.co.uk)

# British Home Growers Seasonal Produce Calendar

See separate general produce calendar for imported/farmed produce.

**JANUARY** – Forced rhubarb, Celeriac, Parsnips, Purple sprouting broccoli, Kale, Leeks, Swede

**FEBRUARY** - Forced rhubarb, Celeriac, Parsnips, Purple sprouting broccoli, Kale, Leeks, Swede, Cabbages, Carrots

**MARCH** - Forced rhubarb, Purple sprouting broccoli, Leeks, Spring onions, Radishes

**APRIL** - Outdoor rhubarb, Asparagus, Beetroot, Cabbages, New potatoes, Spring greens, Morel mushrooms, Watercress

**MAY** – Elderflowers, Outdoor rhubarb, Asparagus, Broad beans, Beetroot, Peas, Radishes, Wild rocket, Watercress

**JUNE** – Blackcurrants, Cherries, Gooseberries, Elderflowers, Loganberries, Redcurrants, Outdoor rhubarb, Asparagus, Broccoli, Broad beans, Beetroot, Carrots, Peas, Cucumber, Radishes, Turnips

**JULY** – Blackcurrants, Blueberries, Cherries, Gooseberries, Raspberries, Redcurrants, Outdoor rhubarb, Strawberries, Carrots, Globe artichokes, Beans (broad, French, runner), Courgettes, Cucumber, Fennel, Shallots, Sweetcorn, Tomatoes

**AUGUST** – Apples, Blackberries, Blackcurrants, Blueberries, Pears, Plums, Raspberries, Redcurrants, Strawberries, Aubergines, Beans (broad, French, runner), Broccoli, Carrots, Courgettes, Fennel, Leeks, Wild mushrooms, Pumpkins, Squash, Sweetcorn, Tomatoes

**SEPTEMBER** – Apples, Blackberries, Blackcurrants, Damsons, Plums, Raspberries, Aubergines, French beans, Runner beans, Broccoli, Carrots, Courgettes, Kale, Wild mushrooms, Sweetcorn, Tomatoes

**OCTOBER** – Apples, Pears, Crab apples, Damsons, Quinces, Jerusalem artichokes, Broccoli, Brussels sprouts, Celeriac, Chicory, Kale, Parsnips, Pumpkin, Squash, Swede

**NOVEMBER** – Apples, Pears, Quinces, Sloes, Brussels sprouts, Celeriac, Celery, Cauliflower, Wild mushrooms, Parsnips, Pumpkin, Swede, Turnips

**DECEMBER** – Apples, Pears, Jerusalem artichokes, Cabbages, Celeriac, Celery, Parsnips, Pumpkin, Swede, Turnips

**Note:**

This calendar is a general guide to seasonal British produce. We understand we may have missed some fruit and vegetables off.

This is our first edition and we will update periodically.

## January



## February



## March



## April



## May



## June



## July



## August



## September



## October



## November



## December

