



freshdirect™
Eat Seasonably
TOP PRODUCTS

JANUARY

carrots • kale

FEBRUARY

leeks • savoy cabbage

MARCH

spring green cabbage

APRIL

cauliflower

MAY

asparagus • rhubarb

JUNE

broad beans • strawberries • peas

JULY

curly lettuce • cucumber • cherries

AUGUST

cos lettuce • raspberries • plums

SEPTEMBER

courgette • blackberries • runner beans

OCTOBER

cox apples • sweetcorn

NOVEMBER

red cabbage • potatoes

DECEMBER

brussels sprouts • white cabbage