

# Seasonal UK Grown Produce

**There are a number of good reasons to eat more local, seasonal food:**

- to reduce the energy (and associated CO2 emissions) used in transport,
- to avoid paying more for food that is scarcer or has travelled a long way,
- to support the local economy,
- but, most importantly, because local, seasonal food is fresher and so tends to be tastier and more nutritious.

You should be able to find these UK grown crops on sale in the months shown, but remember to check the label to avoid imported varieties

## January:

Apples, Beetroot, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Chicory, Jerusalem Artichoke, Kale, Leeks, Lettuce, Mushrooms, Parsnip, Pears, Potatoes (min crop), Spring Greens, Squash, Swede, Turnips.

## February:

Brussel Sprouts, Cabbage, Cauliflower, Celeriac, Chicory, Jerusalem Artichoke, Kale, Leeks, Lettuce, Mushrooms, Parsnip, Potatoes (main crop), Purple Sprouting Broccoli, Rhubarb, Spring Greens, Squash, Swede.

## March:

Beetroot, Carrots, Cauliflower, Chicory, Cucumber, Leeks, Mint, Parsley, Purple Sprouting Broccoli, Radish, Rhubarb, Sorrel, Spring Onions.



## April:

Broccoli, Cabbage, Carrots, Jersey Royal New Potatoes, Kale, Morel Mushrooms, Purple Sprouting Broccoli, Radishes, Rhubarb, Rocket, Rosemary, Sorrel, Spinach, Spring Onions, Watercress.

## May:

Asparagus, Broccoli, Elderflowers, Jersey Royal New Potatoes, New Potatoes, Radishes, Rhubarb, Rocket, Samphire, Sorrel, Spring Onions, Watercress.

## June:

Asparagus, Aubergine, Broad Beans, Broccoli, Carrots, Cherries, Courgettes, Currants, Elderflowers, Gooseberries, Jersey Royal New

Potatoes, Lettuce, New Potatoes, Peas, Peppers, Radishes, Redcurrants, Rocket, Runner Beans, Samphire, Sorrel, Spring Onions, Strawberries, Summer Squash, Swiss Chard, Tayberries, Turnips, Watercress.

### **July:**

Aubergine, Beetroot, Blackberries, Broad Beans, Broccoli, Carrots, Cauliflower, Courgettes, Cucumber, Gooseberries, Greengages, Fennel, French Beans, Garlic, Kohlrabi, Loganberries, New Potatoes, Onions, Peas, Potatoes (main crop), Radishes, Raspberries, Redcurrants, Rocket, Runner Beans, Sage, Samphire, Sorrel, Strawberries, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress.

### **August:**

Aubergine, Basil, Beetroot, Blackberries, Blueberries, Broad Beans, Broccoli, Carrots, Courgettes, Cucumber, Fennel, French Beans, Garlic, Greengages, Kohlrabi, Lettuce, Loganberries, Onions, Peas, Peppers, Potatoes (main crop), Plums, Radishes, Raspberries, Redcurrants, Rocket, Runner Beans, Samphire, Sorrel, Strawberries, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Watercress.

### **September:**

Aubergine, Apples, Beetroot, Broccoli, Butternut Squash, Carrots, Courgettes, Cucumber, Damsons, Garlic, Gooseberries, Kohlrabi, Leeks, Marrow, Onions, Parsnips, Peas, Pears, Peppers, Plums, Potatoes (main crop), Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms.

### **October:**

Aubergine, Apples, Beetroot, Broccoli, Butternut Squash, Chestnuts, Elderberries, Carrots, Celeriac, Celery, Courgette, kale, Kohlrabi, Leeks, Marrow, Onions, pears, Potatoes (main crop), Pumpkin, Radishes, Rocket, Summer Squash, Swede, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash.



### **November:**

Apples, Beetroot, Butternut Squash, Cabbage, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Elderberries, Jerusalem Artichoke, Kale, Kohlrabi, Leeks, Parsnips, Pears, Potatoes (main crop), Pumpkin, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash.

### **December:**

Apples, Beetroot, Brussel Sprouts, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Jerusalem Artichoke, kale, leeks, Parsnips, Pears, Potatoes (main crop), Pumpkin, Red Cabbage, Swede, Swiss Chard, Turnips, Winter Squash.