

WHAT'S IN SEASON?

A – Z of British fruits & vegetables available in shops during the year.



WINTER			SPRING			SUMMER			AUTUMN		
December	January	February	March	April	May	June	July	August	September	October	November
Apples									Apples		
				Asparagus			Apricots				
			Aubergines								
Beetroot						Beetroot					
						Blackberries					
						Blackcurrants					
						Blueberries					
					Broad beans						
						Broccoli					
Brussels sprouts								Brussels sprouts			
									Butternut squash		
Celeriac										Celeriac	
						Celery					
						Cherries					
						Courgettes					
	Cucumbers										
						Fennel					
						Gooseberries					
Leeks								Leeks			
					Lettuce						
							Marrows				
Parsnips							Parsnips				
Pears									Pears		
						Peas					
			Peppers								
				Plums							
Pumpkins									Pumpkins		
			Radishes								
				Raspberries							
						Redcurrants					
Rhubarb											
			Rocket						Rocket		
							Runner beans				
				Spinach							
			Spring onions								
			Strawberries								
								Sweetcorn			
	Tomatoes										
Turnips						Turnips					
			Watercress								

Many fruits and vegetables are harvested throughout the year using different technologies. Because of longer growing seasons and good storage conditions, some British crops – like carrots, cauliflowers, potatoes and frozen British peas – are available to eat all year round, while others are more seasonal. Check out when your favourite seasonal British fruit and vegetables will be ready to buy in the shops.

VEGETABLES ALL YEAR ROUND

- CABBAGES
- CARROTS
- CAULIFLOWERS
- MUSHROOMS
- ONIONS
- POTATOES
- SWEDES



KEY	
Fruit	
	Peak season
	Available
Vegetable or herb	
	Peak season
	Available



Use our online guide to find out where you can buy British food www.nfuonline.com/SupermarketGuide