

# SEASONALITY BLOG

# MAY

## Best in season

As spring starts its stride into summer, a larger variety fresh vegetables and herbs become available, including:

Asparagus, broccoli, Jersey royal potatoes, lettuce & salad leaves, purple sprouting broccoli, radishes, rocket, spinach, spring onions, nettles and wild garlic.



## Food of the month

One of my personal favourite seasonal foods is samphire. This delicious sea vegetable grows naturally along UK coasts and you can often forage for it between May and August. Due to its increasing popularity it is also available in supermarkets by the fish counter between the same times, though avoid any that look limp and dull!

This coastal veg hold a salty and fresh taste and should be vibrant, green and crisp. Fresh, it will last several days in the fridge, covering it with a damp cloth will keep it fresher for longer.

The best way to cook Samphire is to:

Wash away dirt

Remove any root or tough stems

Drop into boiling salt water for a few minutes

And then toss in a bit of melted butter, olive oil and black pepper

This vegetable goes perfectly with fish for a light meal.

Go to our website to find out more: [Click here](#)