

# Seasonal Produce Guide

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

## VEGETABLES

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ASPARAGUS													
AUBERGINE													
BEANS	FRENCH												
	RUNNER												
BEANSPROUTS													
BEETROOT													
BROCCOLI													
BROCCOLI - PURPLE SPROUTING													
BRUSSEL SPROUTS													
CABBAGE	PRIMO												
	SAVOY												
	SALAD												
	SPRING												
	RED												
CARROTS													
CAULIFLOWER													
COURGETTES													
CELERIAC													
FENNEL													
KALE													
LEEKS													
LETTUCE	LITTLE GEM												
	LOLLO ROSSO												
	OAK LEAF												
	RADICCHIO												
	ROUND												
	ICEBERG												
MANGETOUT													
MARROWS													
MUSHROOMS													
ONIONS													
PARSNIPS													
PEAS													
POTATOES (WARE)													
POTATOES (MIDS)													
PUMPKINS													
SPINACH													
SQUASH - BUTTERNUT													
SWEDE													
SWEETCORN													
TURNIPS													
MUSTARD CRESS													
RADISH													
ROQUETTE													
SPRING ONIONS													
TOMATOES	BEEF												
	CHERRY												
	ROUND												
	PLUM												
	VINE												
WATERCRESS													



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		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>FRUIT</b>													
<b>APPLES</b>	ROYAL GALA												
	DISCOVERY												
	COX												
	BRAMLEY												
	GOLDEN DELICIOUS												
	BRAEBURN												
BANANAS													
BLACKBERRIES													
CHERRIES													
HONEY DEW MELONS													
ORANGES													
<b>PEARS</b>	CONFERENCE												
	WILLIAMS												
PINEAPPLES													
PLUMS													
RASPBERRIES													
REDCURRANTS													
RHUBARB													
SATSUMAS													
STRAWBERRIES													
WATERMELONS													

<b>HERBS</b>													
BASIL													
CORRIANDER													
MINT													
PARSLEY													

- Source - Local & UK
- Source - Imported
- Source - Not Available/Not Recommended



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