

THE EAT SEASONABLY CALENDAR

EVERY FRUIT OR VEGETABLE HAS ITS SEASON, THE TIME OF THE YEAR WHEN YOU CAN ENJOY IT AT ITS VERY BEST. THIS SIMPLE TOOL WILL GUIDE YOU THROUGH WHAT'S IN SEASON WHEN SO YOU CAN ENJOY FRUIT AND VEG THAT TASTES BETTER, IS BETTER VALUE AND IS BETTER FOR THE PLANET.



APPLES, BRAMLEY						JUL	AUG	SEP				
APPLES, COX												OCT
ASPARAGUS				MAY	JUN							
BEANS, BROAD					JUN	JUL	AUG					
BEANS, RUNNER						JUL	AUG	SEP	OCT			
BLACKBERRIES								SEP	OCT			
BLUEBERRIES						JUL	AUG	SEP				
BRUSSELS SPROUTS	JAN	FEB						SEP	OCT	NOV	DEC	
CABBAGE, SPRING GREEN	JAN	FEB	MAR	APR			AUG	SEP	OCT	NOV	DEC	
CABBAGE, WHITE								SEP	OCT	NOV	DEC	
CABBAGE, SAVOY	JAN	FEB	MAR			JUL	AUG	SEP	OCT	NOV	DEC	
CABBAGE, RED							AUG	SEP	OCT	NOV		
CARROTS	JAN	FEB				JUN	JUL	AUG	SEP	OCT	NOV	DEC
CAULIFLOWER	JAN	FEB	MAR	APR	MAY		JUL	AUG	SEP	OCT	NOV	DEC
CELERY							JUL	AUG	SEP	OCT		
CHERRIES							JUL	AUG				
COURGETTE						JUN	JUL	AUG	SEP			
CUCUMBER				APR	MAY	JUN	JUL	AUG	SEP			
KALE	JAN	FEB	MAR	APR				SEP	OCT	NOV	DEC	
LEEKS	JAN	FEB	MAR					SEP	OCT	NOV	DEC	
LETTUCE, COS							JUL	AUG	SEP			
LETTUCE, CURLY				MAY	JUN	JUL	AUG					
LETTUCE, ICEBERG							JUL	AUG	SEP			
MARROW								AUG	SEP	OCT		
PEAS						JUN	JUL	AUG	SEP			
PLUMS								AUG	SEP			
POTATOES, MAINCROP										OCT	NOV	DEC
RASPBERRIES							JUL	AUG				
RHUBARB				MAY	JUN	JUL						
SPINACH				MAY	JUN	JUL	AUG	SEP	OCT			
STRAWBERRIES					JUN	JUL	AUG					
SQUASH								SEP	OCT			
SWEETCORN							AUG	SEP	OCT			



TO KEEP IT SIMPLE, IN THIS RING WE'VE RECOMMENDED SOME PERSONAL FAVOURITES EACH MONTH

FOR TIPS, RECIPES AND MORE VISIT EATSEASONABLY.CO.UK

Information on seasonal food production cycles has been provided by Bill Kirkup of the North East Improvement and Efficiency Partnership. It is based on data derived from several sources including the NFU, Horticultural Development Company and ADAS. Data on retail price variations across the year was supplied by TNS Worldpanel. The 'Eat Seasonably' calendar has been compiled by The Climate Group.