





















Seasonality Calendar

















Here's your easy to use guide to find out what's in season and when. Eating seasonally means you get produce at its peak, when it tastes best, at its best price, without costing the earth.

Use the key to identify what's in season and when.

KEY	Winter	
	Spring	
	Summer	
	Autumn	



MONTH	PRODUCT	January	February	March	April	May	June	July	August	September	October	November	December
	Apples, Bramley												
	Apples, Cox												
	Asparagus												
	Bean, Runner												
	Beetroot												
	Blackberries												
	Brussels Sprouts												
	Cabbage, Spring Green												
	Cabbage, White												
	Cabbage, Savoy												
	Cabbage, Red												
	Carrots												
	Celeriac												
	Celery												
	Courgettes												
	Cucumber												

MONTH	PRODUCT	January	February	March	April	May	June	July	August	September	October	November	December
	Kale												
	Leeks												
	Lettuce, Cos												
	Lettuce, Curly												
	Marrow												
	Peas												
	Plums												
	Potatoes, Maincrop												
	Pumpkin												
	Raspberries												
	Rhubarb												
	Spinach												
	Strawberries												
	Squash												
	Sweetcorn												
	Tomatoes												

