

2 WHAT'S IN SEASON?

Fruit

Fruit	Autumn	Winter	Spring	Summer
Apples				
Apricot				
Blackberries				
Blackcurrant				
Blood Orange				
Blueberries				
Cherries				
Clementine				
Cranberries				
Damsons				
Elderberries				
Elderflowers				
Figs				

Fruit	Autumn	Winter	Spring	Summer
Gooseberries				
Grapes				
Greengages				
Mango				
Melon				
Nectarines				
Peach				
Pears				
Plums				
Pomegranate				
Raspberries				
Redcurrant				
Rhubarb				
Strawberries				
Victoria plums				

Vegetables

Vegetables	Autumn	Winter	Spring	Summer
Artichokes				
Asparagus				
Aubergine				
Broccoli				
Brussels sprouts				
Butternut squash				
Carrots				
Cauliflower				
Cavolo nero				
Celeriac				
Celery				
Chicory				
Courgette				
Cucumber				
Fennel				
Garlic				
Jersey royals				
Kale				
Leek				
Onions				
Parsnips				

Vegetables	Autumn	Winter	Spring	Summer
Peas				
Pepper				
Potatoes				
Pumpkin				
Purple sprouting broccoli				
Radishes				
Red cabbage				
Red savoy				
Rocket				
Savoy cabbage				
Spinach				
Spring onion				
Swede				
Sweetcorn				
Tomatoes				
Turnips				
Watercress				
White cabbage				
Wild mushrooms				