



FOODS FOR SEPTEMBER

Food shopping is a time consuming task, and not knowing what to buy when you get there can be overwhelming and ultimately expensive. However, purchasing seasonal foods is a healthy and cost effective way to approach food shopping. Grocery stores tend to stock up on seasonal items because they are plentiful, making them less expensive for you.

Why should you eat in-season foods?

- You will gain better nutrition
- It makes environmental sense
- You will save money
- Foods will taste better

firstly, have a look at the fruits, vegetables, meat, game, fish and seafood that are all in-season for September below.

Take a look at our [recipe library](#) for inspiration on cooking with in-season foods!

FRUIT & NUTS

Apple	Apricot	Banana	Blackberry	Damson
Elderberry	Fig	Grapes	Gooseberry	Loganberry
Nectarine	Peach	Pear	Plum	Pomegranate
Raspberry	Redcurrant	Strawberry	Tomato	

VEGETABLES

Artichoke	Aubergine	Beetroot	Butternut squash	Broad bean
Broccoli	Cabbage	Carrot	Cavolo nero	Celeriac
Celery	Courgette	Cucumber	Fennel	French beans
Garlic	Kale	Kohlrabi	Lamb's lettuce	Leek
Lettuce	Marrow	Onion	Pak choi	Parsnip
Peas	Pepper	Potatoes	Pumpkin	Radicchio
Radish	Rocket	Runner bean	Shallot	Spinach
Spring onion	Sweetcorn	Turnip	Swiss chard	Watercress

MEAT & GAME

Beef	Chicken	Duck	Goose	Grouse
Guinea fowl	Lamb	Pheasant	Pork	Turkey
Venison				

FISH & SEAFOOD

Clams	Cod	Crab	Halibut	Kipper
Mackerel	Oyster	Salmon	Shrimp	Squid
Turbot	Whiting	Whelks		

FRESH HERBS

Chervil

Garlic

Mint

Sorrel

Thyme

For full details of our Employee Nutrition Services, and to chat through how this may be implemented in your workplace, please call Anna on 07778 218009.

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