unitedfresh
the fresh consortium

Seasonal Calendar

- **In season:** produce is at its best and most widely available
- **Available:** produce coming in/going out of season
- **Available:** from store

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Vegetables

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichoke	*Globe*	○	○	○	○	●	●	●	●	●	●	●	○
	Jerusalem	●	●	○	○	○	○	○	○	○	●	●	●
Asparagus		○	○	○	●	●	●	○	○	○	○	○	○
Aubergine		○	○	○	○	●	●	●	●	●	○	○	○
Beans	*Broad*	○	○	○	○	○	●	●	●	●	○	○	○
	French/Runner/Flat	○	○	○	○	○	●	●	●	●	●	○	○
Beetroot		●	●	●	●	●	●	●	●	●	●	●	●
Broccoli	*Calabrese*	○	○	○	○	●	●	●	●	●	●	●	○
	Purple sprouting	●	●	●	●	●	●	●	●	●	●	●	●
Brussel sprouts		●	●	○	○	○	○	○	○	●	●	●	●
Cabbage	*Red*	●	●	●	●	●	○	●	●	●	●	●	●
	Savoy	●	●	●	●	●	●	●	●	●	●	●	●
Cabbage	*Spring green*	●	●	●	●	○	●	●	●	●	●	●	●
	Winter white	●	●	●	●	●	●	○	●	●	●	●	●
Carrots		●	●	●	●	●	●	●	●	●	●	●	●
Cauliflower		●	●	●	●	●	○	●	●	●	●	●	●
Celeriac		●	●	●	●	●	●	●	●	●	●	●	●
Chard		○	○	○	○	●	●	●	●	●	●	○	○
Chilli		○	○	○	○	●	●	●	●	●	●	●	●
Courgettes		○	○	○	○	●	●	●	●	●	●	○	○
Fennel		○	○	○	○	○	○	●	●	●	●	●	○
Garlic		●	○	○	○	○	○	○	●	●	●	●	●
Horseradish		●	●	●	●	●	○	○	○	●	●	●	●
Kale		●	●	●	●	○	○	○	●	●	●	●	●
Kohlrabi		○	○	○	○	○	●	●	●	●	●	●	○
Leeks		●	●	●	○	○	○	○	●	●	●	●	●
Marrow		○	○	○	○	○	○	●	●	●	●	●	○
Onions		●	●	●	●	●	●	●	●	●	●	●	●
Pak choy		○	○	○	○	○	○	●	●	●	○	○	○
Parsnips		●	●	●	●	○	○	●	●	●	●	●	●
Peas		○	○	○	○	●	●	●	●	●	●	○	○
Peppers	*Capsicum*	○	○	○	○	●	●	●	●	●	●	○	○
Potatoes	*Maincrop*	●	●	●	●	●	○	○	○	●	●	●	●
	New	○	○	○	○	●	●	●	●	●	○	○	○
Pumpkins		●	●	●	○	○	○	●	●	●	●	●	●
Romanesco		○	○	○	○	○	●	●	●	●	●	●	●
Samphire		○	○	○	○	○	●	●	●	○	○	○	○
Shallot		●	●	●	●	●	●	○	○	●	●	●	●
Spinach		○	○	○	○	●	●	●	●	●	●	○	○
Squash		●	●	●	○	○	○	○	●	●	●	●	●
Swede		●	●	●	●	●	○	●	●	●	●	●	●
Sweetcorn		○	○	○	○	○	○	●	●	●	●	●	○
Turnips		●	●	●	●	○	○	●	●	●	●	●	●

Salad

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Celery		○	○	○	○	○	●	●	●	●	●	○	○
Chicory	*Jerusalem*	○	○	○	○	●	●	●	●	●	●	●	○
Cress	*Mustard/Mixed*	●	●	●	●	●	●	●	●	●	●	●	●
Cucumber		○	○	●	●	●	●	●	●	●	●	○	○
Edible flowers		○	○	○	●	●	●	●	●	●	○	○	○
Lettuce	*Cos*	○	○	○	○	○	●	●	●	●	●	○	○
	Curly	○	○	○	○	●	●	●	●	●	●	●	○
	Iceberg	●	●	●	●	●	●	●	●	●	●	●	●
	Little gem	○	○	●	●	●	●	●	●	●	●	○	○
	Round	○	○	○	●	●	●	●	●	●	●	○	○
Radish		○	○	○	●	●	●	●	●	●	●	●	○
Rocket	*Daikon/mooli*	○	○	○	●	●	●	●	●	●	●	●	●
Spring onions		○	○	○	●	●	●	●	●	●	●	●	○
Tomatoes		○	○	●	●	●	●	●	●	●	●	●	○
Watercress		○	○	○	○	●	●	●	●	●	●	●	○

Mushrooms

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Button/Cup/Flat	*Cultivated*	●	●	●	●	●	●	●	●	●	●	●	●
Enoki	*Cultivated*	●	●	●	●	●	●	●	●	●	●	●	●
Girolle	*Scottish, wild*	○	○	○	○	○	○	●	●	●	●	●	○
Morel	*Wild*	○	○	●	●	●	○	○	○	○	○	○	○
Oyster	*Cultivated*	●	●	●	●	●	●	●	●	●	●	●	●
Pied bleu	*Cultivated*	●	●	●	●	●	●	●	●	●	●	●	●
Shitake	*Cultivated*	●	●	●	●	●	●	●	●	●	●	●	●

Fruit & Nuts

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	*Braeburn*	●	●	●	●	○	○	○	○	○	●	●	●
	Bramley	●	●	●	●	●	●	●	●	●	●	●	●
	Cox	●	●	●	●	○	○	○	○	●	●	●	●
	Discovery	○	○	○	○	○	○	○	●	●	○	○	○
	Early windsor	○	○	○	○	○	○	○	●	●	○	○	○
	Egremont russet	●	○	○	○	○	○	○	○	●	●	●	●
	Golden delicious	●	●	○	○	○	○	○	○	○	●	●	●
Blackberries		●	●	●	●	●	○	○	○	●	●	●	●
Redcurrants	*Maincrop*	○	○	○	○	○	○	●	●	●	●	●	○
Blueberries		○	○	○	○	○	○	●	●	○	○	○	○
Cherries		○	○	○	●	●	●	●	●	●	○	○	○
Cobnuts		○	○	○	○	○	○	○	●	●	●	○	○
Damsons		○	○	○	○	○	○	○	●	●	○	○	○
Gooseberries		○	○	○	○	○	●	●	●	○	○	○	○
Medlar		○	○	○	○	○	○	○	○	○	●	●	●
Pears	*Comice/Concorde*	●	●	○	○	○	○	○	○	○	●	●	●
	Conference	●	●	●	●	●	○	○	○	●	●	●	●
	Williams'	○	○	○	○	○	○	○	●	●	●	○	○
Plums		○	○	○	○	○	○	○	●	●	○	○	○
Quince		○	○	○	○	○	○	○	○	○	●	●	○
Raspberries		○	○	○	○	●	●	●	●	●	●	○	○
Rhubarb	*Forced*	●	●	●	○	○	○	○	○	○	○	●	●
	Outdoor	○	○	○	○	●	●	●	○	○	○	○	○
Strawberries		○	○	○	○	●	●	●	●	●	○	○	○
Walnuts	*Fresh*	○	○	○	○	○	○	○	○	○	●	○	○