



Seasonal produce



March

Vegetables:

Beet root
Black Radish
Broccoli
Brussels sprouts
Carrot
Cauliflower
Celeriac
Chicory
French bean
Jerusalem artichoke
Kale
Lamb's lettuce
Leafy/ green celery
Leek
Mushroom
Onion
Parsnip
Potatoes
Pumpkin, squash
Radish
Red/ purple cabbage
Salsify
Savoy cabbage
Spinach
Turnip
White cabbage

Fruits:

Apple
Avocado
Banana
Lemon
Kiwi
Mandarin
Mango
Orange
Pear
Pineapple

April

Vegetables:

Asparagus
Beet root
Broccoli
Cauliflower
Chicory
Endive
French bean
Kohlrabi
Leafy/ green celery
Leek
Lettuce
Mushroom
Onion
Pak choy/ Bok choy
Potatoes
Pumpkin, squash
Radicchio
Radish
Spinach
Turnip
Turnip tops
Watercress

Fruits:

Avocado
Banana
Mango
Orange
Rhubarb

May

Vegetables:

Asparagus
Carrot
Cauliflower
Chard/ Swiss chard
Endive
French bean
Kohlrabi
Leafy/ green celery
Leek
Lettuce
Mushroom
Onion
Pea
Pointed cabbage
Potatoes
Radicchio
Radish
Spinach
Tomato
Turnip
Turnip tops
Watercress

Fruits:

Avocado
Mango
Nectarine
Peach
Raspberry
Rhubarb
Strawberries

 Eat as much as you like

 Eat in moderation

 Preferably avoid

June

Vegetables:

Artichoke
Asparagus
Broccoli
Carrot
Cauliflower
Celery
Chard/ Swiss chard
Cucumber
Eggplant
Endive
Fennel
French bean
Green bean
Kohlrabi
Leafy/ green celery
Leek
Lettuce
Mushroom
Onion
Pea
Pointed cabbage
Potatoes
Radish
Savoy cabbage
Spinach
Tomato
Turnip
Watercress

Fruits:

Apricot
Avocado
Black currant
Cherries
Gooseberry
Nectarine
Peach
Raspberry
Red currant
Rhubarb
Strawberries

July

Vegetables:

Artichoke
Asparagus
Beet root
Broad/ fava bean
Broccoli
Carrot
Cauliflower
Celery
Chard/ Swiss chard
Chinese cabbage
Cucumber
Eggplant
Endive
Fennel
French bean
Green bean
Kohlrabi
Leafy/ green celery
Leek
Lettuce
Mushroom
Onion
Pak choi/ Bok choi
Paprika/ bell pepper
Pea
Pointed cabbage
Potatoes
Radish
Red/ purple cabbage
Savoy cabbage
Snow peas
Spinach
Tomato
Turnip
Watercress
White cabbage
Zucchini

Fruits:

Apricot
Avocado
Blackberries
Black currant
Cherries
Gooseberry
Nectarine
Peach
Raspberry
Red currant
Rhubarb
Strawberries

August

Vegetables:

Artichoke
Beet root
Broccoli
Carrot
Cauliflower
Celeriac
Chard/ Swiss chard
Chinese cabbage
Corn
Cucumber
Eggplant
Endive
Fennel
French bean
Green bean
Kohlrabi
Large-leaved chicory
Leafy/ green celery
Leek
Lettuce
Mushroom
Onion
Pak choi/ Bok choi
Paprika/ bell pepper
Pointed cabbage
Potatoes
Pumpkin, squash
Radish
Red/ purple cabbage
Savoy cabbage
Spinach
Tomato
Turnip tops
Watercress
White cabbage
Zucchini

Fruits:

Apple
Apricot
Avocado
Blackberries
Black currant
Cherries
Figs
Gooseberry
Grapes
Melon
Nectarine
Peach
Pear
Prune
Raspberry
Strawberries

 Eat as much as you like

 Eat in moderation

 Preferably avoid

September

Vegetables:

Artichoke
Beet root
Black Radish
Broccoli
Carrot
Cauliflower
Celeriac
Chard/ Swiss chard
Chinese cabbage
Corn
Cucumber
Eggplant
Endive
Fennel
French bean
Green bean
Kohlrabi
Leafy/ green celery
Leek
Lettuce
Mushroom
Onion
Pak choi/ Bok choi
Paprika/ bell pepper
Pointed cabbage
Potatoes
Pumpkin, squash
Radish
Red/ purple cabbage
Savoy cabbage
Spinach
Tomato
Turnip
Turnip tops
Watercress
White cabbage
Zucchini

Fruits:

Apple
Avocado
Banana
Blackberries
Figs
Grapes
Kiwi
Melon
Nectarine
Peach
Pear
Prune
Raspberry

October

Vegetables:

Artichoke
Beet root
Black Radish/ Daikon
Broccoli
Brussels sprouts
Carrot
Cauliflower
Celeriac
Chard/ Swiss chard
Chinese cabbage
Eggplant
Endive
Fennel
French bean
Green bean
Jerusalem artichoke
Kale
Kohlrabi
Lamb's lettuce
Leafy/ green celery
Leek
Lettuce
Mushroom
Onion
Pak choi/ Bok choi
Paprika/ bell pepper
Parsnip
Pointed cabbage
Potatoes
Pumpkin, squash
Radicchio
Radish
Red/ purple cabbage
Savoy cabbage
Salsify
Spinach
Tomato
Turnip
Turnip tops
Watercress
White cabbage
Zucchini

Fruits:

Apple
Avocado
Banana
Blackberries
Grapes
Kiwi
Mandarin
Melon
Raspberry

November

Vegetables:

Beet root
Black Radish
Broccoli
Brussels sprouts
Carrot
Cauliflower
Celeriac
Chicory
Chinese cabbage
Endive
Fennel
Jerusalem artichoke
Kale
Lamb's lettuce
Leafy/ green celery
Leek
Lettuce
Mushroom
Onion
Parsnip
Potatoes
Pumpkin, squash
Red/ purple cabbage
Savoy cabbage
Salsify
Turnip
Watercress
White cabbage
Winter purslane
Zucchini

Fruits:

Apple
Avocado
Banana
Grapes
Lemon
Kiwi
Mandarin
Mango
Mineola
Orange
Pear

December ❄️

Vegetables:

Beet root
Black Radish
Brussels sprouts
Carrot
Celeriac
Chicory
Endive
Jerusalem artichoke
Kale
Lamb's lettuce
Leafy/ green celery
Leek
Mushroom
Onion
Parsnip
Potatoes
Pumpkin, squash
Red/ purple cabbage
Savoy cabbage
Salsify
Turnip
Watercress
White cabbage
Winter purslane

Fruits:

Apple
Avocado
Banana
Kiwi
Lemon
Mandarin
Mango
Pear
Pineapple
Orange

January ❄️

Vegetables:

Beet root
Black Radish
Brussels sprouts
Carrot
Celeriac
Chicory
Endive
Jerusalem artichoke
Kale
Lamb's lettuce
Leafy/ green celery
Leek
Mushroom
Onion
Parsnip
Potatoes
Pumpkin, squash
Red/ purple cabbage
Salsify
Savoy cabbage
Turnip
Watercress
White cabbage

Fruits:

Apple
Avocado
Banana
Kiwi
Lemon
Mandarin
Mango
Orange
Pear
Pineapple

February ❄️

Vegetables:

Beet root
Black Radish
Brussels sprouts
Carrot
Celeriac
Chicory
Jerusalem artichoke
Kale
Lamb's lettuce
Leafy/ green celery
Leek
Mushroom
Onion
Parsnip
Pumpkin, squash
Potatoes
Red/ purple cabbage
Salsify
Savoy cabbage
Turnip
White cabbage

Fruits:

Apple
Avocado
Banana
Lemon
Kiwi
Mandarin
Mango
Orange
Pear
Pineapple