



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus	J	F	M	A	M	J	J	A	S	O	N	D
Baby Leeks	J	F	M	A	M	J	J	A	S	O	N	D
Beetroot	J	F	M	A	M	J	J	A	S	O	N	D
Broad Beans	J	F	M	A	M	J	J	A	S	O	N	D
Broccoli (Calabrese)	J	F	M	A	M	J	J	A	S	O	N	D
Broccoli (Purple)	J	F	M	A	M	J	J	A	S	O	N	D
Brussels Sprouts	J	F	M	A	M	J	J	A	S	O	N	D
Cabbage	J	F	M	A	M	J	J	A	S	O	N	D
Carrots	J	F	M	A	M	J	J	A	S	O	N	D
Cauliflower	J	F	M	A	M	J	J	A	S	O	N	D
Celeriac	J	F	M	A	M	J	J	A	S	O	N	D
Celery	J	F	M	A	M	J	J	A	S	O	N	D
Chard	J	F	M	A	M	J	J	A	S	O	N	D
Chillies	J	F	M	A	M	J	J	A	S	O	N	D
Courgettes	J	F	M	A	M	J	J	A	S	O	N	D
Cucumber	J	F	M	A	M	J	J	A	S	O	N	D
Endive	J	F	M	A	M	J	J	A	S	O	N	D
Horseradish	J	F	M	A	M	J	J	A	S	O	N	D
Jerusalem Artichoke	J	F	M	A	M	J	J	A	S	O	N	D
Kale	J	F	M	A	M	J	J	A	S	O	N	D
Kohlrabi (Green)	J	F	M	A	M	J	J	A	S	O	N	D
Kohlrabi (Purple)	J	F	M	A	M	J	J	A	S	O	N	D
Leeks	J	F	M	A	M	J	J	A	S	O	N	D
Lettuce	J	F	M	A	M	J	J	A	S	O	N	D
Mangetout	J	F	M	A	M	J	J	A	S	O	N	D
Mushrooms (Cultivated)	J	F	M	A	M	J	J	A	S	O	N	D
New Potatoes	J	F	M	A	M	J	J	A	S	O	N	D
Oats & Other Grains	J	F	M	A	M	J	J	A	S	O	N	D
Onions	J	F	M	A	M	J	J	A	S	O	N	D
Pak Choi	J	F	M	A	M	J	J	A	S	O	N	D
Parsnips	J	F	M	A	M	J	J	A	S	O	N	D
Peas (Shell / Sugar)	J	F	M	A	M	J	J	A	S	O	N	D
Potatoes (Ware)	J	F	M	A	M	J	J	A	S	O	N	D
Pumpkin	J	F	M	A	M	J	J	A	S	O	N	D
Radish (Summer)	J	F	M	A	M	J	J	A	S	O	N	D
Radish (Winter)	J	F	M	A	M	J	J	A	S	O	N	D
Rocket	J	F	M	A	M	J	J	A	S	O	N	D
Romanesco	J	F	M	A	M	J	J	A	S	O	N	D
Runner Beans	J	F	M	A	M	J	J	A	S	O	N	D
Salsify	J	F	M	A	M	J	J	A	S	O	N	D
Scallions	J	F	M	A	M	J	J	A	S	O	N	D
Sea Kale	J	F	M	A	M	J	J	A	S	O	N	D
Shallots	J	F	M	A	M	J	J	A	S	O	N	D
Spinach	J	F	M	A	M	J	J	A	S	O	N	D
Spring Greens	J	F	M	A	M	J	J	A	S	O	N	D
Summer Squash	J	F	M	A	M	J	J	A	S	O	N	D
Swede	J	F	M	A	M	J	J	A	S	O	N	D
Turnips	J	F	M	A	M	J	J	A	S	O	N	D
Winter Salads	J	F	M	A	M	J	J	A	S	O	N	D
Winter Squash	J	F	M	A	M	J	J	A	S	O	N	D



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Basil	J	F	M	A	M	J	J	A	S	O	N	D
Bishop's Weed	J	F	M	A	M	J	J	A	S	O	N	D
Blaeberry	J	F	M	A	M	J	J	A	S	O	N	D
Brambles	J	F	M	A	M	J	J	A	S	O	N	D
Ceps	J	F	M	A	M	J	J	A	S	O	N	D
Chanterelles	J	F	M	A	M	J	J	A	S	O	N	D
Chestnuts	J	F	M	A	M	J	J	A	S	O	N	D
Chives	J	F	M	A	M	J	J	A	S	O	N	D
Common Sorrel	J	F	M	A	M	J	J	A	S	O	N	D
Coriander	J	F	M	A	M	J	J	A	S	O	N	D
Crab Apples	J	F	M	A	M	J	J	A	S	O	N	D
Dandelion	J	F	M	A	M	J	J	A	S	O	N	D
Dill	J	F	M	A	M	J	J	A	S	O	N	D
Dulse	J	F	M	A	M	J	J	A	S	O	N	D
Elderberries	J	F	M	A	M	J	J	A	S	O	N	D
Elderflowers	J	F	M	A	M	J	J	A	S	O	N	D
Fennel	J	F	M	A	M	J	J	A	S	O	N	D
Field Mushrooms	J	F	M	A	M	J	J	A	S	O	N	D
Garlic	J	F	M	A	M	J	J	A	S	O	N	D
Garlic Mustard	J	F	M	A	M	J	J	A	S	O	N	D
Good King Henry	J	F	M	A	M	J	J	A	S	O	N	D
Gorse Flowers	J	F	M	A	M	J	J	A	S	O	N	D
Hogweed	J	F	M	A	M	J	J	A	S	O	N	D
Juniper Berries	J	F	M	A	M	J	J	A	S	O	N	D
Kombu (Oarweed)	J	F	M	A	M	J	J	A	S	O	N	D
Lemon Balm	J	F	M	A	M	J	J	A	S	O	N	D
Lemon Verbena	J	F	M	A	M	J	J	A	S	O	N	D
Lovage	J	F	M	A	M	J	J	A	S	O	N	D
Marjoram	J	F	M	A	M	J	J	A	S	O	N	D
Mint	J	F	M	A	M	J	J	A	S	O	N	D
Nettles	J	F	M	A	M	J	J	A	S	O	N	D
Nori (Laver)	J	F	M	A	M	J	J	A	S	O	N	D
Oregano	J	F	M	A	M	J	J	A	S	O	N	D
Rose Hips	J	F	M	A	M	J	J	A	S	O	N	D
Rowan Berries	J	F	M	A	M	J	J	A	S	O	N	D
Samphire (Marsh)	J	F	M	A	M	J	J	A	S	O	N	D
Sea Buckthorn	J	F	M	A	M	J	J	A	S	O	N	D
Sloes	J	F	M	A	M	J	J	A	S	O	N	D
Sweet Cicely	J	F	M	A	M	J	J	A	S	O	N	D
Tarragon	J	F	M	A	M	J	J	A	S	O	N	D
Vetch Flowers	J	F	M	A	M	J	J	A	S	O	N	D
Wild Garlic	J	F	M	A	M	J	J	A	S	O	N	D
Wood Hedgehog	J	F	M	A	M	J	J	A	S	O	N	D
Wood Sorrel	J	F	M	A	M	J	J	A	S	O	N	D



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Cockles	J	F	M	A	M	J	J	A	S	O	N	D
Cod	J	F	M	A	M	J	J	A	S	O	N	D
Coley	J	F	M	A	M	J	J	A	S	O	N	D
Crab (Brown)	J	F	M	A	M	J	J	A	S	O	N	D
Haddock	J	F	M	A	M	J	J	A	S	O	N	D
Hake	J	F	M	A	M	J	J	A	S	O	N	D
Halibut (Farmed)	J	F	M	A	M	J	J	A	S	O	N	D
Herring	J	F	M	A	M	J	J	A	S	O	N	D
Langoustine	J	F	M	A	M	J	J	A	S	O	N	D
Lemon Sole	J	F	M	A	M	J	J	A	S	O	N	D
Ling	J	F	M	A	M	J	J	A	S	O	N	D
Lobster	J	F	M	A	M	J	J	A	S	O	N	D
Mackerel	J	F	M	A	M	J	J	A	S	O	N	D
Megrim	J	F	M	A	M	J	J	A	S	O	N	D
Monkfish	J	F	M	A	M	J	J	A	S	O	N	D
Mussels	J	F	M	A	M	J	J	A	S	O	N	D
Oysters (Native)	J	F	M	A	M	J	J	A	S	O	N	D
Oysters (Pacific)	J	F	M	A	M	J	J	A	S	O	N	D
Plaice	J	F	M	A	M	J	J	A	S	O	N	D
Pollack	J	F	M	A	M	J	J	A	S	O	N	D
Razor Clams	J	F	M	A	M	J	J	A	S	O	N	D
Salmon (Farmed)	J	F	M	A	M	J	J	A	S	O	N	D
Salmon (Wild)	J	F	M	A	M	J	J	A	S	O	N	D
Scallops	J	F	M	A	M	J	J	A	S	O	N	D
Sea Bass	J	F	M	A	M	J	J	A	S	O	N	D
Sprats	J	F	M	A	M	J	J	A	S	O	N	D
Squid	J	F	M	A	M	J	J	A	S	O	N	D
Surf Clams	J	F	M	A	M	J	J	A	S	O	N	D
Trout (Rainbow)	J	F	M	A	M	J	J	A	S	O	N	D
Trout (Sea)	J	F	M	A	M	J	J	A	S	O	N	D
Turbot	J	F	M	A	M	J	J	A	S	O	N	D
Whiting	J	F	M	A	M	J	J	A	S	O	N	D
Winkles	J	F	M	A	M	J	J	A	S	O	N	D
Witch	J	F	M	A	M	J	J	A	S	O	N	D



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Beef	J	F	M	A	M	J	J	A	S	O	N	D
Chicken	J	F	M	A	M	J	J	A	S	O	N	D
Common Snipe	J	F	M	A	M	J	J	A	S	O	N	D
Duck (Wild)	J	F	M	A	M	J	J	A	S	O	N	D
Goose	J	F	M	A	M	J	J	A	S	O	N	D
Grey Squirrel	J	F	M	A	M	J	J	A	S	O	N	D
Grouse	J	F	M	A	M	J	J	A	S	O	N	D
Guinea Fowl	J	F	M	A	M	J	J	A	S	O	N	D
Hare (Brown)	J	F	M	A	M	J	J	A	S	O	N	D
Lamb	J	F	M	A	M	J	J	A	S	O	N	D
Partridge	J	F	M	A	M	J	J	A	S	O	N	D
Pheasant	J	F	M	A	M	J	J	A	S	O	N	D
Pork	J	F	M	A	M	J	J	A	S	O	N	D
Ptarmigan	J	F	M	A	M	J	J	A	S	O	N	D
Rabbit (Wild)	J	F	M	A	M	J	J	A	S	O	N	D
Red Deer Hind	J	F	M	A	M	J	J	A	S	O	N	D
Red Deer Stag	J	F	M	A	M	J	J	A	S	O	N	D
Roe Deer Buck	J	F	M	A	M	J	J	A	S	O	N	D
Roe Deer Doe	J	F	M	A	M	J	J	A	S	O	N	D
Rose Veal	J	F	M	A	M	J	J	A	S	O	N	D
Sika Deer Hinds	J	F	M	A	M	J	J	A	S	O	N	D
Sika Deer Stags	J	F	M	A	M	J	J	A	S	O	N	D
Turkey	J	F	M	A	M	J	J	A	S	O	N	D
Venison (Farmed)	J	F	M	A	M	J	J	A	S	O	N	D
Woodcock	J	F	M	A	M	J	J	A	S	O	N	D
Woodpigeon	J	F	M	A	M	J	J	A	S	O	N	D



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Apples	J	F	M	A	M	J	J	A	S	O	N	D
Blackcurrants	J	F	M	A	M	J	J	A	S	O	N	D
Blueberries	J	F	M	A	M	J	J	A	S	O	N	D
Brambles (Cultivated)	J	F	M	A	M	J	J	A	S	O	N	D
Cherries	J	F	M	A	M	J	J	A	S	O	N	D
Damsons	J	F	M	A	M	J	J	A	S	O	N	D
Elderberries	J	F	M	A	M	J	J	A	S	O	N	D
Gooseberries	J	F	M	A	M	J	J	A	S	O	N	D
Greengages	J	F	M	A	M	J	J	A	S	O	N	D
Jostaberries	J	F	M	A	M	J	J	A	S	O	N	D
Loganberries	J	F	M	A	M	J	J	A	S	O	N	D
Pears	J	F	M	A	M	J	J	A	S	O	N	D
Plums	J	F	M	A	M	J	J	A	S	O	N	D
Raspberries	J	F	M	A	M	J	J	A	S	O	N	D
Redcurrants	J	F	M	A	M	J	J	A	S	O	N	D
Rhubarb	J	F	M	A	M	J	J	A	S	O	N	D
Strawberries	J	F	M	A	M	J	J	A	S	O	N	D
Tayberries	J	F	M	A	M	J	J	A	S	O	N	D
Tomatoes	J	F	M	A	M	J	J	A	S	O	N	D