

Fruit and vegetable seasonality

January	February	March	April	May	June	July	August	September	October	November	December
Cabbage Carrots Celeriac Leeks Parsnips Rhubarb Shallots Squash Turnips Pears	Cabbage Cauliflower Celeriac Chicory Kohlrabi Leeks Spinach Swede Turnips	Beetroot Carrots Purple Broccoli Radish Rhubarb	Carrots Kale Mushrooms Spinach Watercress Rhubarb Strawberries	Asparagus Broad beans Cauliflower Cherries Raspberries Rhubarb	Asparagus Aubergines Broad beans Courgettes Lettuce Peas Peppers Cherries Gooseberries Redcurrants Tayberries	Aubergine Cauliflower Fennel Tomatoes Watercress Blueberries Loganberries Strawberries	Aubergines Courgettes Lettuce Peas Peppers Sweetcorn Greengages Loganberries Strawberries	Cucumber Onions Spinach Sweetcorn Blackberries Damsons Figs Grapes	Brussel sprouts Kale Mushrooms Pak choi Pumpkin Squash Watercress Pears English apples	Beetroot Cabbage Leeks Parsnips Pumpkin Swede Cranberries	Beetroot Carrots Celeriac Pumpkin Sprouts Turnips Pears Pomegranate

