



## Seasonality Chart

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples - Culinary												
Asparagus												
Aubergine												
Beetroot												
Broad Beans												
Broccoli / Calabrese												
Brussels Sprouts												
Butternut Squash												
Cabbage												
Carrots												
Cauliflower												
Celeriac												
Celery												
Chard												
Chillies - various												
Courgettes												
Cucumber												
Flat Beans												
Flower Sprouts												
Ginger												
Greens												
Jersey Royals												
Kale												
Leeks												
Lettuce - various												
Maincrop Potatoes												
Mange-Tout Beans												
Onions												
Parsnips												
Peppers												
Pointed Cabbage												
Pumpkins												
Purple Sprouting												
Raspberries												
Red Cabbage												
Red Onions												
Red Sprouts												
Runner Beans												
Savoy Cabbage												
Spinach												
Spring Onions												
Strawberries												
Swede												
Sweetcorn												
Tomatoes - various												
Watercress												
White Cabbage												
Winter Cabbage												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

*Seasonality is affected by the weather and hence the above should be used as a guide only.*