

# SEASONALITY CALENDAR

| FRUIT                        | JAN | FEB | MAR | APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
|------------------------------|-----|-----|-----|-----|-----|------|------|-----|------|-----|-----|-----|
| Apples                       |     |     |     |     |     |      |      |     |      |     |     |     |
| Blackberries                 |     |     |     |     |     |      |      |     |      |     |     |     |
| Blackcurrants                |     |     |     |     |     |      |      |     |      |     |     |     |
| Cherries, imported & UK      |     |     |     |     |     |      |      |     |      |     |     |     |
| Damsons                      |     |     |     |     |     |      |      |     |      |     |     |     |
| Medlars                      |     |     |     |     |     |      |      |     |      |     |     |     |
| Whitecurrants                |     |     |     |     |     |      |      |     |      |     |     |     |
| Pears                        |     |     |     |     |     |      |      |     |      |     |     |     |
| Gooseberries                 |     |     |     |     |     |      |      |     |      |     |     |     |
| Plums                        |     |     |     |     |     |      |      |     |      |     |     |     |
| Quince, imported             |     |     |     |     |     |      |      |     |      |     |     |     |
| Raspberries                  |     |     |     |     |     |      |      |     |      |     |     |     |
| Redcurrants                  |     |     |     |     |     |      |      |     |      |     |     |     |
| Rhubarb forced               |     |     |     |     |     |      |      |     |      |     |     |     |
| Rhubarb outdoor              |     |     |     |     |     |      |      |     |      |     |     |     |
| Strawberries                 |     |     |     |     |     |      |      |     |      |     |     |     |
| MUSHROOMS                    | JAN | FEB | MAR | APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
| Ceps, imported               |     |     |     |     |     |      |      |     |      |     |     |     |
| Girolles, Scottish           |     |     |     |     |     |      |      |     |      |     |     |     |
| Morels, imported             |     |     |     |     |     |      |      |     |      |     |     |     |
| Truffles, imported           |     |     |     |     |     |      |      |     |      |     |     |     |
| POTATOES                     | JAN | FEB | MAR | APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
| Jersey Royals                |     |     |     |     |     |      |      |     |      |     |     |     |
| Cornish, Devon, Pembroke New |     |     |     |     |     |      |      |     |      |     |     |     |
| Main Crop Potatoes           |     |     |     |     |     |      |      |     |      |     |     |     |
| VEGETABLES                   | JAN | FEB | MAR | APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
| Asparagus                    |     |     |     |     |     |      |      |     |      |     |     |     |
| Aubergine                    |     |     |     |     |     |      |      |     |      |     |     |     |
| Bobby Beans                  |     |     |     |     |     |      |      |     |      |     |     |     |
| Broccoli                     |     |     |     |     |     |      |      |     |      |     |     |     |
| Broad Beans                  |     |     |     |     |     |      |      |     |      |     |     |     |

UK crops in season  
Stored UK crops  
Imported crops  
Out of season & generally not imported

| VEGETABLES (CONTINUED) | JAN | FEB | MAR | APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
|------------------------|-----|-----|-----|-----|-----|------|------|-----|------|-----|-----|-----|
| Brussels Sprouts       |     |     |     |     |     |      |      |     |      |     |     |     |
| Cabbages               |     |     |     |     |     |      |      |     |      |     |     |     |
| Carrots                |     |     |     |     |     |      |      |     |      |     |     |     |
| Cauliflower            |     |     |     |     |     |      |      |     |      |     |     |     |
| Cavelo Nero            |     |     |     |     |     |      |      |     |      |     |     |     |
| Chard                  |     |     |     |     |     |      |      |     |      |     |     |     |
| Courgettes             |     |     |     |     |     |      |      |     |      |     |     |     |
| Kale                   |     |     |     |     |     |      |      |     |      |     |     |     |
| Leeks                  |     |     |     |     |     |      |      |     |      |     |     |     |
| Onions                 |     |     |     |     |     |      |      |     |      |     |     |     |
| Parsnips               |     |     |     |     |     |      |      |     |      |     |     |     |
| Peas                   |     |     |     |     |     |      |      |     |      |     |     |     |
| Pumpkins               |     |     |     |     |     |      |      |     |      |     |     |     |
| Purple Sprouting       |     |     |     |     |     |      |      |     |      |     |     |     |
| Rainbow Chard          |     |     |     |     |     |      |      |     |      |     |     |     |
| Runner Beans           |     |     |     |     |     |      |      |     |      |     |     |     |
| Spring Cabbage         |     |     |     |     |     |      |      |     |      |     |     |     |
| Squashes               |     |     |     |     |     |      |      |     |      |     |     |     |
| Swede                  |     |     |     |     |     |      |      |     |      |     |     |     |
| Sweetcorn              |     |     |     |     |     |      |      |     |      |     |     |     |
| Tenderstem Broccoli    |     |     |     |     |     |      |      |     |      |     |     |     |
| SALAD                  | JAN | FEB | MAR | APR | MAY | JUNE | JULY | AUG | SEPT | OCT | NOV | DEC |
| Celery                 |     |     |     |     |     |      |      |     |      |     |     |     |
| Cucumbers              |     |     |     |     |     |      |      |     |      |     |     |     |
| Radish                 |     |     |     |     |     |      |      |     |      |     |     |     |
| Spring Onions          |     |     |     |     |     |      |      |     |      |     |     |     |
| Lettuces               |     |     |     |     |     |      |      |     |      |     |     |     |
| Microgreens            |     |     |     |     |     |      |      |     |      |     |     |     |
| Watercress             |     |     |     |     |     |      |      |     |      |     |     |     |
| Tomatoes               |     |     |     |     |     |      |      |     |      |     |     |     |