

## ***Eat by the calendar***

Check this when you compile your next shopping list! Eating food that is in season is good for:

- Your pocket – imported or out-of-season foods are usually more expensive.
- Your body – when it comes to fruit and vegetables, the fresher the better.
- The environment – imported foods and associated “food miles” are not ideal for the planet.
- UK farmers – so avoid the expensive imports and buy British.

Season	Month	Fruits & Vegetables	Meat & Fish
Spring	Mar	Rhubarb, Artichoke, Beetroot, Carrots, Chicory, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Sorrel, Spring Greens, Spring Onions, Watercress.	Beef, Chicken, Spring Lamb, Crab, Haddock, John Dory, Lobster, Mackerel, Monkfish, Prawns, Sea Bass, Sea Salmon, Trout, Turbot
	Apr	Rhubarb, Artichoke, Beetroot, Carrots, Celeriac, Chicory, New Potatoes, Kale, Morel Mushrooms, Parsnips, Radishes, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress.	
	May	Gooseberries, Rhubarb, Artichoke, Asparagus, Aubergine, Beetroot, Chicory, Chillies, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Strawberries, Sweetheart Cabbage, Watercress.	
Summer	Jun	Asparagus, Aubergine, Beetroot, Blackcurrants, Broad Beans, Broccoli, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Elderflowers, Gooseberries, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swiss Chard, Tayberries, Turnips, Watercress.	Beef, Chicken, Ham, Pork, Saltmarsh Lamb, Venison, Crab, Pilchards, Wild Salmon
	Jul	Aubergine, Beetroot, Blackberries, Blackcurrants, Blueberries, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Gooseberries, Greengages, Fennel, French Beans, Garlic, Kohlrabi, Loganberries, New Potatoes, Onions, Peas, Potatoes, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress.	
	Aug	Aubergine, Beetroot, Blackberries, Blackcurrants, Broad Beans, Broccoli, Carrots, Cauliflower, Cherries, Chicory, Chillies, Courgettes, Cucumber, Damsons, Fennel, French Beans, Garlic, Greengages, Kohlrabi, Leeks, Lettuce, Loganberries, Mangetout, Marrow, Mushrooms, Parsnips, Peas, Peppers, Potatoes, Plums, Pumpkin, Radishes, Raspberries, Redcurrants, Rhubarb, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Watercress, White Cabbage.	

Season	Month	Fruits & Vegetables	Meat & Fish
Autumn	Sep	Aubergine, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chicory, Chillies, Cucumber, Damsons, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Pears, Peas, Peppers, Plums, Potatoes, Pumpkin, Radishes, Raspberries, Red Cabbage, Rhubarb, Rocket, Runner Beans, Samphire, Sloes, Sorrel, Spinach, Spring Greens, Spring Onions, Strawberries, Summer Squash, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, White Cabbage.	Chicken, Grouse, Heather-fed Lamb, Ham, Pork, Venison, Brill, Dabs, Dover Sole, Flounder, Oysters, Skate
	Oct	Apples, Aubergine, Beetroot, Blackberries, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Chillies, Courgette, Cucumber, Elderberries, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, Pears, Peas, Potatoes, Pumpkin, Quince, Radishes, Red Cabbage, Rocket, Runner Beans, Salsify, Savoy Cabbage, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Sweetheart Cabbage, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash, White Cabbage.	
	Nov	Apples, Beetroot, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Elderberries, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Pears, Potatoes, Pumpkin, Quince, Red Cabbage, Salsify, Savoy Cabbage, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash, White Cabbage.	
Winter	Dec	Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chestnuts, Chicory, Cranberries, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Potatoes, Pumpkin, Quince, Red Cabbage, Salsify, Savoy Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash, White Cabbage.	Goose, Partridge, Chicken, Turkey, Pheasant, Venison, Wild Duck, Mussels, Scallops, Grey Mullet
	Jan	Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, Turnips, White Cabbage.	
	Feb	Apples, Pears, Beetroot, Brussels Sprouts, Carrots, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Purple Sprouting Broccoli, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, White Cabbage.	

Sources: **The British Dietetic Association; The Vegetarian Society; Love British Food**