



FRUIT AND VEGETABLES IN SEASON

WHEN TO HARVEST AND EAT YOUR CROPS



SPRING

Mar: Beetroot, cabbage, cauliflower, leeks, mint, mooli, parsley, broccoli, radishes, rhubarb, sorrel

April: Broccoli, cabbage, cauliflower, morel mushrooms, wild garlic, radishes, rhubarb, Jersey Royal new potatoes, carrots, kale, watercress, spinach, rosemary flowers

May: Broccoli, cabbage, cauliflower, gooseberries, parsley, mint, broad beans, rhubarb, new carrots, samphire, asparagus

SUMMER

June: Carrots, cherries, elderflowers, lettuce, strawberries, peppers, asparagus, redcurrants, peas, rhubarb, gooseberries, tayberries, tomatoes, courgettes, broad beans

July: carrots, gooseberries, strawberries, spinach, tomatoes, watercress, loganberries, sage, cauliflower, aubergine, fennel, asparagus, cabbage, celery, cherries, lettuce, mangetout, nectarines, new potatoes, oyster mushrooms, peas, peaches, radish, raspberries, rhubarb, tomatoes, French beans

Aug: carrots, gooseberries, lettuce, loganberries, raspberries, strawberries, cauliflower, aubergines, nectarines, peaches, peppers, courgettes, rhubarb, sweetcorn, greengages, basil, peas, pears, apples, French beans, tomatoes

AUTUMN

September: apples, aubergines, blackberries, cabbage, carrots, cauliflower, cucumber, damsons, elderberries, figs, French beans, grapes, kale, lettuce, melons mushrooms, nectarines, onions, peppers, parsnips, peas, peaches, pears, potatoes, pumpkin, raspberries, rhubarb, spinach, sweetcorn, tomatoes

October: apples, aubergines, beetroot, cabbage, carrots, cauliflower, courgettes, grapes, lettuce, marrow, mushrooms, parsnips, potatoes, squash, tomatoes, watercress

November: cabbage, pumpkin, swede, cauliflower, potatoes, parsnips, pears, leeks, quinces, chestnuts, cranberries, beetroot

WINTER

December: Celery, cabbage, red cabbage, cauliflower, celeriac, pumpkin, beetroot, turnips, parsnips, sprouts, pears, swede

January: Cabbage, cauliflower, celeriac, forced rhubarb, leeks, parsnips, turnip, shallots, squash

February: Cabbage, cauliflower, celeriac, chard, chicory, forced rhubarb, kohlrabi, leeks, parsnips, spinach, swede, turnip



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