

Fruit and vegetable seasonality

| January | February | March | April | May | June | July | August | September | October | November | December |
|--|---|--|--|---|--|---|---|---|--|---|--|
| Cabbage Carrots Celeriac Leeks Parsnips Rhubarb Shallots Squash Turnips Pears | Cabbage Cauliflower Celeriac Chicory Kohlrabi Leeks Spinach Swede Turnips | Beetroot Carrots Purple broccoli Radish Rhubarb | Carrots Kale Mushrooms Spinach Watercress Rhubarb Strawberries | Asparagus Broad beans Cauliflower Cherries Raspberries Rhubarb | Asparagus Aubergines Broad beans Courgettes Lettuce Peas Peppers Cherries Gooseberries Redcurrants Tay berries | Aubergine Cauliflower Fennel Tomatoes Watercress Blueberries Loganberries Strawberries | Aubergines Courgettes Lettuce Peas Peppers Sweetcorn Greengages Loganberries Strawberries | Cucumber Onions Spinach Sweetcorn Blackberries Damsons Figs Grapes | Brussel sprouts Kale Mushrooms Pak choi Pumpkin Squash Watercress Pears English apples | Beetroot Cabbage Leeks Parsnips Pumpkin Swede Cranberries | Beetroot Carrots Celeriac Pumpkin Sprouts Turnips Pears Pomegranate |

