

BRITISH

SEASONALITY TABLE of VEGETABLES

...and a few others!



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Asparagus					✓	✓	✓					
Aubergine					✓	✓	✓	✓	✓	✓		
Beetroot	✓						✓	✓	✓	✓	✓	✓
Broccoli							✓	✓	✓	✓		
Brussels sprouts	✓	✓	✓							✓	✓	✓
Cabbage	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Carrot					✓	✓	✓	✓	✓			
Cauliflower	✓	✓	✓	✓								✓
Celery	✓	✓					✓	✓	✓	✓	✓	✓
Courgette						✓	✓	✓	✓			
Kale	✓	✓							✓	✓	✓	✓
Leek	✓	✓	✓						✓	✓	✓	✓
Lettuce				✓	✓	✓	✓	✓	✓	✓	✓	✓
Marrow							✓	✓	✓			
New potatoes				✓	✓	✓	✓					
Pak choi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Parsnip	✓	✓	✓						✓	✓	✓	✓
Peas				✓	✓	✓	✓	✓	✓	✓	✓	
Pepper		✓	✓	✓	✓	✓	✓	✓	✓	✓		
Potato			✓	✓	✓	✓	✓					
Pumpkin									✓	✓	✓	✓
Radish				✓	✓	✓	✓	✓	✓	✓		
Runner bean						✓	✓	✓	✓	✓	✓	
Spinach			✓	✓	✓	✓	✓	✓	✓			
Spring greens			✓	✓	✓	✓						
Spring onion	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Swede	✓	✓								✓	✓	✓
Sweet potato	✓	✓	✓							✓	✓	✓
Sweetcorn								✓	✓			
Tomato					✓	✓	✓	✓	✓	✓		
Turnip	✓	✓								✓	✓	✓



BRITISH

SEASONALITY TABLE of FRUIT



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Apple	✓	✓							✓	✓	✓	✓
Apricot					✓	✓	✓	✓	✓			
Banana	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Blackberry							✓	✓	✓	✓		
Blackcurrants					✓	✓	✓					
Cherry						✓	✓					
Clementine	✓	✓									✓	✓
Cranberry										✓	✓	✓
Date	✓									✓	✓	✓
Fig							✓	✓	✓	✓		
Gooseberry						✓	✓	✓	✓			
Grapefruit	✓	✓	✓	✓	✓							✓
Lemon	✓	✓	✓									
Nectarine					✓	✓	✓	✓	✓			
Orange	✓	✓	✓									
Peach							✓	✓	✓			
Pear	✓								✓	✓	✓	✓
Plum								✓	✓	✓		
Pomegranate	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry						✓	✓	✓	✓			
Redcurrant						✓	✓	✓	✓			
Rhubarb	✓	✓	✓	✓	✓	✓						
Strawberry					✓	✓	✓	✓	✓			
Watermelon			✓	✓	✓	✓	✓	✓				

WHY EAT SEASONAL FOOD?

SAVE MONEY

By eating seasonally you can save money off your food bill as it's much cheaper to produce and sell in season fruit and veg.

FRESHER FOOD

Many out of season food is bought in from abroad so when buying seasonal you get locally sourced product from field to door in the shortest time possible.

BETTER FLAVOUR

Fruit and vegetables that are in season are at their peak and flavoured more naturally than out of season produce meaning an all round better taste and less chemicals.

MORE VARIETY IN YOUR DIET

Following our seasonal charts you may find yourself trying fruit and vegetables you usually wouldn't. It's a great way to keep your meals varied.