

SEASONAL FOODS IN THE MESOLITHIC

Examples	Spring Feb-May	Summer May-Aug	Autumn Aug-Nov	Winter Nov-Feb
roots	bulrush, sea beet	cattail, sea beet	cattail, sea beet, sea kale	sea beet, sea kale
honey	honey	honey		
birds eggs	duck, goose, swan	duck, swan		
fish	eel, salmon	eel, salmon	cod, eel, pike, salmon	cod, eel, pike
fowl	pigeon	pigeon	duck, goose, grouse, pigeon	duck, goose, grouse, pigeon
mammal	boar, deer, hare	boar, hare	boar, deer, hare	boar, deer, hare
shellfish	cockle, limpet, mussel, oyster, scallop, whelk	scallop, whelk	cockle, limpet, mussel, oyster, scallop, whelk	cockle, limpet, mussel, oyster, scallop, whelk
other meats	lobster	crab, lobster, prawns	crab, crayfish, lobster, prawns	crayfish
nuts			acorn, hazel	
seeds		yellow water lily		
berries		bilberry, elderberry, raspberry, strawberry	bilberry, blackberry, elderberry, raspberry, strawberry	
fruit			crab apple, sloe	
leaves and flowers	chickweed, dandelion, nettle, sea kale, sorrel, wild garlic	chickweed, dandelion, nettle, sea kale, wild garlic	chickweed, dandelion, nettle	chickweed, dandelion
seaweed	carrageen, dulse, kelp, laver	carrageen, kelp, laver	kelp, laver	kelp, laver
fungi	morel	bolete, morel, mushroom, puffball	blewit, bolete, cep, mushroom, puffball	blewit