

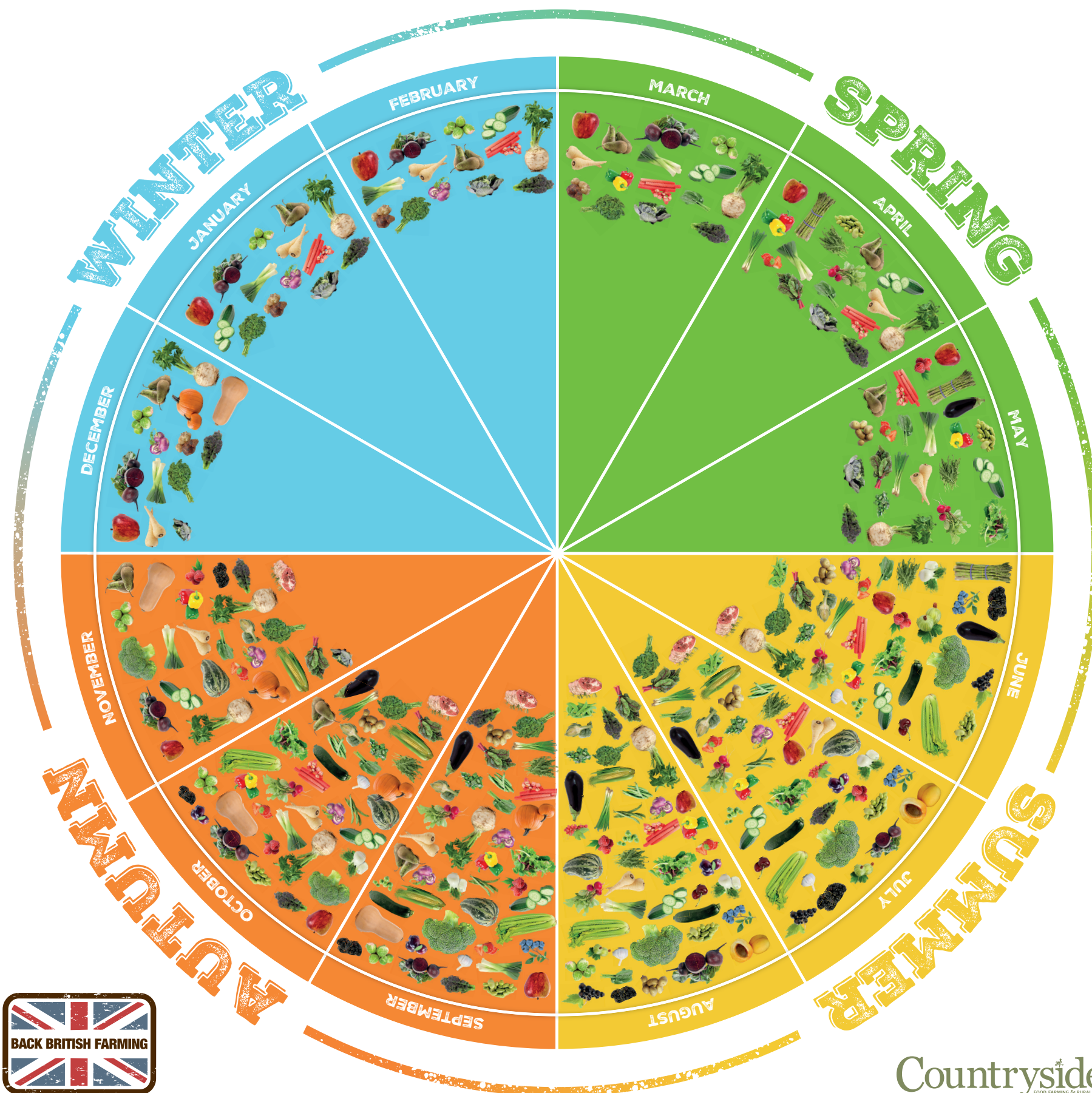
NFU Great British LARDER

A-Z of British produce available in shops during the year.



Many fruits and vegetables* are harvested throughout the year using different technologies. Because of longer growing seasons and good storage conditions, some British crops - like carrots, cauliflowers, potatoes and frozen British peas - are available to eat all year round, while others are more seasonal. Check out when your favourite seasonal British fruit and vegetables will be ready to buy in shops and markets.

* British lamb has also been included as that is seasonal.



APPLES		CUCUMBERS		PLUMS	
APRICOTS		DWARF BEANS		PUMPKINS	
ASPARAGUS		FLAT BEANS		PURPLE SPROUTING BROCCOLI	
AUBERGINES		FENNEL		RADISHES	
BEETROOT		GARLIC		RASPBERRIES	
BLACKBERRIES		GLOBE ARTICHOKE		REDCURRANTS	
BLACKCURRANTS		GOOSEBERRIES		RHUBARB	
BLUEBERRIES		JERUSALEM ARTICHOKE		ROCKET	
BROAD BEANS		KALE		RUNNER BEANS	
BROCCOLI		LAMB		SPINACH	
BRUSSELS SPROUTS		LEEKS		SPRING GREENS	
BUTTERNUT SQUASH		MARROWS		SPRING ONIONS	
CELERIAC		NEW POTATOES		STRAWBERRIES	
CELERY		PARSNIPS		SUGAR SNAP PEAS	
CHARD		PEARS		SWEETCORN	
CHERRIES		PEAS		TURNIPS	
COURGETTES		PEPPERS		WATERCRESS	

Vegetables all YEAR
= ROUND =

SWEDES		SALAD CRESS		PAK CHOI	
CARROTS		MUSHROOMS		CAULIFLOWERS	
CHICORY		POTATOES		TOMATOES	
CABBAGES		LETTUCE		ONIONS	

