

## Seasonal Food Calendar

To help guide you in eating seasonal produce, the following calendar gives you an idea of what to look for and when.

January	cabbage, cauliflower, celeriac, forced rhubarb, leeks, parsnips, turnip, shallots, squash	goose, lobster, scallops
February	cabbage, cauliflower, celeriac, chard, chicory, forced rhubarb, kohlrabi, leeks, parsnips, spinach, swede, turnip	mussels, halibut, guinea fowl, lobster
March	beetroot, cabbage, cauliflower, leeks, mint, mooli, parsley, broccoli, radishes, rhubarb, sorrel	sardines, lobster
April	broccoli, cabbage, cauliflower, morel mushrooms, wild garlic, radishes, rhubarb, carrots, kale, watercress, spinach, rosemary flowers	spring lamb, cockles
May	broccoli, cabbage, cauliflower, gooseberries, parsley, mint, broad beans, rhubarb, new carrots, samphire, asparagus	sea bass, lemon sole, sardines, duck, sea trout
June	carrots, cherries, elderflowers, lettuce, strawberries, peppers, asparagus, redcurrants, peas, rhubarb, gooseberries, tayberries, tomatoes, courgettes, broad beans	welsh lamb, crab, salmon, grey mullet
July	carrots, gooseberries, strawberries, spinach, tomatoes, watercress, loganberries, sage, cauliflower, aubergine, fennel, asparagus, cabbage, celery, cherries, lettuce, mangetout, nectarines, new potatoes, oyster mushrooms, peas, peaches, radish, raspberries, rhubarb, tomatoes, French beans	trout, pilchards, clams, pike, pigeon
August	carrots, gooseberries, lettuce, loganberries, raspberries, strawberries, cauliflower, aubergines, nectarines, peaches, peppers, courgettes, rhubarb, sweetcorn, greengages, basil, peas, pears, apples, French beans, tomatoes	crayfish, hare, skate, john dory
September	apples, aubergines, blackberries, cabbage, carrots, cauliflower, cucumber, damsons, elderberries, figs, French beans, grapes, kale, lettuce, melons, mushrooms, nectarines, onions, peppers, parsnips, peas, peaches, pears, potatoes, pumpkin, raspberries, rhubarb, spinach, sweetcorn, tomatoes	duck, venison, oysters, sea bass, grouse, mussels, partridge, wood pigeon, brown trout
October	apples, aubergines, beetroot, cabbage, carrots, cauliflower, courgettes, grapes, lettuce, marrow, mushrooms, parsnips, potatoes, squash, tomatoes, watercress	guinea fowl, partridge, mussels, grouse, oysters
November	cabbage, pumpkin, swede, cauliflower, potatoes, parsnips, pears, leeks, quinces, chestnuts, cranberries, beetroot	grouse, goose
December	celery, cabbage, red cabbage, cauliflower, celeriac, pumpkin, beetroot, turnips, parsnips, sprouts, pears, swede	wild duck, goose, sea bass, turkey