



What's in Season in October?

COMING IN			
FRUITS	VEGETABLES		SALADS
Cranberry Dates	Jerusalem Artichoke Swede Turnip		
AT ITS BEST			
FRUITS	VEGETABLES		SALADS
Apple Banana Blackberry Damsons Elderberry Pomegranate Quince	Broccoli Brussels Sprouts Cabbage Celeriac Garlic Kale Leek Pak Choi	Parsnip Peas Peppers Pumpkin Runner Beans Salsify Sweet Potato Swiss Chard	Lambs Lettuce Lettuce Radicchio Tomato
GOING OUT OF SEASON			
FRUITS	VEGETABLES		SALADS
Fig Pear Plumb Raspberry	Aubergine Butternut Squash Cavolo Nero Chicory Fennel Globe Artichoke Sweetcorn		Beetroot Radish Rocket Watercress
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