

# WHAT'S IN SEASON

Vegetable or Herb

Fruit

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Apples								Apples			
			Asparagus								
		Aubergine									
Beetroot						Beetroot					
					Blackberries						
					Blackcurrants						
						Blueberries					
				Broad Beans							
					Broccoli						
Brussel Sprouts							Brussel Sprouts				
								Butternut Squash			
Cabbages											
Carrots											
Cauliflower											
Celeriac									Celeriac		
					Celery						
					Cherries						
					Courgettes						
Cucumber											
					Fennel						
					Gooseberries						
Leeks							Leeks				
				Lettuce							
						Marrows					
Onions											
Parsnips						Parsnips					
Pears								Pears			
					Peas						
		Peppers									
			Plums								
Potatoes											
								Pumpkins			
			Radishes								
				Raspberries							
					Redcurrants						
Rhubarb											
			Rocket					Rocket			
						Runner Beans					
				Spinach							
			Spring Onions								
			Strawberries								
Swedes											
	Tomatoes					Sweetcorn					
Turnips					Turnips						
			Watercress								