

The food year made easy



Here are some of our favourite seasonal fruit and vegetables - keep an eye out at your local Farmers' Market or farm shop - or why not pick your own?

January

Brussels sprouts
Rhubarb
Carrots *
Kale *

February

Purple sprouting broccoli
Salsify
Leeks *
Savoy cabbage *

March

Cauliflower
Wild nettles
Spring onions
Spring green cabbage *

April

Asparagus
Rocket
Cauliflower *
Basil
Dill

May

Rhubarb *
Lettuce and salad leaves
Asparagus
Rosemary (beautiful with local spring lamb)

June

Strawberries *
Tomatoes
Peas *
Broad beans *

July

New potatoes
Spinach
Cherries *
Cucumber
Gooseberries

August

Radish
Loganberries
Plums *
Raspberries *

September

Runner beans *
Courgette *
Blackberries *
Garlic
It's Game season so try pheasant, hare and grouse!

October

Apples *
Sweetcorn
Pears *
Cob nuts
Wild mushrooms

November

Celeriac
Red cabbage *
Pumpkin
Potatoes *

December

Chestnuts
White cabbage *
Butternut squash
Beetroot
And of course Goose and Turkey!

* This months star buy