

Food Season Chart - Vegetables (UK)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus												
Aubergine												
Beetroot												
Broccoli												
Broad bean												
Brussels sprout												
Cabbage (red)												
Cabbage (white)												
Cabbage (Savoy)												
Cauliflower												
Carrot												
Cavalo nero												
Celeriac												
Celery												
Chicory												
Chilli												
Courgette												
Cucumber												
Fennel												
French beans												
Garlic												
Globe artichoke												
Horseradish												
Jerusalem artichoke												
Kale												
Lamb's lettuce												
Leek												
Lettuce												
Mangetout												
Marrow												

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New potatoes												
Onion												
Pak Choi												
Parsnip												
Peas												
Pepper												
Potato												
Pumpkin												
Purple sprouting broccoli												
Radish												
Runner beans												
Salsify												
Shallot												
Spinach												
Spring greens												
Spring onions												
Swede												
Sweet potato												
Sweetcorn												
Swiss chard												
Turnip												
Watercress												