Fruit in Season in May

Rhubarb

Vegetables in Season in May

Asparagus
Broccoli
Carrots
Cauliflower
Cucumber
Lettuce (Lamb's and Curly)
Peas
Potatoes (Jersey Royal New Potatoes)
Radish
Rocket
Samphire
Spinach
Spring Onions
Watercress
Wild Nettles

Herbs in Season in May

Basil
Chervil
Chives
Coriander
Dill
Mint
Nasturtium
Oregano
Parsley
Rosemary
Sage
Sorrel
Tarragon

Recipe Ideas / Notes

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