Seasonal Guide to: BRITISH FRUIT & VEG

		WINTER	o de la companya de l		SPRING			CLIMMED					
	December	January	February	March	April	May	June	SUMMER July	August	September	AUTUMN October	November	
Apples	è	è	è	Ò	ò	ò	è	ò	Ò	ò	è	Ò	
Apricots								Ò	Ò	Ò	Ò		
Asparagus					##	##	##						
Aubergines	ê	Ö	ä	ô	â	å	â	8	Ĝ	å	â	ê	
Beetroot		W	*		*	*	411		M	*			
Blackberries													
Blackcurrants							• •	•*	• •				
Blueberries								6 5	***	Ö			
Broad beans						•	•	•	•	•			
Broccoli													
Brussels sprouts	80	86	86	86	86				86	90	80	86	
Butternut squash										4	4	4	
Cabbages													
Carrots	j	ř	j	Ĭ	Ĭ	V	j	y	Ĭ	, i	Ĭ	ř	
Cauliflowers													
Celeriac	•	•	•	•	•	•						•	
Celery													
Cherries							→						
Courgettes								1	1	1	1		
Cucumbers							Ť	j			·		
Fennel							W	W	W	W	W		
Gooseberries								•					
Leeks	4	1	•	1	4				1	1	1	4	
Lettuce	•	•	`	•								`	
Marrows								•		•			
Mushrooms	7	7	1	7	7	7	7	7	7	7	1	7	
Onions	•	•	•	•	•	•	•	•	•	•	•	•	
Parsnips	7	7	•	7	7	•	•	,	7	7	•	7	
Pears	6	6	6	,	,			,	,	6	A	6	
Peas								***	•••	***			
Peppers	•	w	w	w	w	w	•	w	•	•	eàe	•	
Plums		•		W	W	•	•	•	•	•	•	•	
Potatoes	\$	\$	\$	•	•	\$	\$	•	•	4	A	•	
Pumpkins	•	₩	₹	•	₩	•	•	•	₩	•			
Purple sprouting broccoli		*	*	*	*	*							
Radishes		Y	Y	Y	*	*	4	*	4	4	4		
					•								
Raspberries						M gray				THE POST OF THE PO			
Redcurrants		¥	¥	¥	¥	X	**	**		¥	¥		
Rhubarb					*	*	***	*	**	*	*		
Rocket					74))	١	1		
Runner beans						a	<u> </u>	*	*	*	*		
Spinach					W							W	
Spring onions					**	٨	٨	W with	X	٨	**************************************	**	
Strawberries		~	<u>~</u>	<u>~</u>	<u> </u>								
Swedes						•							
Sweetcorn													
Tomatoes							Č	Č	&	•	•		
Turnips								•					
Watercress													