

# 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](https://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.



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