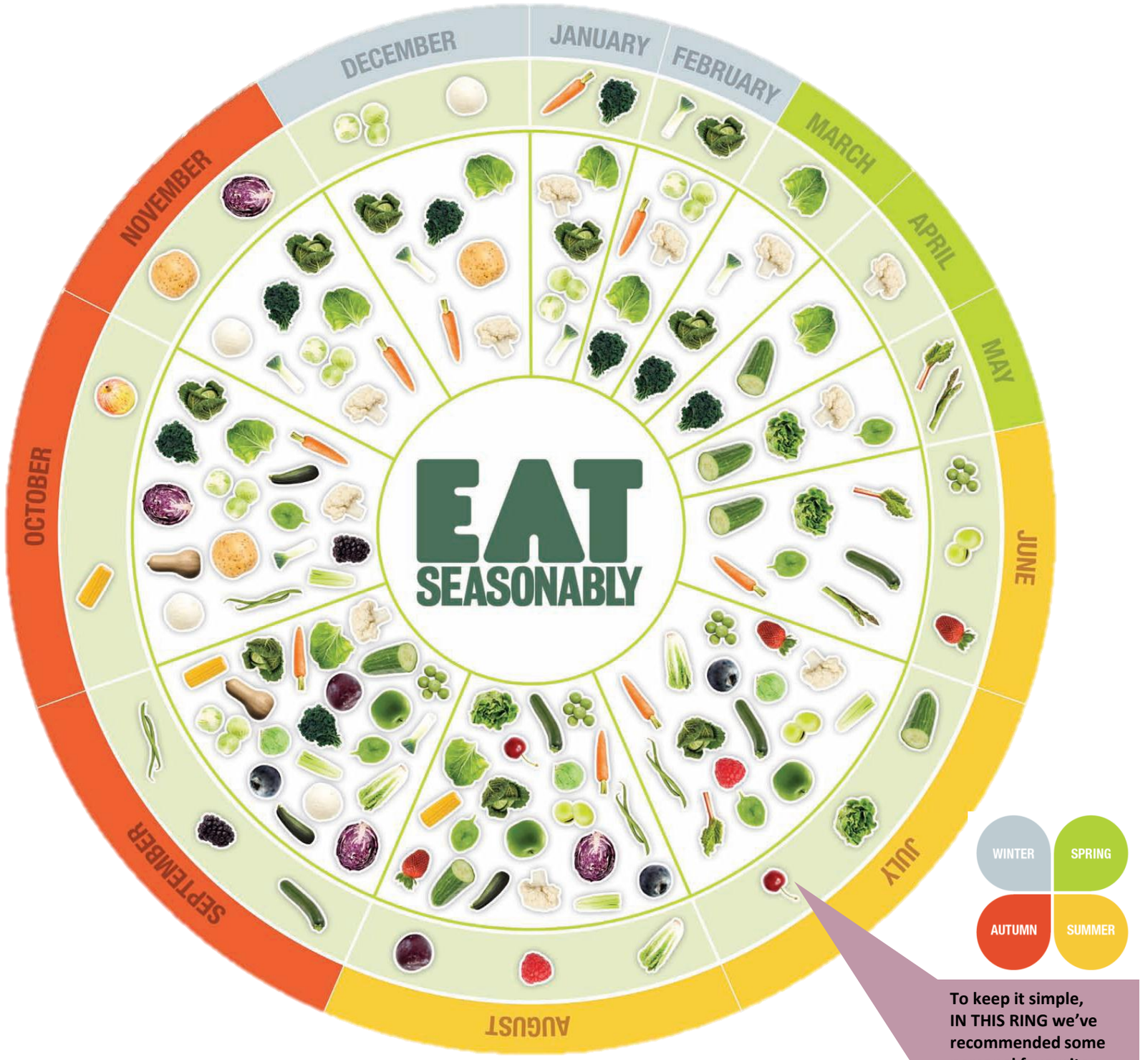
THE EAT SEASONABLY CALENDAR

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.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES, BRAMLEY							●	●	●			
APPLES, COX										●		
ASPARAGUS					●	●						
BEANS, BROAD						●	●	●				
BEANS, RUNNER							●	●	●	●		
BLACKBERRIES									●	●		
BLUEBERRIES							●	●	●			
BRUSSELS SPROUTS	●	●							●	●	●	●
CABBAGE, SPRING GREEN	●	●	●	●				●	●	●	●	●
CABBAGE, WHITE									●	●	●	●
CABBAGE, SAVOY	●	●	●				●	●	●	●	●	●
CABBAGE, RED								●	●	●	●	
CARROTS	●	●				●	●	●	●	●	●	●
CAULIFLOWER	●	●	●	●	●		●	●	●	●	●	●
CELERY							●	●	●	●		
CHERRIES							●	●				
COURGETTE						●	●	●	●			
CUCUMBER				●	●	●	●	●	●			
KALE	●	●	●	●					●	●	●	●
LEEKS	●	●	●						●	●	●	●
LETTUCE, COS							●	●	●			
LETTUCE, CURLY					●	●	●	●				
LETTUCE, ICEBERG							●	●	●			
MARROW								●	●	●		
PEAS						●	●	●	●			
PLUMS								●	●			
POTATOES, MAINCROP										●	●	●
RASPBERRIES							●	●				
RHUBARB					●	●	●					
SPINACH					●	●	●	●	●	●		
STRAWBERRIES						●	●	●				
SQUASH									●	●		
SWEETCORN								●	●	●		



FOR TIPS, RECIPES AND MORE VISIT

FRESHDIRECT.CO.UK & 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.

www.freshdirect.co.uk