



FEEL  
THE  
BENEFIT



# Seasonal Calendar VEGETABLES



Asparagus				APR	MAY	JUN	JUL					
Aubergines				APR	MAY	JUN	JUL	AUG	SEP			
Beetroot	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	
Broad Beans					MAY	JUN	JUL	AUG	SEP			
Broccoli (green)					MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Broccoli (Purple Sprouting)	JAN	FEB	MAR	APR						OCT	NOV	DEC
Brussel Sprouts	JAN	FEB	MAR					AUG	SEP	OCT	NOV	DEC
Cabbage	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Carrots	JAN	FEB	MAR	APR		JUN	JUL	AUG	SEP	OCT	NOV	DEC
Cauliflower	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Celeriac	JAN	FEB	MAR						SEP	OCT	NOV	DEC
French Beans					MAY	JUN	JUL	AUG	SEP	OCT		
Kale	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC
Kohl-Rabi							JUL	AUG	SEP	OCT	NOV	
Leeks	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC
Mangetout						JUN	JUL	AUG	SEP	OCT		
Marrows							JUL	AUG	SEP	OCT	NOV	
Mushrooms	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Onions	JAN	FEB	MAR	APR	MAY		JUL	AUG	SEP	OCT	NOV	DEC
Pak Choi	JAN			APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Parsnips	JAN	FEB	MAR	APR			JUL	AUG	SEP	OCT	NOV	DEC
Peas						JUN	JUL	AUG	SEP	OCT		
Potatoes (Main Crop)	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Potatoes (New Season)					MAY			AUG				
Rhubarb			MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT		
Runner Beans						JUN				OCT		
Shallots					MAY				SEP			
Spinach				APR							NOV	
Swedes	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Sweetcorn												
Turnips	JAN	FEB	MAR		MAY							



In season



Coming in or out of season



From storage

# Fruit



## Seasonal Calendar

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples (cooking)												
Apples (eating)												
Blackberries												
Blackcurrants												
Blueberries												
Loganberries												
Raspberries												
Strawberries												
Tayberries												

# Salads

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Celery												
Courgettes												
Cucumbers												
Lettuce (Iceberg)												
Lettuce (Lollo Rosso)												
Lettuce (Red Oakleaf)												
Lettuce (Round)												
Peppers												
Radish												
Scallions												
Tomatoes												

# Herbs



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Basil												
Chives												
Coriander												
Dill												
Fennel												
Mint												
Parsley												
Sage												
Thyme												



In season



Coming in or out of season



From storage