

SEASONAL FRUIT & VEG

BRITISH SEASONAL CALENDAR

It's a really good idea to buy food that's in season whenever you can. It tastes better and tends to be cheaper than food that's travelled thousands of miles to get to you.

If you're unsure of what's in season when then use this chart as a rough guide and, for a really in-depth guide to lots of British seasonal food, check out this great little website, www.eattheseasons.com.

Imported or farmed produce such as bananas, citrus fruit, salad leaves, onions, cauliflower, cabbages, store carrots and store potatoes are available year round.

Beef, pork and chicken are also available throughout the year but it's worth mentioning that British lamb is seasonal and at its best from April until September.

JANUARY	FEBRUARY
Fruit	Fruit
<ul style="list-style-type: none"> • Forced rhubarb 	<ul style="list-style-type: none"> • Forced rhubarb
Vegetables	Vegetables
<ul style="list-style-type: none"> • Celeriac • Parsnips • Purple sprouting broccoli • Kale • Leeks • Swede 	<ul style="list-style-type: none"> • Celeriac • Parsnips • Purple sprouting broccoli • Kale • Leeks • Swede • Cabbages • Carrots
MARCH	APRIL
Fruit	Fruit
<ul style="list-style-type: none"> • Forced rhubarb 	<ul style="list-style-type: none"> • Outdoor rhubarb
Vegetables	Vegetables
<ul style="list-style-type: none"> • Purple sprouting broccoli • Leeks • Spring onions • Radishes 	<ul style="list-style-type: none"> • Asparagus • Beetroot • Cabbages • New potatoes • Spring greens • Morel mushrooms • Watercress

MAY	JUNE
Fruit	Fruit
<ul style="list-style-type: none"> • Elderflowers • Outdoor rhubarb 	<ul style="list-style-type: none"> • Blackcurrants • Cherries • Gooseberries • Elderflowers • Loganberries • Raspberries • Redcurrants • Outdoor rhubarb
Vegetables	Vegetables
<ul style="list-style-type: none"> • Asparagus • Broad beans • Beetroot • Peas • Radishes • Wild rocket • Watercress 	<ul style="list-style-type: none"> • Asparagus • Broccoli • Broad beans • Beetroot • Carrots • Peas • Cucumber • Radishes • Turnips
JULY	AUGUST
Fruit	Fruit
<ul style="list-style-type: none"> • Blackcurrants • Blueberries • Cherries • Gooseberries • Raspberries • Redcurrants • Outdoor rhubarb • Strawberries 	<ul style="list-style-type: none"> • Apples • Blackberries • Blackcurrants • Blueberries • Pears • Plums • Raspberries • Redcurrants • Strawberries
Vegetables	Vegetables
<ul style="list-style-type: none"> • Carrots • Globe artichokes • Beans (broad, French, runner) • Courgettes • Cucumber • Fennel • Shallots • Sweetcorn • Tomatoes 	<ul style="list-style-type: none"> • Aubergines • Beans (broad, French, runner) • Broccoli • Carrots • Courgettes • Fennel • Leeks • Wild mushrooms • Pumpkins • Squash • Sweetcorn • Tomatoes

SEPTEMBER	OCTOBER
Fruit	Fruit
<ul style="list-style-type: none"> • Apples • Blackberries • Blackcurrants • Damsons • Plums • Raspberries • 	<ul style="list-style-type: none"> • Apples • Pears • Crab apples • Damsons • Quinces •
Vegetables	Vegetables
<ul style="list-style-type: none"> • Aubergines • French beans • Runner beans • Broccoli • Carrots • Courgettes • Kale • Wild mushrooms • Sweetcorn • Tomatoes • 	<ul style="list-style-type: none"> • Jerusalem artichokes • Broccoli • Brussels sprouts • Celeriac • Chicory • Kale • Parsnips • Pumpkin • Squash • Swede •
NOVEMBER	DECEMBER
Fruit	Fruit
<ul style="list-style-type: none"> • Apples • Pears • Quinces • Sloes 	<ul style="list-style-type: none"> • Apples • Pears •
Vegetables	Vegetables
<ul style="list-style-type: none"> • Brussels sprouts • Celeriac • Celery • Cauliflower • Wild mushrooms • Parsnips • Pumpkin • Swede • Turnips 	<ul style="list-style-type: none"> • Jerusalem artichokes • Cabbages • Celeriac • Celery • Parsnips • Pumpkin • Swede • Turnips