

Seasonal Calendar												
Vegetable / Fruit	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	■									■	■	■
Asparagus				■	■	■						
Aubergine					■	■	■	■	■	■		
Bananas [i]	■	■	■	■	■							
Beetroot	■	■					■	■	■	■	■	■
Blackberries							■	■	■	■		
Broad beans						■	■	■	■			
Broccoli				■	■	■	■	■	■	■		
Brussels sprouts	■	■									■	■
Butternut squash									■	■	■	
Carrots					■	■	■	■	■	■		
Cauliflower	■	■	■	■								■
Clementines [i]	■	■									■	■
Courgettes						■	■	■	■	■		
Cucumber							■	■	■	■		
Garlic							■	■	■	■		
Grapes [i]									■	■		
Kiwi fruit [i]	■	■	■	■	■	■	■	■	■	■	■	■
Leeks	■	■	■						■	■	■	■
Lettuce					■	■	■	■	■	■		
Mangetout						■	■	■	■	■		
Melons [i]						■	■	■	■	■		
New potatoes					■	■	■	■				
Onions						■	■	■	■	■		
Parsnips	■	■								■	■	■
Peaches [i]							■	■	■	■		
Peas						■	■	■	■			
Pears	■								■	■	■	■
Peppers								■	■	■		
Plums								■	■	■		
Potatoes	■	■					■	■	■	■	■	■
Radishes				■	■	■	■	■	■	■		
Runner beans						■	■	■	■			
Spinach			■	■	■	■						
Strawberries					■	■	■	■				
Sweetcorn								■	■	■		
Tomatoes						■	■	■	■	■		
Turnips	■					■	■	■	■	■	■	■

■ = In season [i] = Imported

# SEASONS EATINGS

While we can now buy most fruit and vegetables at any time of the year; if you're looking for the freshest, tastiest, locally grown and cheaper produce to get your 5-a-day then a good option is to buy food that is in season.

This small collection of recipes features one recipe a month that is both easy to make and tasty.

Feel free to adapt these recipes to your own tastes, often the best food comes from experimenting with different herbs and spices.

Enjoy!



## January

### Minty lamb with warm veg salad

#### Ingredients

- 3 carrots, peeled, cut into sticks
- 3 medium parsnips, peeled, cut into sticks
- 2 red onions, peeled, cut into wedges
- 2 tbsp olive oil
- 3 large cooked beetroot, cut into wedges
- 3 tbsp balsamic vinegar
- 4 lamb chops, trimmed
- mint sauce

#### Method

Heat oven to 220C/fan 200C/gas 7. Mix together the carrots, parsnips and onions in a roasting tin with 1 tbsp oil, then roast for 15 mins. Toss in the beetroot, drizzle with 2 tbsp balsamic vinegar, then roast for 15 mins more until just tender.

Meanwhile, heat 1 tbsp oil in a non-stick frying pan. Fry the chops for 6-8 mins, turning halfway, until cooked to your liking. Serve with mint sauce.

**Serves 4**

## February

### American-style pineapple & banana pancakes

#### Ingredients

- 100g/4oz fresh or drained canned pineapple
- 1 banana, sliced
- 100g self-raising flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 3 tbsp light muscovado sugar
- 1 egg
- 100ml milk
- sunflower oil, for frying
- yogurt and maple syrup, to serve

#### Method

Roughly chop the pineapple and slice the banana. Tip the flour, baking powder, cinnamon and sugar into a bowl and mix well.

Make a well into the centre and crack in the egg, then gradually mix the egg into the flour, adding the milk gradually to make a soft batter.

Stir in the pineapple and banana. Heat a little oil in a non-stick frying pan, add the batter in heaped tablespoonsful, well apart to allow them to spread. When bubbles appear on the surface, flip the pancakes over and cook until light golden.

Cook all the pancakes and keep them warm. Serve 2-3 pancakes with yogurt and maple syrup.

**Serves 4**

## March

### Creamy spinach soup

#### Ingredients

- 50g butter
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 peeled and chopped potato
- 450ml chicken or vegetable stock
- 600ml milk
- 450g fresh roughly chopped spinach
- finely grated zest of half a lemon
- freshly grated nutmeg, to taste
- 3 tbsp double cream, to serve

#### Method

Gently fry the garlic and onion with the butter in a large lidded saucepan for 5 minutes until softening. Stir in the potato and continue to cook gently for 1 minute. Pour in the stock and simmer for 8-10 minutes until the potato starts to cook. Pour in the milk and bring up to a simmer, then stir in half the spinach and the lemon zest. Cover and simmer for 15 minutes until the spinach has completely wilted down. Allow to cool for about 5 minutes.

Pour the soup into a blender, add the remaining spinach and process until silky smooth – in batches if necessary. Return to the pan and reheat. Season with salt, pepper and nutmeg. Dilute the soup with a little extra stock if too thick. Ladle the soup into bowls and swirl in the cream

**Serves 4**

## April

### 'Cauliflower & broccoli' cheese

#### Ingredients

- 250g broccoli, cut into florets
- 250g cauliflower, cut into florets
- 100g half-fat crème fraîche
- 50g mature cheddar, grated, plus extra to grill
- A small bunch chives, chopped

#### Method

Steam the broccoli and cauliflower until just tender, about 5-6 minutes. Mix the crème fraîche, cheese and chives and toss with the veg.

Pile into an ovenproof dish and top with a handful more cheese. Grill until golden.

**Serves: 2**

## May

### One-pan salmon with roast asparagus

#### Ingredients

- 400g new potatoes, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets, about 140g/5oz each
- handful basil leaves

#### Method

Heat oven to 220C/fan 200C/gas 7. Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, and then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.

Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.

**Serves 2**

## June

### Roasted ratatouille chicken

#### Ingredients

- 1 onion, cut into wedges
- 2 red pepper, seeded and cut into chunks
- 1 courgette, cut into chunks
- 1 small aubergine, cut into chunks
- 4 tomatoes, halved
- 4 tbsp olive oil, plus extra for drizzling
- 4 chicken breasts, skin on
- few rosemary sprigs (optional)

#### Method

Heat oven to 200C/fan 180C/gas 6. Lay all the vegetables and the tomatoes in a shallow roasting tin. Pour over the olive oil and give everything a good mix round until well coated (hands are easiest for this).

Put the chicken breasts, skin side up, on top of the vegetables and tuck in some rosemary sprigs, if using. Season everything with salt and black pepper and drizzle a little oil over the chicken. Roast for about 35 mins until the vegetables are soft and the chicken is golden. Drizzle with oil before serving.

**Serves 4**

## July

### Pea & broad bean houmous

#### Ingredients

- 300g fresh or frozen peas
- 300g fresh broad beans, podded (no need to remove their pale green jackets) or use frozen (defrosted)
- 4 tbsp olive or sunflower oil
- 2 garlic cloves, peeled
- zest 2 lemons, juice of 1
- 2 tbsp extra-virgin olive oil

#### Method

Boil the peas and beans in a large pan of salted boiling water for 3 mins. Drain, cool under cold water, then drain again thoroughly.

Put the 4 tbsp oil in a pan, gently cook the garlic for 3 mins so the oil is infused and the garlic has softened but is not coloured. Tip the oil and garlic into a jug to cool.

Whizz the peas, beans and almost all the zest in a food processor, then trickle in the garlicky oil. Add the garlic cloves, almost all the lemon juice and 1 tbsp extra virgin olive oil. The houmous should be swirling around the bowl nicely by this point, but not be too fine in texture. Scrape the sides down if you need to. Season well - you'll need about 1 tsp sea salt and lots of black pepper. Add the rest of the lemon juice to taste. Spoon into a dish, swirl the top, then drizzle over the remaining extra virgin olive oil. Serve with bread

## August

### Garlic & mushroom burgers

#### Ingredients

- 4 portobello or field mushrooms, stalks trimmed
- 1 tsp sunflower oil
- 50g hard cheese (parmesan), grated
- 1 garlic clove, crushed
- 1 tbsp butter, softened
- 4 ciabatta or burger buns, split and toasted
- lettuce, tomatoes and sliced red onion to serve

#### Method

Heat grill to high. Rub the mushrooms with oil; set on a baking sheet. Grill for 3 mins on each side until cooked, but still firm. Mix the cheese, garlic, butter and seasoning in a bowl, then spoon into the mushrooms. Grill until the cheese melts, then stuff into toasted buns with salad.

**Serves 4**

## September

### Spiced roasted apples with blackberries

#### Ingredients

- 4 medium Bramley apples, each weighing about 200g/8oz
- 4 tbsp clear honey
- ½ tsp ground cinnamon
- finely grated zest and juice of 1 large orange
- 250g blackberries

#### Method

Preheat the oven to 180C/gas 4/fan 160C. Core the apples so you have a hole the size of a pound coin in each one. Make a cut just into the skin around the middle of each apple. Stand the apples in a shallow baking dish large enough to take all four. Mix together the honey, cinnamon and orange zest, put an equal amount into the cavity of each apple, then pour the orange juice into the dish.

Roast the apples for about 40 minutes, spooning the juices over them occasionally. Then, when the apples are almost ready, spoon the blackberries around and over the top of each apple. Return to the oven for 10 minutes or until the juices start to run. Spoon the blackberries and juices over the apples to serve.

**Serves 4**

## October

### Sausage & butternut squash pasta

#### Ingredients

- 4-6 sausages, skins removed and cut into chunks (choose sausages with lots of seasoning)
- 250g butternut squash , peeled and cut into small cubes
- 1/2 onion , chopped
- a small handful parsley , chopped
- chilli oil, to serve (optional)
- 200g linguine, cooked (or spaghetti)

#### Method

Fry the onion, butternut squash and sausage pieces together in a little oil for about 10 minutes or until cooked.

Toss through the linguine along with the herbs and lots of seasoning.

Add chilli oil if you like.

**Serves 2**

## November

### Stuffed Jacket Potatoes with Leeks and Cheddar.

#### Ingredients

- 2 large baked potatoes
- 1 leek about 10 cm long, trimmed and cleaned
- 40g coarsely grated mature Cheddar
- 80g crème fraiche
- green herbs of your choice
- salt and pepper

Pre-heat the oven to gas mark 4, 350°F (180°C).

#### Method

Bake the potatoes, then cut them in half. Carefully scoop out the insides into a large bowl. Add the crème fraiche, herbs, salt and pepper, then mash the mixture together. Spoon the mixture back into the potatoe skins.

Slice the leek in half lengthways and chop into 5mm slices. Sprincke on to of the filled potatoes and add the cheddar on top. Place on a tray and put them back in the oven until the leeks turn brown and the cheese bubbles.

**Serves 2**

## December

### Pork with turnips

#### Ingredients

- 6 small turnips , trimmed and halved
- 1 onion , chopped
- olive oil
- 4 pork chops , fat trimmed if you prefer
- a handful of sage leaves
- 2 oranges , grated zest of 1 and juice of both

#### Method

Heat the oven to 200C/fan 180C/gas 6. Boil the turnips for 5 minutes then drain. Fry the onion in a little olive oil and tip into a baking dish. Add the turnips and season.

Fry the chops briefly in the same pan over a high heat just to colour them and put on top of the onions and turnips, season well. Tuck the sage leaves around the chops and pour over the orange juice and zest. Drizzle over a little more oil and bake for 20-30 minutes or until the chops are cooked through.

**Serves 4**