

Seasonal Food Chart

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus				✓	✓	✓						
Aubergine						✓	✓	✓	✓			
Apples	✓								✓	✓	✓	✓
Beetroot	✓					✓	✓	✓	✓	✓	✓	✓
Blackberries									✓	✓		
Blueberries						✓	✓	✓				
Broad Beans						✓	✓	✓				
Broccoli				✓	✓	✓	✓	✓	✓	✓		
Brussels Sprouts	✓	✓										✓
Butternut Squash									✓	✓	✓	
Carrots					✓	✓	✓	✓	✓			
Cauliflower	✓	✓	✓								✓	✓
Celery	✓								✓	✓	✓	✓
Cherries						✓	✓	✓				
Courgettes						✓	✓	✓	✓			
Cucumber								✓	✓			
Fennel						✓	✓	✓	✓	✓		
French Beans						✓	✓	✓	✓			
Garlic						✓	✓	✓	✓	✓		
Gooseberries						✓	✓					
Horseradish	✓								✓	✓	✓	✓
Kale	✓	✓	✓						✓	✓	✓	✓
Leeks	✓	✓	✓						✓	✓	✓	✓
Lettuce				✓	✓	✓	✓	✓	✓	✓		
Mangetout						✓	✓	✓	✓			
Mushrooms								✓	✓	✓	✓	✓
Nettles			✓	✓	✓	✓	✓					
New Potatoes					✓	✓	✓					
Onions						✓	✓	✓	✓			
Parsnips	✓	✓								✓	✓	✓
Pears	✓								✓	✓	✓	✓
Peas					✓	✓	✓	✓				
Peppers								✓	✓			
Plums								✓	✓			
Potatoes	✓	✓						✓	✓	✓	✓	✓
Pumpkin									✓	✓	✓	
Radishes				✓	✓	✓	✓	✓	✓	✓		
Raspberries								✓	✓			
Redcurrants								✓	✓			
Rhubarb	✓	✓	✓	✓	✓							
Rocket				✓	✓	✓	✓	✓	✓	✓		
Runner Beans						✓	✓	✓	✓	✓		
Samphire				✓	✓	✓	✓					
Shallots	✓	✓							✓	✓	✓	✓
Spinach			✓	✓	✓	✓	✓					
Spring Onions			✓	✓	✓	✓	✓	✓	✓			
Strawberries						✓	✓	✓				
Swede	✓	✓	✓							✓	✓	✓
Sweetcorn								✓	✓	✓		
Tomatoes						✓	✓	✓	✓	✓		
Turnips	✓	✓				✓	✓	✓	✓	✓	✓	✓
Watercress				✓	✓	✓	✓	✓	✓	✓	✓	