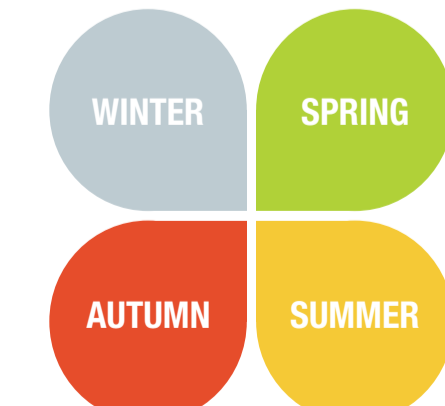


# THE EAT SEASONABLY CALENDAR

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.



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](http://EATSEASONABLY.CO.UK)

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

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.