

# Seasonal Produce Chart

January	
Kohlrabi	Leeks
Onions	Potatoes
Chard	Apples
Pears	Spinach

February	
Brussel Sprouts	Shallots

March	
Spring Onions	Carrots

April	
Cabbage	Carrots
Leeks	Lettuces
Rhubarb	

May	
Asparagus	Cabbage
Spinach	

June	
Asparagus	Artichokes
Green Beans	Salad Leaves
Strawberries	Cherries

July	
Broad Beans	Peas
Green Beans	Garlic
Cucumber	Lettuces
Radishes	Strawberries
Raspberries	Cherries
Blueberries	

August	
Peppers	Sweet Corn
Tomatoes	Plums
Cherries	Apricots
Melons	

September	
Sweet Corn	Tomatoes
Cauliflower	Carrots
Plums	Figs
Blackberries	Grapes

October	
Broccoli	Squashes
Potatoes	Turnips
Apples	Pears

November	
Parsnips	Turnips
Beetroots	Cabbage
Carrots	Cauliflower
Celery	Leeks
Apples	Pears

December	
Brussel Sprouts	Leeks
Garlic	Pumpkin
Spinach	Apples
Pears	Jerusalem Artichokes