

Fresh produce seasonality calendar

UK availability - good
 UK availability - varying

Imported
 Not available

Alliums	J	F	M	A	M	J	J	A	S	O	N	D
Garlic												
Leeks												
Onion Red												
Onion White												
Spring onion												
Shallots												

Baby veg	J	F	M	A	M	J	J	A	S	O	N	D
Carrot												
Leek												
Courgette												
Beetroot												
Parsnip												
Corn												

Berries	J	F	M	A	M	J	J	A	S	O	N	D
Strawberries												
Raspberries												
Blackberries												
Blueberries												
Cranberries												
Red currants												

Brassicas	J	F	M	A	M	J	J	A	S	O	N	D
Broccoli												
Cabbage Savoy												
Cabbage Spring green												
Cabbage Red												
Cabbage White												
Cauliflower												
Cavolo nero												
Hispi (Pointed/Sweetheart)												
Kale												
Pak choi												
Purple sprouting broccoli												
Romanesco												
Sprouts												
Tenderstem broccoli												

Citrus fruit	J	F	M	A	M	J	J	A	S	O	N	D
Grapefruit												
Lemons												
Limes												
Oranges												
Easy Peeler												

Chillies	J	F	M	A	M	J	J	A	S	O	N	D
Green & Red												
Scotch Bonnet												
Padron												
Jalapeno												

Exotic fruit	J	F	M	A	M	J	J	A	S	O	N	D
Bananas												
Coconuts												
Dates												
Figs												
Kiwi												
Mangoes												
Papayas												
Passion Fruit												
Physalis												
Pineapples												
Pitahayas (Dragon fruit)												
Plantains												
Pomegranates												

Exotic vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Asparagus Green												
Asparagus purple												
Asparagus white												
Fennel												
Fine beans												
Ginger												
Globe artichoke												
Jerusalem artichoke												
Lemongrass												
Mangetout												
Mooli												
Okra												
Rhubarb forced												
Rhubarb outdoors												
Sugar snap peas												
Sweetcorn												

Grapes	J	F	M	A	M	J	J	A	S	O	N	D
Red												
White												

Herbs/Cresses/Shoots	J	F	M	A	M	J	J	A	S	O	N	D
Basil												
Chives												
Coriander												
Curley Parsley												
Flat Parsley												
Dill												
Mint												
Rosemary												
Thyme												
Potter Herbs												
Edible Herb												
Micro Herbs												

Lettuce/Leaf	J	F	M	A	M	J	J	A	S	O	N	D
Baby Red Chard												
Cos												
Celery												
Chicory/Endive												
Chinese Leaf												
Curly Endive/ Frise												
Iceberg												
Lammb/ Mache												
Little Gem												
Lollo Biondi												
Lollo Rosso												
Oak Leaf												
Radicchio												
Rocket												
Round/Butterhead												
Watercress												

Melons	J	F	M	A	M	J	J	A	S	O	N	D
Calia												
Honeydew												
Orange Flesh												
Watermelon												

Mushrooms	J	F	M	A	M	J	J	A	S	O	N	D
Button												
Catering												
Cup												
Exotic Mix												
Flat												
King Oyster												
Oyster												
Paris Brown/ Chestnut												
Portobello												
Shiitake												
Shimeji												
Wild Mix												

Root vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Beetroot Candy												
Beetroot Red												
Beetroot Golden												
Carrot Chantenay												
Carrot Chantenay Coloured												
Carrot Heritage												
Carrot Standard												

Salad	J	F	M	A	M	J	J	A	S	O	N	D
Aubergine												
Cucumber												
Peppers												
Radish												
Spinach												
Tomatoes Beef												
Tomatoes Cherry												
Tomatoes Heirloom												
Tomatoes Piccolo												
Tomatoes Plum												
Tomatoes Round												
Tomatoes Vine												
Tomatoes Yellow Cherry												

Squash	J	F	M	A	M	J	J	A	S	O	N	D
Butternut squash												
Courgettes												
Pumpkins												

Stone fruit	J	F	M	A	M	J	J	A	S	O	N	D
Avocados												
Cherries												
Nectarines												
Peaches												
Plums												

Top Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Apple Braeburn												
Apple Bramley												
Apple Gala												
Apple Golden Delicious												
Apple Granny Smith												
Apple Pink Lady												
Apple Red Delicious												
Apple Royal Gala												
Pears Conference												
Pears British												
Seasonal red apple												