Produce Seasonality Calendar

KEY

- UK Availability - Good
- UK Availability - Varying
- Imported
- Not Available

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Brassicas	J	F	M	A	M	J	J	A	S	O	N	D
Broccoli												
Cabbage Savoy												
Cabbage Spring green												
Cabbage White												
Cauliflower												
Cavolo nero												
Kale												
Pak choi												
Purple sprouting broccoli												
Romanesco												
Sprouts												
Tenderstem broccoli												

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

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

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

Root vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Carrot Standard												
Carrot Chantenay												
Carrot Heritage												
Carrot Chantenay Coloured												
Celeriac												
Parsnip												
Turnip												
Swede												
Beetroot Red												
Beetroot Golden												
Beetroot Candy												
Horseradish												
Salsify												

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												

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

Apples & pears	J	F	M	A	M	J	J	A	S	O	N	D
Apple Braeburn												
Apple Bramley												
Apple Cox												
Apple Gala												
Apple Golden Delicious												
Apple Granny Smith												
Apple Pink Lady												
Apple Red Delicious												
Apple Royal Gala												
Apple Russets												
Pears Conference												
Pears British												

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

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

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

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												

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												

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

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

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												
Micro Herb												
Edible Herbs												
Samphire												
Bean sprouts												
Growing/Living Cress												

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

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