

[www.wellseasoned.co.uk](http://www.wellseasoned.co.uk)

		winter			spring			summer			autumn		
		Dec.	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.
ALEXANDERS	ⓐ												
BLACKBERRIES	🍃												
COBNUTS	🍃												
CRAB APPLES	ⓐ												
DAMSONS	🍃												
DANDELIONS	🍃												
ELDERBERRIES	🍃												
ELDERFLOWERS	🍃												
HAZELNUTS	🍃												
MARSH SAMPHIRE	ⓐ												
NETTLES	🍃												
PENNY BUN MUSHROOMS (cep)	ⓐ												
ROCK SAMPHIRE	🍃												
ROSEHIPS	ⓐ												
SLOES	🍃												
St. GEORGES MUSHROOMS	ⓐ												
SWEET CHESTNUT	🍃												
WILD CERVIL	ⓐ												
WILD GARLIC	ⓐ												

Our seasonal colours - At Well Seasoned we are passionate about the rich variety of our seasonal produce. Our seasonal colour bars are designed to convey the vibrancy of every season and the foods they bring us!



**KEY:** The Hedgerow Harvest is nearly all Forager rather than Shopper so we've divided this chart into: 🍃 Wild and ⓐ Really Wild - for the eager! Available, but may not be at its seasonal best.