



Spring Selection

	April	May
Vegetables	Broccoli Cabbage Carrots Chicory Leeks Mushrooms Potatoes Spinach	Asparagus Broccoli Cabbage Carrots Chicory Cauliflower Lettuce Mushrooms Potatoes
Fruit	Rhubarb	Rhubarb Strawberries
Meat	Beef Chicken Lamb Pork Red Deer Venison Farmed Venison	Beef Chicken Lamb Pork Red Deer Venison Farmed Venison
Fish	Cockles	Cockles Lemon sole Sardines Sea bass Sea trout
Herbs	Rosemary Watercress Wild garlic	Mint Parsley Watercress Garlic

Information kindly supplied by NFU Scotland.