

Seasonal vegetables, nuts, seeds and legume

Season	January	February	March	April	May	June	July	August	September	October	November	December
Roots	Kohlrabi, Beetroot, Carrots, Celeriac, Jerusalem artichokes, Parsnips, Swedes, Turnips.	Beetroot, Carrots, Celeriac, Jerusalem artichokes, Parsnips, Swedes.	Beetroot, Carrots, Parsnips, Radishes, Spring Greens, Watercress.	Beetroot, Carrots, New Potatoes, Parsnips, Radishes.	Beetroot, New Potatoes, Radishes	Beetroot, New Potatoes, Radishes, Turnips,	Beetroot, Carrots, , Kohlrabi, New Potatoes, Potatoes, Radishes, Turnips,	Beetroot, Carrots, Chicory, Chillies, Kohlrabi, Parsnips, Potatoes, Radishes,	Beetroot, Carrots, Kohlrabi, Parsnips, Potatoes, Radishes, Turnips. Horseradish	Beetroot, Carrots, Celeriac, Parsnips, Potatoes, Radishes, Turnips, Horseradish	Beetroot, Carrots, Celeriac, Jerusalem Artichokes, , Parsnips, Potatoes, Swede, Turnips, Horse radish	Beetroot, Carrots, Celeriac, Jerusalem Artichokes, Parsnips, Potatoes, Swede, Turnips, Horseradish
Cruciferous vegetables	Brussel Sprouts, Cabbage	Brussels Sprouts, Cabbage, Purple Sprouting Broccoli	Cabbage	Cabbage, Kale, wild Nettles	Wild Nettles,	Broccoli, Cauliflower	Broccoli Cauliflower	Broccoli Cauliflower	Broccoli, Brussel Sprouts, Cauliflower	Broccoli, Brussels Sprouts, Cauliflower	Brussel Sprouts, Cabbage, Cauliflower,	Brussel Sprouts, Red Cabbage
Leafy Greens	Chicory Kale Spring greens	Chicory Kale Spring Greens	Chicory Spring greens Watercress, Wild nettles	Chicory Rocket Spinach Spring Greens Watercress	Chicory Lettuce Rocket Spinach Spring Greens, watercress	Chicory Lettuce Rocket, Spring Greens Swiss chard Watercress, Pak choi	Chicory Rocket Spring Greens, Swiss Chard Watercress	Chicory, Lettuce Rocket, Swiss chard, Watercress, Pak Choi	Chicory, Kale, Lettuce, Rocket, Spinach, Spring Greens, Swiss chard, Watercress, Pak Choi	Chicory, Kale, Lettuce, Rocket, Spinach, Spring Greens, Swiss Chard, Watercress	Chicory, Kale, Swiss Chard, Watercress	Chicory, Kale, Swiss chard, Watercress
Marrow	Squash	Squash	Cucumber		Marrow	Courgette Cucumber Marrow Summer squash	Courgettes Cucumber Summer Squash	Courgettes Cucumber Marrow Pumpkin Summer squash	Butternut squash, Courgettes, Cucumber, Marrow, Pumpkin, Summer Squash	Butternut Squash, Courgette, Cucumber, Marrow, Pumpkin, Summer squash, Winter squash	Butternut Squash, Pumpkin, Winter Squash	Pumpkin, Winter Squash.
Edible plant stems, buds	celery		Artichoke Leeks Rhubarb	Artichoke Rhubarb	Artichoke Asparagus Elderflowers Rhubarb Samphire	Asparagus Elderflowers Rhubarb Samphire	Fennel Rhubarb Samphire	Fennel Rhubarb samphire	Celery, Fennel Rhubarb Samphire, Fennel	Celery, Fennel	Celery	Celery
Fungi	Button/cup /flat	Button /cup /flat	Button/cup /flat Oyster Shitake	Morel Mushrooms Button/cu/p flat Oyster Shiitake	Button/cup /flat Morel Mushrooms Oyster Shiitake	Button/cup/ flat Oyster Shitake	Button/cup/ flat Oyster Shitake	Button/cup/ flat Oyster Shitake	Wild Mushrooms Button/cup/ flat Oyster Shitake	Wild mushrooms Button/cup/ flat Oyster Shitake	Wild Mushrooms Button/cup/ flat Oyster Shitake	Mushrooms Button/cup /flat Oyster Shitake
Savoury fruits					Aubergine Chillies, Peppers	Aubergine Chillies, Peppers	Aubergine Chillies, Tomatoes	Aubergine, Chillies, Peppers, Sweet Corn,	Aubergine Chillies, Peppers, Sweetcorn,	Aubergine, Chillies, Sweetcorn, Tomatoes		

Allium (onions, shallots)	Onions, Spring onions, Leeks	Onions, Spring onions, Leeks	Spring Onions, Leeks, Wild Garlic	Spring onions, Wild Garlic	Spring Onions, Wild Garlic	Spring Onions, Shallots, Onions	Garlic, Onions, Spring onions	Tomatoes Garlic, Leeks, Spring Onions	Tomatoes Garlic, Leeks, Onions, Spring Onions, Shallots	Leeks, Onions, Spring Onions, Shallots	Leeks, onions	Leeks, Onions
Legumes					Peas	Broad Beans, Peas, Runner Beans	Broad Beans, French Beans, Peas, Runner beans	Broad Beans, French Beans, Mangetout, Peas, Runner beans	Mangetout, Peas, Runner beans	Peas, Runner Beans		
Nuts and seeds	Squash seeds	Squash Seeds				Squash Seeds	Squash seeds, Sunflower seeds	Squash seeds, Sunflower seeds	Cobnuts, Pumpkin/squash seeds, Sunflower seeds	Chestnuts, Cobnuts, Walnuts, Pumpkin/squash seeds, Sunflower seeds	Chestnuts, Cobnuts, Pumpkin/Squash Seeds	Chestnuts, Pumpkin/squash seeds.
Fruit	Apples, Pears	Apples, Pears			Strawberries	Blackcurrant, Cherries, Gooseberries, Raspberries, Red currents, Strawberries, Tayberries	Blackberries, Blackcurrants, Blueberries, Cherries, Gooseberries, Green Gages, Loganberries, Raspberries, Redcurrants, Strawberries	Blackberries, Blackcurrants, Cherries, Damsons/Sloes, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Strawberries	Blackberries, Damson, Pears, Plums, Raspberries, Strawberries	Apples, Blackberries, Elderberries, Pears	Apples, Cranberries, Elderberries, Pears	Apples, Cranberries, Pears
Herbs			Sorrel	Sorrel, chives, dill	Sorrel, Rosemary, Sage, chervil, chives, coriander, dill, mint, parsley, rocket, sage, tarragon	Sorrel, Chervil, chives, coriander, dill, mint, Oregano, Parsley, sage, Tarragon, Thyme	Sorrel, Basil, chives, coriander, Dill, Oregano, mint, Parsley, Tarragon, Thyme, sage, Rosemary, Basil	Sorrel, chives, Coriander, Mint, Oregano, Rosemary, Parsley, sage, Tarragon, Thyme	Sorrel, Coriander, mint, Oregano, Parsley, Rosemary, sage, Thyme.	Chives, Parsley, Rosemary, Sage, Thyme	Rosemary, Sage	

References

https://www.hubhub.org.uk/eating-seasonally?gclid=Cj0KCQjw6575BRCQARIsAMp-ksOubpm_Wlkk0mRVxEZWa8Okuvo-YoImAlUjHj6LCKd56d4Xy_sO2QsaAkZ4EALw_wcB

<https://vegsoc.org/cookery-school/blog/seasonal-uk-grown-produce/#:~:text=January,%2C%20Squash%2C%20Swedes%2C%20Turnips.>

<https://sheringhams.com/wp-content/uploads/2016/06/seasonal-chart.pdf>