



Seasonal Eating Guide
Autumn
Edition

apples, damsons, medlars, pears,
quince, plums, chestnuts, elderberries,
artichoke, aubergine, beetroot, broccoli, leeks,
butternut squash, carrots, celery, courgette,
fennel, garlic, kale, celeriac, potatoes,
turnips, watercress, onions, kohlrabi,
pumpkin, artichoke, jerusalem artichoke,
parsnips, chicory, beetroot, cauliflower

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Start your day with spiced porridge studded with fresh plums and dried figs *

Snack on carrot and celery sticks with a cannellini bean dip

Roast a batch of parsnips and make a chestnut, parsnip and orange soup *

Add a little bit of butter and a grating of nutmeg to mashed cauliflower as a side dish or an alternative cottage pie topping

Grate a pear into hot porridge and top with chopped walnuts and maple syrup

Saute leek and celery in olive oil. Add a couple of bay leaves, thyme and chunks of peeled and chopped potato and Jerusalem artichoke. Cover with vegetable stock, simmer and blend into a soup. Top with mixed seeds and freshly ground black pepper.

Bake plums in honey and cinnamon and serve with yogurt or crème fraiche *

Cube butternut squash and roast in the oven. Add watercress, chickpeas, hazelnuts and feta for a delicious salad *

Saute a little sliced garlic and chilli in olive oil, add thinly sliced kale and cook briefly for an easy side dish. Top with a poached egg for something more substantial

Griddle sliced tofu until crispy on the outside and serve in a wholegrain sandwich with harissa paste and slices of cooked pumpkin

Bake good quality sausages with sliced parsnips, apple and rosemary, drizzled with olive oil

Top fresh fish with julienne carrots, leeks and courgettes and sliced chilli and ginger. Bake or steam in a foil parcel with a splash of lime juice or white wine.

Stir-fry tofu, broccoli and chopped pecans with a chilli, soy and honey sauce and serve with brown rice

Make an autumnal oat thickie with cooked plums or damsons, apple juice, yogurt and honey

Roast parsnips in olive oil, honey and thyme

Bake fennel in a close fitting roasting dish with red onion, garlic, sage and a splash of stock. Season well and blend the cooked vegetables with a dollop of natural yogurt to make a simple sauce for pasta. Top with roasted pine nuts and grated parmesan.

Save any leftover butternut squash to use in muffins and cake bites *

Roast florets of cauliflower in cumin and olive oil. Toss the cooked florets with chickpeas, lemon juice and chopped green chilli for an easy lunchtime salad

Make a mezze plate with pears, walnuts and wensleydale cheese. Drizzle lightly with chestnut honey

Simmer quince in hot water with honey, lemon juice and bay leaf. Serve with a pork chop and a courgette pilaff *

Concoct a hearty vegetable stew with kidney beans, canned tomatoes, celery, pumpkin and kale, seasoned with smoked paprika and dried oregano