

# Seasonal Guide to: BRITISH FRUIT & VEG

	WINTER			SPRING			SUMMER			AUTUMN		
	December	January	February	March	April	May	June	July	August	September	October	November
Apples	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏	🍏
Apricots								🍑	🍑	🍑	🍑	
Asparagus					🍄	🍄	🍄					
Aubergines	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆
Beetroot	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆
Blackberries								🍷	🍷	🍷	🍷	
Blackcurrants							🍇	🍇	🍇			
Blueberries								🍷	🍷	🍷		
Broad beans						🍅	🍅	🍅	🍅	🍅		
Broccoli							🍄	🍄	🍄	🍄	🍄	
Brussels sprouts	🍄	🍄	🍄	🍄	🍄				🍄	🍄	🍄	🍄
Butternut squash										🍆	🍆	🍆
Cabbages	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅
Carrots	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆
Cauliflowers	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄
Celeriac	🍆	🍆	🍆	🍆	🍆	🍆						🍆
Celery							🍆	🍆	🍆	🍆	🍆	
Cherries							🍷	🍷				
Courgettes							🍆	🍆	🍆	🍆	🍆	
Cucumbers								🍆	🍆	🍆		
Fennel							🍆	🍆	🍆	🍆	🍆	
Gooseberries							🍷	🍷	🍷	🍷		
Leeks	🍆	🍆	🍆	🍆	🍆				🍆	🍆	🍆	🍆
Lettuce					🍅	🍅	🍅	🍅	🍅	🍅	🍅	
Marrows								🍆	🍆	🍆	🍆	
Mushrooms	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄	🍄
Onions	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆
Parsnips	🍆	🍆	🍆	🍆	🍆			🍆	🍆	🍆	🍆	🍆
Pears	🍏	🍏	🍏							🍏	🍏	🍏
Peas							🍇	🍇	🍇	🍇		
Peppers	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅	🍅
Plums							🍇	🍇	🍇	🍇	🍇	🍇
Potatoes	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆
Pumpkins	🍆									🍆	🍆	🍆
Purple sprouting broccoli		🍄	🍄	🍄	🍄	🍄						
Radishes					🍆	🍆	🍆	🍆	🍆	🍆	🍆	
Raspberries						🍷	🍷	🍷	🍷	🍷	🍷	🍷
Redcurrants							🍇	🍇	🍇			
Rhubarb		🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	
Rocket					🍅	🍅	🍅	🍅	🍅	🍅	🍅	
Runner beans								🍅	🍅	🍅	🍅	
Spinach						🍅	🍅	🍅	🍅	🍅	🍅	
Spring onions					🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆
Strawberries						🍷	🍷	🍷	🍷	🍷	🍷	
Swedes	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆	🍆
Sweetcorn								🍅	🍅	🍅	🍅	
Tomatoes							🍆	🍆	🍆	🍆	🍆	
Turnips	🍆	🍆	🍆				🍆	🍆	🍆	🍆	🍆	🍆
Watercress						🍅	🍅	🍅	🍅	🍅	🍅	🍅