











JANUARY

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage.

FEBRUARY

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Purple Sprouting Broccoli, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, White Cabbage.

MARCH

Artichoke, Beetroot, Carrots, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Rhubarb, Sorrel, Spring Greens, Spring Onions, Watercress.

APRIL

Artichoke, Beetroot, Carrots, New Potatoes, Kale, Parsnips, Radishes, Rhubarb, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress.

MAY

Artichoke, Asparagus, Aubergine, Beetroot, Chillies, Lettuce, New Potatoes, Peppers, Radishes, Rhubarb, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Strawberries, Sweetheart Cabbage, Watercress.

JUNE

Asparagus, Aubergine, Beetroot, Blackcurrants, Broad Beans, Broccoli, Cauliflower, Cherries, Chillies, Courgettes, Cucumber, Gooseberries, Lettuce, New Potatoes, Peppers, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swiss Chard, Turnips, Watercress.

JUIY

Aubergine, Beetroot, Blackberries, Blackcurrants, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chillies, Courgettes, Cucumber, Gooseberries, Greengages, Fennel, French Beans, Garlic, Kohlrabi, New Potatoes, Onions, Potatoes, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress.



AUGUST

Aubergine, Beetroot, Blackberries, Blackcurrants, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chillies, Courgettes, Cucumber, Damsons, Fennel, French Beans, Garlic, Greengages, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Mushrooms, Parsnips, Peppers, Potatoes, Plums, Pumpkin, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Watercress, White Cabbage.

SEPTEMBER

Aubergine, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chillies, Cucumber, Damsons, Garlic. Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Pears, Peppers, Plums, Potatoes, Pumpkin, Radishes, Raspberries, Red Cabbage, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress, White Cabbage.

OCTOBER

EAT SEASONAL UK

Aubergine, Apples, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chillies, Courgette, Cucumber, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, Pears, Potatoes, Pumpkin, Radishes, Red Cabbage, Rocket, Runner Beans, Salsify, Savoy Cabbage, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress, Winter Squash, White Cabbage.

NOVEMBER

Apples, Beetroot, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Pears, Potatoes, Pumpkin, Red Cabbage, Salsify, Savoy Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash, White Cabbage.



DECEMBER

Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chestnuts, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Potatoes, Pumpkin, Red Cabbage, Salsify, Savoy Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash, White Cabbage.

CAMBRIDGE
organic











