

Seasonal Fruit and Vegetables Chart

Winter		
December: Brussels sprouts and white cabbage.	January: Carrots and kale.	February: Leeks and savoy cabbage.
<p>Vegetables: Beetroot, Brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), salsify, shallots, swede, turnips, wild mushrooms.</p> <p>Fruit: Apples, clementines, cranberries, passion fruit, pears, pineapple, pomegranate, satsumas, tangerines.</p>	<p>Vegetables: Beetroot, Brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, leeks, parsnips, potatoes (maincrop), salsify, shallots, swede, turnips.</p> <p>Fruit: Apples, blood oranges, clementines, kiwi fruit, lemons, oranges, passion fruit, pears, pineapple, pomegranate, rhubarb, satsumas, tangerines.</p>	<p>Vegetables: Brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), purple sprouting broccoli, salsify, shallots, swede, turnips.</p> <p>Fruit: Blood oranges, clementines, kiwi fruit, lemons, oranges, passion fruit, pineapple, pomegranate, rhubarb.</p>

Summer		
June: Strawberries, broad beans and peas.	July: Cucumber and red cherries.	August: Raspberries, plums and cos lettuce.
<p>Vegetables: Artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel, French beans, garlic, jersey royal new potatoes, kohlrabi, lettuce and salad leaves, mangetout, new potatoes, onions, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips, watercress, wild nettles.</p> <p>Fruit: Apricots, bilberries, blueberries, cherries, gooseberries, greengages, kiwi fruit, peaches, strawberries.</p>	<p>Vegetables: Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel, French beans, garlic, jersey royal new potatoes, kohlrabi, lettuce and salad leaves, mangetout, new potatoes, onions, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips, watercress, wild nettles.</p> <p>Fruit: Apricots, bilberries, blueberries, cherries, gooseberries, greengages, kiwi fruit, melons, peaches, strawberries.</p>	<p>Vegetables: Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, French beans, garlic, lettuce and salad leaves, mangetout, marrow, onions, pak choi, peas, peppers, potatoes (maincrop), radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms.</p> <p>Fruit: Apricots, bilberries, blueberries, cherries, damsons, figs, greengages, loganberries, melons, nectarines, peaches, plums, raspberries, redcurrants, strawberries.</p>

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Spring		
March: Spring green cabbage.	April: Cauliflower.	May: Rhubarb.
<p>Vegetables: Cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede, wild nettles.</p> <p>Fruit: Bananas (Windward), blood oranges, kiwi fruit, lemons, oranges, passion fruit, pineapple, rhubarb.</p>	<p>Vegetables: Asparagus, broccoli, Jersey Royal new potatoes, lettuce and salad leaves, purple-sprouting broccoli, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles.</p> <p>Fruit: Bananas (Windward) kiwi fruit, rhubarb.</p>	<p>Vegetables: Asparagus, broccoli, carrots, Jersey Royal new potatoes, lettuce and salad leaves, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles.</p> <p>Fruit: Bananas (Windward), kiwi fruit, rhubarb.</p>

Autumn		
September: Courgettes, blackberries and runner beans.	October: Sweetcorn and cox's apples.	November: Main crop potatoes and red cabbage.
<p>Vegetables: Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, celeriac, celery, chillies, courgettes, cucumber, fennel, French beans, garlic, horseradish, kale, kohlrabi, leeks, lettuce and salad leaves, mangetout, marrow, onions, pak choi, peppers, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, shallots, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms.</p> <p>Fruit: Apples, bilberries, blackberries, damsons, elderberries, figs, grapes, melons, nectarines, peaches, pears, plums, raspberries, redcurrants.</p>	<p>Vegetables: Artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, chillies, fennel, garlic, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, lettuce and salad leaves, marrow, parsnips, potatoes (maincrop), pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, sweetcorn, tomatoes, turnips, watercress, wild mushrooms.</p> <p>Fruit: Apples, bilberries, blackberries, elderberries, figs, grapes, medlar, pears, quince.</p>	<p>Vegetables: Artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), pumpkin, salsify, shallots, swede, turnips, watercress, wild mushrooms.</p> <p>Fruit: Apples, clementines, cranberries, passion fruit, pears, pomegranate, quince, satsumas.</p>

Month Labels

December	March	June	September
January	April	July	October
February	May	August	November