

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

