

Seasonal Guide to: BRITISH FRUIT & VEG

	WINTER			SPRING			SUMMER			AUTUMN		
	December	January	February	March	April	May	June	July	August	September	October	November
Apples												
Apricots												
Asparagus												
Aubergines												
Beetroot												
Blackberries												
Blackcurrants												
Blueberries												
Broad beans												
Broccoli												
Brussels sprouts												
Butternut squash												
Cabbages												
Carrots												
Cauliflowers												
Celeriac												
Celery												
Cherries												
Courgettes												
Cucumbers												
Fennel												
Gooseberries												
Leeks												
Lettuce												
Marrows												
Mushrooms												
Onions												
Parsnips												
Pears												
Peas												
Peppers												
Plums												
Potatoes												
Pumpkins												
Purple sprouting broccoli												
Radishes												
Raspberries												
Redcurrants												
Rhubarb												
Rocket												
Runner beans												
Spinach												
Spring onions												
Strawberries												
Swedes												
Sweetcorn												
Tomatoes												
Turnips												
Watercress												