



# Fruit & Produce Seasonality Chart

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Apples												
Asparagus												
Aubergines												
Beetroot												
Blackberries												
Blueberries												
Broad Beans												
Broccoli												
Brussel Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celeriac												
Chicory												
Courgettes												
Cucumber												
Damsons												
Elderberries												
Fennel												
Garlic												
Green Beans												
Greengages												
Jerusalem Artichoke												
Kale												
Leeks												
Lettuce												
Loganberries												
Marrow												
Mushrooms - Field												
New Potatoes												
Parsnips												
Pears												
Peas												
Plums												
Potatoes												
Pumpkin												
Purple Sprouting Broccoli												
Quince												
Radishes												
Raspberries												
Red Cabbage												
Rhubarb												
Rocket												
Runner Beans												
Salad Onions												
Savoy Cabbage												
Sloes												
Sorrel												
Spinach												
Spring Greens												
Spring Onion												
Squashes												
Strawberries												
Swede												
Sweetcorn												
Tayberries												
Tomatoes												
Turnips												
Watercress												

Source: Love British Food.co.uk



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