

## Seasonal Fruit, Vegetable and Herb Guide

✓ In UK Season      ○ Imported      X Not recommended

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>FRUIT</b>												
Braeburn Apples	○	○	○	○	○	○	○	○	✓	✓	✓	✓
Bramley Apples	✓	✓	✓	✓	X	X	✓	✓	✓	✓	✓	✓
Cox Apples	✓	✓	✓	○	○	○	○	○	✓	✓	✓	✓
Discovery Apples	X	X	X	X	X	X	X	✓	✓	✓	X	X
Golden Delicious	○	○	○	○	○	○	○	○	✓	✓	✓	✓
Royal Gala	✓	✓	○	○	○	○	○	○	✓	✓	✓	✓
Bananas	○	○	○	○	○	○	○	○	○	○	○	○
Blackberries	○	○	○	○	○	○	○	✓	✓	✓	✓	✓
Cherries	○	○	○	○	○	✓	✓	✓	X	X	○	○
Honey Dew Melons	○	○	○	○	○	○	○	○	○	○	○	○
Oranges	○	○	○	○	○	○	○	○	○	○	○	○
Conference Pears	✓	○	○	○	○	○	○	○	✓	✓	✓	✓
Williams Pears	○	○	○	○	○	○	○	○	✓	✓	○	○
Pineapples	○	○	○	○	○	○	○	○	○	○	○	○
Plums	○	○	○	○	○	○	○	✓	✓	○	○	○
Raspberries	○	○	○	○	○	✓	✓	✓	✓	✓	○	○
Redcurrants	○	○	○	○	○	✓	✓	○	○	○	○	○
Rhubarb	○	○	○	○	○	○	○	X	X	X	X	X
Satsuma's	○	○	○	○	○	○	○	○	○	○	○	○
Strawberries	○	○	○	○	✓	✓	✓	✓	✓	✓	○	○
Watermelons	○	○	○	○	○	○	○	○	○	○	○	○
<b>VEGETABLES</b>												
Asparagus	○	○	○	○	✓	✓	✓	○	○	○	○	○
Aubergine	○	○	○	○	✓	✓	✓	✓	✓	○	○	○
French Beans	○	○	○	○	✓	✓	✓	✓	✓	○	○	○
Runner Beans	○	○	○	○	○	✓	✓	✓	✓	○	○	○
Beansprouts	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Beetroot	✓	✓	○	○	✓	✓	✓	✓	✓	✓	✓	✓
Broccoli	○	○	○	✓	✓	✓	✓	✓	✓	✓	✓	○
Purple sprouting broccoli	✓	✓	✓	✓	X	X	X	✓	✓	✓	✓	✓
Brussel Sprouts	✓	✓	✓	X	X	X	X	✓	✓	✓	✓	✓
Primo	✓	✓	✓	X	X	X	✓	✓	✓	✓	✓	✓
Savoy Cabbage	✓	✓	✓	○	○	○	✓	✓	✓	✓	✓	✓
Salad Cabbage	✓	✓	✓	✓	✓	○	✓	✓	✓	✓	✓	✓
Spring Cabbage	✓	✓	✓	X	X	X	✓	✓	✓	✓	✓	✓
Red Cabbage	✓	✓	✓	✓	✓	○	○	✓	✓	✓	✓	✓
Carrots	✓	✓	✓	✓	✓	○	✓	✓	✓	✓	✓	✓
Cauliflower	○	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	○
Courgettes	○	○	○	○	✓	✓	✓	✓	✓	✓	○	○
Celeriac	✓	✓	✓	✓	✓	✓	X	X	✓	✓	✓	✓
Fennel	○	○	○	○	○	✓	✓	✓	✓	✓	○	○
Kale	✓	✓	✓	✓	X	X	X	X	✓	✓	✓	✓
Leeks	✓	✓	✓	○	○	○	○	✓	✓	✓	✓	✓
Little Gems Lettuce	○	○	○	○	✓	✓	✓	✓	✓	✓	○	○
Lollo Rosso Lettuce	○	○	○	○	✓	✓	✓	✓	✓	✓	○	○

Oak Leaf Lettuce	○	○	○	○	✓	✓	✓	✓	✓	✓	○	○
Radicchio Lettuce	○	○	✓	✓	✓	✓	✓	✓	✓	✓	○	○
Round Lettuce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Iceberg Lettuce	○	○	○	○	✓	✓	✓	✓	✓	✓	○	○
Mangetout	○	○	○	○	○	○	✓	✓	✓	○	○	○
Marrow	✗	○	○	○	○	○	✓	✓	✓	✓	✗	✗
Mushrooms	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Onions	✓	✓	○	○	○	○	○	✓	✓	✓	✓	✓
Parsnips	✓	✓	✓	✓	○	○	✓	✓	✓	✓	✓	✓
Peas	✗	✗	✗	✗	✓	✓	✓	✓	✓	✓	✗	✗
Potatoes (ware)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Potatoes (Mids)	○	○	○	○	✓	✓	✓	✓	✓	✓	✓	○
Pumpkins	○	○	○	○	○	○	○	○	✓	✓	✓	○
Spinach	○	○	○	✓	✓	✓	✓	✓	✓	✓	✓	○
Butternut Squash	✓	✓	✓	○	○	○	○	✓	✓	✓	✓	✓
Swede	✓	✓	✓	✓	✓	○	○	✓	✓	✓	✓	✓
Sweetcorn	○	○	○	○	○	○	✓	✓	✓	✓	○	○
Turnips	✓	✓	✓	○	○	✓	✓	✓	✓	✓	✓	✓
Mustard cress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Radish	○	○	○	✓	✓	✓	✓	✓	✓	✓	○	○
Roquette	○	○	○	○	✓	✓	✓	✓	✓	✓	○	○
Spring Onions	○	○	✓	✓	✓	✓	✓	✓	✓	✓	○	○
Beef Tomatoes	○	○	✓	✓	✓	✓	✓	✓	✓	✓	○	○
Cherry Tomatoes	○	○	○	✓	✓	✓	✓	✓	✓	○	○	○
Round Tomatoes	○	○	○	✓	✓	✓	✓	✓	✓	✓	○	○
Plum Tomatoes	○	○	○	✓	✓	✓	✓	✓	✓	✓	○	○
Vine Tomatoes	○	○	✓	✓	✓	✓	✓	✓	✓	✓	○	○
Warcress	○	○	○	✓	✓	✓	✓	✓	✓	✓	✓	○
<b>HERBS</b>												
Basil	○	○	○	○	✓	✓	✓	✓	✓	○	○	○
Coriander	○	○	○	✓	✓	✓	✓	✓	✓	✓	○	○
Mint	○	○	○	✓	✓	✓	✓	✓	✓	✓	○	○
Parsley	○	○	○	✓	✓	✓	✓	✓	✓	✓	✓	○