THE EAT SEASONABLY CALENDAR

EVERY FRUIT OR VEGETABLE HAS ITS SEASON, THE TIME OF THE YEAR WHEN YOU CAN ENJOY IT AT ITS VERY BEST. THIS SIMPLE TOOL WILL GUIDE YOU THROUGH WHAT'S IN SEASON WHEN SO YOU CAN ENJOY FRUIT AND VEG THAT TASTES BETTER, IS BETTER VALUE AND IS BETTER FOR THE PLANET.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES, BRAMLEY							JUL	AUG	SEP			
APPLES, COX										OCT		
ASPARAGUS					MAY	JUN						
BEANS, BROAD						JUN	JUL	AUG				
BEANS, RUNNER							JUL	AUG	SEP	OCT		
BLACKBERRIES									SEP	OCT		
BLUEBERRIES							JUL	AUG	SEP			
BRUSSELS SPROUTS	JAN	FEB							SEP	OCT	NOV	DEC
CABBAGE, SPRING GREEN	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC
CABBAGE, WHITE									SEP	OCT	NOV	DEC
CABBAGE, SAVOY	JAN	FEB	MAR				JUL	AUG	SEP	OCT	NOV	DEC
CABBAGE, RED								AUG	SEP	OCT	NOV	
CARROTS	JAN	FEB				JUN	JUL	AUG	SEP	OCT	NOV	DEC
CAULIFLOWER	JAN	FEB	MAR	APR	MAY		JUL	AUG	SEP	OCT	NOV	DEC
CELERY							JUL	AUG	SEP	OCT		
CHERRIES							JUL	AUG				
COURGETTE						JUN	JUL	AUG	SEP			
CUCUMBER				APR	MAY	JUN	JUL	AUG	SEP			
KALE	JAN	FEB	MAR	APR					SEP	OCT	NOV	DEC