



Tasty seasonal

In season...

Blackcurrants

Not only do they have deep purple good looks and a fabulous flavour, the humble blackcurrant is also bursting with healthy antioxidants, including vitamin C. Visit blackcurrantfoundation.co.uk for mouthwatering summer recipes, including Blackcurrant Pavlova and Blackcurrant Sorbet. The average price per punnet is around £2 to £3.