

**January**  
leeks, brussels sprouts, cabbages, celeriac, chicory, purple sprouting broccoli, kale, leeks, parsnips, spring onions, swedes, turnips

**February**  
purple sprouting broccoli, brussels sprouts, chicory, cabbages, celeriac, kale, leeks, parsnips, spring onions, swedes, beetroot

**March**  
radishes, chicory, purple sprouting broccoli, leeks, parsnips, spring greens, spring onions, salad leaves.

**April**  
beetroot, radishes, chicory, new potatoes, kale, salad leaves, rocket, spinach, spring greens, spring onions, rainbow chard.

**May**  
asparagus, beetroot, chicory, salad leaves, new potatoes, peas, radishes, rocket, spinach, spring greens, cauliflower, watercress.

**June**  
broad beans, artichoke, asparagus, beetroot, broccoli, carrots, courgettes, cucumber, lettuce, new potatoes, peas, peppers, radishes, rocket, spring greens, french beans, broad beans, chard, watercress.

**July**  
artichoke, beetroot, broccoli, carrots, cauliflower, courgettes, cucumber, fennel, broad beans, kohlrabi, new potatoes, onions, peas, potatoes, radishes, rocket, runner beans, spring greens, chard, tomatoes, watercress.

**August**  
tomatoes, aubergine, beetroot, beans, broccoli, carrots, cauliflower, courgettes, cucumber, fennel, kohlrabi, leeks, lettuce mangetout, peas, peppers, potatoes, plums, pumpkin, radishes, rocket, summer squash, sweetcorn, cabbage, chard, watercress,

**September**  
peppers, aubergine, beetroot, runner beans, broccoli, brussels sprouts, butternut squash, carrots, cauliflower, celery, courgettes, chillies, cucumber, kale, kohlrabi, leeks, lettuce, mangetout, peas, potatoes, pumpkin, radishes, cabbage, spinach, sweetcorn, cabbage, chard, tomatoes, turnips, watercress.

**October**  
pumpkin, aubergine, beetroot, broccoli, brussels sprouts, butternut squash, cabbage, carrots, cauliflower, celeriac, celery, courgette, cucumber, kale, leeks, lettuce, parsnips, peas, potatoes, spinach, swede, sweetcorn, chard, tomatoes, turnips, watercress,

**November**  
cauliflower beetroot, brussels sprouts, butternut squash, carrots, celeriac, celery, , jerusalem artichokes, kale, leeks, parsnips, potatoes, pumpkin, red, white, savoy cabbage, swede, chard, turnips

**December**  
kale, jerusalem artichokes, leeks, parsnips, brussel sprouts, carrots, celeriac, celery, potatoes, pumpkin, red, white & savoy cabbage, salsify, swede, chard, turnips.

# Seasonal UK Grown Vegetables

