

what's optimum in october ?
why is it good now?
and what shall I do with it?

Riverford
farm shop



calabrese broccoli

the most popular of vegetables, thanks partly to purported health benefits, usually imported from spain but in season in the uk from july to october

best when fresh with beautiful florets but don't forget the stalk - peeled and trimmed, it's better than asparagus

good as a side dish, gratin or pasta sauce with garlic, chilli, anchovies and parmesan

squash

we know about butternut squash but onion, kabocha, sugar pumpkin and crown prince all have as much, or more taste if in doubt, start by baking it in wedges to intensify the flavour good with sage, thyme, chilli, nutmeg, red onion, pork, cheese, nuts etc

and in soups, curries, pies, mash or as a side dish



chestnut mushrooms

we take them for granted but they are now at their seasonal best chestnut, as opposed to white, button mushrooms are the cook's mushroom with stronger, nutty flavour and a low water content so they don't shrink during cooking

sautéing really brings out their flavour, pair with beef or venison in a warming stroganoff or bourguignon, or with chicken in a coq au vin, or roast with a stuffing of garlic butter, herbs and crumbs



turnips

they might not sound too groovy (thank you baldrick) but we've been eating them for thousands of years - before potatoes crossed the atlantic they were an indispensable staple

they have a mild mustard leaf flavour which gets stronger during cooking

in france they're braised or sautéed, in the middle east and japan they're pickled, in china they're roasted with a sweet glaze - in britain we boil and mash them



venison

embrace autumn by cooking up some rich dishes with this, most seasonal and natural of meats

our grass fed red deer comes from local extensive family farms and follow natural breeding cycles

good as a richer alternative to beef; in pies, stroganoff and chilli with dark chocolate

our venison sausages are also particularly good in casseroles and cassoulet

