

# WHAT'S IN SEASON

THIS

# Autumn



Our Little House  
in the Country

A seasonal guide to fruit, vegetables, herbs  
and wholesome ingredients to enjoy  
throughout the autumn months.

## FRUIT



### APPLES

Crisp, sweet  
and perfect for  
baking, pies  
and crumbles.



### PEARS

Juicy and  
fragrant – ideal  
for roasting or  
eating fresh.



### BLACKBERRIES

Wild and  
wonderfully juicy.  
Great in crumbles,  
jams and bakes.



### PLUMS

Sweet and tart  
– lovely for  
baking and  
preserves.



### GRAPES

Beautiful in  
autumn – enjoy  
fresh or roasted  
in desserts.



### QUINCES

Perfumed and  
perfect for  
jelly, paste  
and baking.

## VEGETABLES



### PUMPKIN & SQUASH

Comforting and  
versatile – soups,  
roasts, pies  
and more.



### CARROTS

Sweet and earthy –  
perfect for roasting  
or adding to  
hearty stews.



### ROOT VEGETABLES

Parsnips, swedes,  
celeriac, turnips  
and beetroots.



### CABBAGE & GREENS

Savoy, red cabbage,  
kale and Brussels  
sprouts are at  
their best.



### LEEKS

Mild and  
flavourful –  
wonderful in  
soups and quiches.



### MUSHROOMS

Wild or  
cultivated –  
perfect in risottos,  
pasta and soups.

## HERBS



**THYME**  
Earthy and  
warming.



**ROSEMARY**  
Aromatic and  
robust.



**SAGE**  
Soft and  
soothing.



**PARSLEY**  
Fresh and  
versatile.



**BAY LEAVES**  
Add depth to  
soups, stews  
and casseroles.

## FORAGING FAVOURITES



**BLACKBERRIES**  
Abundant in  
hedgerows.



**ROSEHIPS**  
Perfect for  
teas and  
preserves.



**HAZELNUTS**  
For baking,  
snacking and  
homemade  
treats.



**ELDERBERRIES**  
Make delicious  
syrups, jellies  
and cordials.

## PANTRY STAPLES



**PULSES & LEGUMES**  
Lentils, beans  
and chickpeas  
for hearty,  
warming meals.



**FLOUR**  
For baking  
bread, cakes  
and comforting  
treats.



**OLIVE OIL**  
A kitchen  
essential for  
everyday  
cooking.



**OATS**  
Perfect for  
porridge,  
baking and  
granola.



**NUTS**  
Walnuts, almonds,  
hazelnuts –  
great for baking  
and snacking.



**HONEY**  
Natural sweetness  
for teas, bakes  
and autumn  
favourites.



**WARMING SPICES**  
Cinnamon, nutmeg,  
cloves and ginger  
bring cosy flavours  
to every dish.

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[ourlittlehouseinthecountry.com](http://ourlittlehouseinthecountry.com)