



seasonal calendar

A handy guide to buying fresh and tasty Scottish produce

compiled by



	january	february	march	april	may	june	july	august	september	october	november	december
VEGETABLES	Beetroot Broccoli Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Parsnip Potatoes Turnips	Beetroot Broccoli Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Potatoes	Broccoli Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Potatoes Radishes	Broccoli Cabbage Carrots Chicory Leeks Mushrooms Potatoes Spinach	Asparagus Broccoli Cabbage Carrots Chicory Cauliflower Lettuce Mushrooms Potatoes	Asparagus Broad beans Cauliflower Cabbage Carrots Celery Courgettes Lettuce Mushrooms Onions Potatoes Runner beans	Beetroot Broad beans Broccoli Cauliflower Cabbage Carrots Celery Courgettes French beans Lettuce Mushrooms Onions Peas (shell) Peas (sugar snap) Potatoes Runner beans Shallots	Aubergines Beetroot Broccoli Cauliflower Cabbage Carrots Celery Courgettes French beans Lettuce Mushrooms Onions Peas (shell) Potatoes Runner beans Shallots	Beetroot Broccoli Cabbage Carrots Cauliflower Chicory French beans Leeks Lettuce Mushrooms Onions Parsnips Potatoes Shallots Summer squash Turnips	Beetroot Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celeriac Celery Chicory Courgettes Kale Lettuce Mushrooms Onions Parsnips Potatoes	Beetroot Brussels sprouts Cabbage Carrots Celery Chestnuts Chicory Leeks Mushrooms Parsnips Potatoes Pumpkin Squash	Beetroot Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Onions Parsnips Potatoes Squash Turnips
FRUIT	Forced Rhubarb Pears			Rhubarb	Rhubarb Strawberries	Gooseberries Raspberries Strawberries Tayberries Rhubarb Redcurrants	Blackcurrants Gooseberries Loganberries Raspberries Redcurrants Strawberries Tomatoes Rhubarb Blueberries	Blackberries Blueberries Gooseberries Raspberries Strawberries	Blackberries Blueberries Damsons Plums Pears Raspberries Strawberries	Apples Elderberries Pears	Apples Pears	Apples Pears
MEAT	Beef, Lamb, Pork, Chicken Partridge, Duck, Pheasant, Rabbit, Red Deer, Hare, Guinea Fowl, Venison, Farmed Venison	Beef, Lamb, Pork, Chicken, Duck, Guinea Fowl, Red Deer, Rabbit, Venison, Hare, Farmed Venison	Beef Lamb Pork Chicken Hare Venison Farmed Venison	Beef Lamb Pork Chicken Venison Farmed Venison	Beef Lamb Pork Chicken Venison Farmed Venison	Beef Lamb Pork Chicken Duck Venison Farmed Venison	Beef Lamb Pork Chicken Red Deer Farmed Venison	Beef Lamb Pork Chicken Red Deer Rabbit Grouse Other Game Birds Farmed Venison	Beef, Lamb, Pork, Chicken Duck, Grouse, Partridge, Hare, Red Deer, Rabbit, Guinea Fowl, Other Game Birds Farmed Venison	Beef, Lamb, Chicken, Pork, Chicken, Grouse, Guinea Fowl, Partridge, Pheasant, Duck, Red Deer, Hare, Rabbit, Farmed Venison	Beef, Lamb, Pork, Chicken, Partridge, Duck, Grouse, Hare, Guinea Fowl, Red Deer, Farmed Venison, Pheasant	Beef, Lamb, Pork, Chicken, Partridge, Duck, Pheasant, Hare, Guinea Fowl, Red Deer, Rabbit, Farmed Venison
HERBS			Mint Parsley Sorrel Watercress Wild Garlic	Rosemary Watercress Wild garlic	Mint Parsley Watercress Garlic	Parsley Watercress Garlic	Fennel Garlic Sage Watercress Parsley	Basil Garlic Watercress Parsley	Garlic Watercress Parsley Basil	Parsley		
OTHER	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains	Milk, Eggs Oats and other grains

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SCOTCH BEEF STROGANOFF

SHOPPING LIST:

1lb Scotch beef fillet	salt, pepper and a pinch of curry powder
1 large onion	4oz mushrooms
4oz butter	1 tbsp. flour
1/2 pt sour cream	1 tbsp. tomato puree
1/2 tsp. wholegrain mustard	1 tbsp. Brandy

TO COOK:

Slice beef into thin strips and dust in the salt/pepper/curry powder. Leave for an hour.
Slice the onion and mushrooms and fry in the butter until soft.
Fry the strips of steak for two to three minutes and add to the mushrooms and onions.
Blend in the flour, tomato puree and sour cream with the mustard and cook gently.
Warm the Brandy and add to the beef.
Cook gently for a further 20 minutes and serve with rice.



SCRAMBLED EGGS WITH SCOTTISH SMOKED SALMON

SHOPPING LIST:

2 eggs per person	Flaky smoked Scottish salmon
A little cream	A knob of butter
Crusty bread	

TO COOK:

Whisk the eggs and add a dash of cream (this is a good way of using up leftover cream).

Melt the butter gently in a non-stick pan.

Add the eggs and stir until cooked.

Serve with the flaky smoked salmon and crusty bread.



SPECIALLY SELECTED PORK CHOPS

SHOPPING LIST:

4 lean thick Specially Selected Pork chops
3 cloves of garlic
Sage leaves
Cracked black pepper
Juice and rind of one lemon
2 tablespoonfuls of olive oil

TO COOK:

Crush together garlic, black pepper and roughly chopped sage leaves. Add to this the olive oil, lemon juice and rind to make the marinade.
Add the pork chops to the mixture. Cover and leave to marinate for anything from 10 minutes up to 2 hours if you have the time. Cook chops on a preheated grill or griddle pan for 6-8 minutes each side or until cooked. Allow pork to rest for a few minutes before serving.
Serve with salad and chunky chips or alongside seasonal roast vegetables.



FRUIT PIE

FOR THE FILLING:

Mix 2lbs frozen or fresh brambles, redcurrants, blackcurrants, diced apple and raspberries together. Add 2 tablespoons of sugar and cook until soft. Drain off the juice and add 3oz of cornflour.

FOR THE PASTRY:

Bind 4oz self raising flour and 4 oz plain flour, add water and chill for 30 minutes.

Line an 8-inch pie dish, add the fruit and top with the pastry. Bake for 30 minutes at 175c. Enjoy!



SPICY POTATO WEDGES WITH SOUR CREAM

SHOPPING LIST (SERVES 6):

1 tbs ground cumin	1 tbs ground coriander
1 tbs paprika	½ tsp chilli powder
¼ cup light olive oil	1kg medium potatoes, scrubbed
Sea salt	1 tbs chopped coriander
Sour cream and sweet chilli sauce, to serve	

TO COOK:

Preheat oven to 200°C. Line base of a large baking dish with non-stick baking paper. Combine spices in a large bowl. Add oil and mix well. Cut each potato into 6 wedges, add to bowl and toss to coat with spices. Arrange potato wedges in a single layer in a large baking dish. Sprinkle generously with sea salt. Bake for 40-45 minutes until tender and crisp. Transfer to a large serving bowl and enjoy with Sour cream and/or sweet chilli dip.



STOVIES

Beef is used in this recipe but stovies can be made with any meat and is a great way of using up leftovers.

SHOPPING LIST:

2 tablespoons dripping	1½lbs tatties, sliced
1 onion chopped	2 carrots sliced
½ a small turnip, chopped	2 tablespoons stock or meat jelly
4 oz Scotch Beef, cooked	Salt & pepper
Beef Stock	

TO COOK:

Melt the dripping in a large pan and cook the chopped onion until it is soft and golden brown.
Add the sliced tatties and mix them thoroughly with the onions and dripping. Add the carrots and turnip and mix through.
Heat the stock or meat jelly and pour over the vegetables.
Add the chopped cooked beef and mix with the vegetables.
Season with salt and paper. Cover and cook over a low heat for 30 minutes or until the tatties are soft and floury.

