

BRITISH FRUIT

A SEASONAL GUIDE

JANUARY

Apples, Pears,
Peppers

FEBRUARY

Apples, Pears,
Peppers

MARCH

Apples, Peppers

APRIL

Apples, Peppers

MAY

Apples, Peppers,
Raspberries,
Strawberries

JUNE

Apples,
Blackcurrants, Broad
beans, Cherries,
Gooseberries,
Peppers, Plums,
Potatoes, Radishes,
Raspberries,
Strawberries,
Tomatoes

JULY

Apples, Apricots,
Blackberries,
Blackcurrants,
Blueberries, Cherries,
Gooseberries,
Peppers, Plums,
Raspberries,
Strawberries,
Tomatoes

AUGUST

Apples, Apricots,
Blackberries,
Blackcurrants,
Blueberries,
Gooseberries,
Peppers, Plums,
Raspberries,
Strawberries,
Tomatoes

SEPTEMBER

Apples, Apricots,
Blackberries,
Blueberries,
Gooseberries, Pears,
Peppers, Plums,
Raspberries,
Strawberries,
Tomatoes

OCTOBER

Apples, Apricots,
Blackberries, Pears,
Peppers, Plums,
Raspberries,
Strawberries,
Tomatoes

NOVEMBER

Apples, Pears,
Peppers, Plums,
Raspberries

DECEMBER

Apples, Pears,
Peppers

BRITISH VEGETABLES

A SEASONAL GUIDE

JANUARY

Aubergines, Beetroot, Brussels sprouts, Cabbages, Carrots, Cauliflowers, Celeriac, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Rhubarb

FEBRUARY

Aubergines, Beetroot, Brussels sprouts, Cabbages, Carrots, Cauliflowers, Celeriac, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Rhubarb, Swedes, Turnips

MARCH

Aubergines, Beetroot, Brussels sprouts, Cabbages, Carrots, Cauliflowers, Celeriac, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Rhubarb, Swedes

APRIL

Asparagus, Aubergines, Beetroot, Brussels sprouts, Cabbages, Carrots, Cauliflowers, Celeriac, Leeks, Lettuce, Mushrooms, Onions, Parsnips, Potatoes, Radishes, Rhubarb, Rocket, Spring Onions, Swedes

MAY

Asparagus, Aubergines, Beetroot, Broad beans, Cabbages, Carrots, Cauliflowers, Celeriac, Lettuce, Mushrooms, Onions, Potatoes, Radishes, Rhubarb, Rocket, Spinach, Spring onions, Swedes, Watercress

JUNE

Asparagus, Aubergines, Beetroot, Broad beans, Broccoli, Cabbages, Carrots, Cauliflowers, Celery Courgettes, Fennel, Lettuce, Mushrooms, Onions, Peas, Potatoes, Radishes, Rhubarb, Rocket, Spinach, Spring onions, Swedes, Turnips, Watercress

JULY

Aubergines, Beetroot, Broad beans, Broccoli, Cabbages, Carrots, Cauliflowers, Celery, Courgettes, Cucumbers, Fennel, Lettuce, Marrows, Mushrooms, Onions, Parsnips, Peas, Potatoes, Radishes, Rhubarb, Rocket, Runner beans, Spinach, Spring onions, Swedes, Sweetcorn

AUGUST

Aubergines, Beetroot, Broad beans, Broccoli, Brussels sprouts, Cabbages, Carrots, Cauliflowers, Celery, Courgettes, Cucumbers, Fennel, Leeks, Lettuce, Marrows, Mushrooms, Onions, Parsnips, Peas, Potatoes, Radishes, Rhubarb, Rocket, Runner beans, Spinach, Spring onions, Swedes, Sweetcorn, Turnips, Watercress

SEPTEMBER

Aubergines, Beetroot, Broad beans, Broccoli, Brussels sprouts, Butternut squash, Cabbages, Carrots, Cauliflowers, Celery, Courgettes, Cucumbers, Fennel, Leeks, Lettuce, Marrows, Mushrooms, Onions, Parsnips, Peas, Potatoes, Pumpkins, Radishes, Rhubarb, Rocket, Runner beans, Spinach, Spring onions, Swedes, Sweetcorn, Turnips, Watercress

OCTOBER

Aubergines, Beetroot, Broccoli, Brussels sprouts, Butternut squash, Cabbages, Carrots, Cauliflowers, Celery, Courgettes, Fennel, Leeks, Lettuce, Marrows, Mushrooms, Onions, Parsnips, Potatoes, Pumpkins, Radishes, Rhubarb, Rocket, Runner beans, Spinach, Spring onions, Swedes, Sweetcorn, Turnips, Watercress

NOVEMBER

Aubergines, Beetroot, Brussels sprouts, Butternut squash, Cabbages, Carrots, Cauliflowers, Celeriac, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkins, Spring onions, Swedes, Turnips, Watercress

DECEMBER

Aubergines, Beetroot, Brussels sprouts, Cabbages, Carrots, Cauliflowers, Celeriac, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkins, Swedes, Turnips