THE EAT SEASONABLY CALENDAR

EVERY FRUIT OR VEGETABLE HAS ITS SEASON, THE TIME OF THE YEAR WHEN YOU CAN ENJOY IT AT ITS VERY BEST. THIS SIMPLE TOOL WILL GUIDE YOU THROUGH WHAT'S IN SEASON WHEN SO YOU CAN ENJOY FRUIT AND VEG THAT TASTES BETTER, IS BETTER VALUE AND IS BETTER FOR THE PLANET.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES, BRAMLEY							JUL	AUG	SEP			
APPLES, COX										OCT		
ASPARAGUS					MAY	JUN						
BEANS, BROAD						JUN	JUL	AUG				
BEANS, RUNNER							JUL	AUG	SEP	OCT		
BLACKBERRIES									SEP	OCT		
BLUEBERRIES							JUL	AUG	SEP			
BRUSSELS SPROUTS	JAN	FEB							SEP	OCT	NOV	DEC
CABBAGE, SPRING GREEN	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC
CABBAGE, WHITE									SEP	OCT	NOV	DEC
CABBAGE, SAVOY	JAN	FEB	MAR				JUL	AUG	SEP	OCT	NOV	DEC
CABBAGE, RED								AUG	SEP	OCT	NOV	
CARROTS	JAN	FEB				JUN	JUL	AUG	SEP	OCT	NOV	DEC
CAULIFLOWER	JAN	FEB	MAR	APR	MAY		JUL	AUG	SEP	OCT	NOV	DEC
CELERY							JUL	AUG	SEP	OCT		
CHERRIES							JUL	AUG				
COURGETTE						JUN	JUL	AUG	SEP			
CUCUMBER				APR	MAY	JUN	JUL	AUG	SEP			
KALE	JAN	FEB	MAR	APR					SEP	OCT	NOV	DEC
LEEKS	JAN	FEB	MAR						SEP	OCT	NOV	DEC
LETTUCE, COS							JUL	AUG	SEP			
LETTUCE, CURLY					MAY	JUN	JUL	AUG				
LETTUCE, ICEBERG							JUL	AUG	SEP			
MARROW								AUG	SEP	OCT		
PEAS						JUN	JUL	AUG	SEP			
PLUMS								AUG	SEP			
POTATOES, MAINCROP										OCT	NOV	DEC
RASPBERRIES							JUL	AUG				
RHUBARB					MAY	JUN	JUL					
SPINACH					MAY	JUN	JUL	AUG	SEP	OCT		
STRAWBERRIES						JUN	JUL	AUG				
SQUASH									SEP	OCT		
SWEETCORN								AUG	SEP	OCT		

FOR TIPS, RECIPES AND MORE VISIT EATSEASONABLY.CO.UK

Information on seasonal food production cycles has been provided by Bill Kirkup of the North East Improvement and Efficiency Partnership. It is based on data derived from several sources including the NFU, Horticultural Development Company and ADAS. Data on retail price variations across the year was supplied by TNS Worldpanel. The 'Eat Seasonably' calendar has been compiled by The Climate Group.

EAT SEASONABLY

WINTER
SPRING
AUTUMN
SUMMER

TO KEEP IT SIMPLE, IN THIS RING WE'VE RECOMMENDED SOME PERSONAL FAVOURITES EACH MONTH