

British Seasonal Vegetables

January	cabbage savoy / january king; swede; potatoes; parsnips; onions; shallots; brussel sprouts; Purple sporting broccoli; leeks; carrots	Salads grown under cold glass, radish, mixed leaf, mustards
February	cabbage savoy / january king; winter cabbage; swede; potatoes; parsnips; onions; shallots; brussel sprouts; Purple sporting broccoli; leeks; carrots	Salads grown under cold glass, radish, mixed leaf, mustards
March	cabbage winter /spring greens; swede; potatoes; parsnips; onions; shallots; brussel sprouts; Purple sporting broccoli; leeks; radish, carrots	Salads grown under cold glass, radish, mixed leaf, mustards land cress, rocket
April	cabbage spring greens; spinach; potatoes; parsnips; onions; shallots; brussel sprouts; Purple sporting broccoli; leeks; radish, carrots; rhubarb	Salads grown under cold glass, radish, mixed leaf, mustards land cress rocket
May	asparagus, broad beans, cabbage, onion, potatoes (new), lettuce, rocket, radish, spring onions, rhubarb, carrots, celery, spinach, watercress, land cress	Salads grown under cold glass, radish, mixed leaf, mustards Aubergine, tomato soft fruits
June	asparagus, new potatoes, peas, cabbage, over-wintered onions, broad beans, french beans, radish , spinach, turnips, early raspberries	All salads, soft fruits
July	french beans, runner beans, cabbage, peas, potatoes, courgettes, cauliflower, onion, radish, strawberries	All salads, peppers
August	french beans, runner beans, cabbage, peas, potatoes, courgettes, cauliflower, onion, radish, strawberries, currants, marrow, squashes, pumpkin, broccoli, baby leeks, swede	All salads
September / October	Cabbage, carrots, salads, potatoes marrow, pumpkin, brussel sprouts, leeks, parsnip, spinach, sweet corn, turnip, top fruit, late soft fruit	Salads grown under cold glass, radish, mixed leaf, mustards
November / December	Cabbage, carrots, brussel sprouts, potatoes, leeks, parsnip, swede, top fruit,	Salads grown under cold glass, radish, mixed leaf, mustards