



Just Eat More
(fruit & veg)

Fruit and Vegetables – What's in Season When?

Fruit and vegetables can be affordable if you know what you're doing. This leaflet will help you look for the best seasonal bargains when you shop.

| Spring (March, April and May) | Summer (June, July and August) |
|---|---|
| <p>Vegetables</p> <p>Asparagus Brussels sprouts Kale Marrow Peas Potatoes:</p> <ul style="list-style-type: none"> • English New • Jersey Royal <p>Watercress</p> | <p>Fruit</p> <p>Apricots Clementines Nectarines Oranges Peaches Plums Raspberries Satsumas Strawberries Watermelon</p> |
| <p>Vegetables</p> <p>Asparagus Broad beans Marrow Parsnips Peas Potatoes:</p> <ul style="list-style-type: none"> • English New • Jersey Royal <p>Runner beans Turnips Watercress</p> | <p>Fruit</p> <p>Apples:</p> <ul style="list-style-type: none"> • Discovery • Grenadiers <p>Apricots Blackberries Blackcurrants Cherries Clementines Gooseberries Loganberries Nectarines Peaches Plums Raspberries Strawberries Watermelon</p> |

| Autumn (September, October, and November) | Winter (December, January and February) |
|--|---|
| <p>Vegetables</p> <p>Brussels sprouts Marrow Parsnips Peas Pumpkins Runner beans Turnips Watercress</p> | <p>Fruit</p> <p>Apples:</p> <ul style="list-style-type: none"> • Discovery • Sparten <p>Blackberries Cranberries Pears: Plums Raspberries Redcurrants Satsumas Strawberries Watermelon</p> |
| <p>Vegetables</p> <p>Brussels sprouts Parsnips Turnips</p> | <p>Fruit</p> <p>Apples:</p> <ul style="list-style-type: none"> • Spartan <p>Apricots Clementines Cranberries Pears: <ul style="list-style-type: none"> • Comice Satsumas</p> |

| ALL YEAR ROUND | | | |
|---|---|---|---|
| <p>Vegetables</p> <p>Broccoli Cabbage Carrots Cauliflower Celery Chinese leaves Courgettes</p> | <p>Cucumber Leeks Lettuce Mushrooms Peppers Potatoes Radishes</p> | <p>Spinach Spring greens Swede Sweetcorn</p> | <p>Fruits</p> <p>Apples:</p> <ul style="list-style-type: none"> • Bramleys • Cox's <p>Bananas Grapes Kiwi fruit Lemons</p> |
| | | <p>Melon Oranges Pears: <ul style="list-style-type: none"> • Conference Pineapples Tomatoes</p> | |