

# Seasonal food guide

This is when fruit and veg are in season and at their tastiest and cheapest

	January	February	March	April	May	June	July	August	September	October	November	December
APPLES							✓	✓	✓	✓		
ASPARAGUS					✓	✓						
AUBERGINES							✓	✓	✓			
BROCCOLI	✓	✓	✓	✓						✓	✓	✓
BLACKBERRIES									✓	✓		
BLUEBERRIES							✓	✓	✓			
CARROTS	✓	✓					✓	✓	✓	✓	✓	✓
CAULIFLOWER	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
CELERY							✓	✓	✓	✓		
COURGETTE						✓	✓	✓	✓			
CUCUMBER				✓	✓	✓	✓	✓	✓			
KALE	✓	✓	✓	✓					✓	✓	✓	✓
LEEK	✓	✓	✓	✓							✓	✓
LETTUCE					✓	✓	✓	✓	✓			
MUSHROOMS									✓	✓	✓	
PLUMS								✓	✓			
PEARS	✓									✓	✓	✓
POTATOES										✓	✓	✓
RASPBERRIES							✓	✓				
STRAWBERRIES						✓	✓	✓				
SPINACH					✓	✓	✓	✓	✓	✓		
SQUASH/PUMPKINS									✓	✓		
SWEETCORN								✓	✓	✓		
TOMATOES						✓	✓	✓	✓	✓		



# Food for thought

Recipes for the mind,  
wallet and planet

This is **MySurrey.**

## Go green in October

### Aubergine and tomato pasta (2 portions)

Est time 25mins.

#### Ingredients

- 250 g pasta
- 2 tablespoons olive oil
- 1 aubergine, cubed
- 4 cloves garlic, finely chopped
- 1 can of diced tomatoes
- Basil, finely chopped



#### Method

1. Add oil to a wide pan on medium-high heat. Let it get hot. Add the aubergine and sprinkle with salt, cook for 5 minutes. If the aubergine starts to look too dry, add a bit of water.
2. Once the cubes are a little brown on all sides, add the garlic and stir. Add the tomatoes and cook for about 15 minutes, stirring occasionally. Again, if it looks too dry, add a bit of water. Everything will shrink up and become a sort of loose, thick sauce. Add basil and stir.
3. In a separate pot, bring water to boil and add salt, add pasta and cook according to the packaging.
4. Once the pasta is cooked, drain it and add it to the saucepan. Toss everything together, then turn off the heat. Add salt and pepper. Serve with a pinch of basil.

## Noodle November

### Broccoli and peanut noodles (2 portions)

Est time 15mins.

#### Ingredients

- 360 g broccoli florets, chopped
- 1 diced onion
- ½ tablespoon olive/sesame oil
- 3 tablespoons peanut butter
- 3 tablespoons soy sauce
- 150 g noodles



#### Method

1. Cook noodles according to package, then rinse in cold water.
2. Add oil to a wide pan on medium-high heat. Add onion and broccoli, fry for 5 minutes until broccoli is tender and starting to brown.
3. For sauce, combine the peanut butter and the soy sauce in a bowl and stir until smooth.
4. Once the broccoli is done, combine with noodles and sauce in pan. Mix until well combined and serve.

#### Dessert

For dessert ideas, such as Pumpkin Pie and Cinnamon baked Pears, see our recipes on the Sustainability section of [MySurrey: my.surrey.ac.uk](http://my.surrey.ac.uk)