



spring

MARKET SHOPPING LIST



STEPHANIE ALEXANDER'S PICKS: OCTOBER



RHUBARB

Goes with ...
Brown sugar
Cinnamon
Almonds
Pastry



ASPARAGUS

Goes with ...
Chives
Cream
Smoked salmon



CARROTS

Go with ...
Green Peas
Cumin
Butter
Chicken



BROAD BEANS

Go with ...
Parmesan cheese
Potatoes
Olive oil



GREEN PEAS

Go with ...
Leeks
Mint
Ham



SALAD GREENS

Go with ...
Pears
Beetroot
Feta

FRESH PRODUCE

DAIRY

BREADS & CEREALS

MEATS

PANTRY ITEMS

MISCELLANEOUS
