## VEGETABLES

	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	OCT	NOV	DEC
Asparagus	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D
Baby Leeks	J	F	Μ	Α	M	J	J	Α	S	0	Ν	D
Beetroot	J	F	M	Α	M	J	J	Α	S	0	N	D
Broad Beans	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Broccoli (Calabrese)	J	F	Μ	Α	M	J	J	Α	S	0	N	D
Broccoli (Purple)	J	F	М	Α	M	J	J	Α	S	0	Ν	D
Brussels Sprouts	J	F	M	Α	M	J	J	Α	S	0	N	D
Cabbage	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Carrots	J	F	М	Α	М	J	J	Α	S	0	N	D
Cauliflower	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D
Celeriac	J	F	М	Α	M	J	J	Α	S	0	N	D
Celery	J	F	М	Α	M	J	J	Α	S	0	Ν	D
Chard	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Chillies	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Courgettes	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Cucumber	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Endive	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Horseradish	J	F	M	Α	M	J	J	Α	S	0	N	D
Jerusalem Artichoke	J	F	М	Α	M	J	J	Α	S	0	Ν	D
Kale	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Kohlrabi (Green)	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Kohlrabi (Purple)	J	F	Μ	Α	M	J	J	Α	S	0	Ν	D
Leeks	J	F	М	Α	Μ	J	J	Α	S	0	Ν	D
Lettuce	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Mangetout	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D
Mushrooms (Cultivated)	J	F	М	Α	М	J	J	Α	S	0	N	D
New Potatoes	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Oats & Other Grains	J	F	М	Α	М	J	J	Α	S	0	N	D
Onions	J	F	М	Α	M	J	J	Α	S	0	Ν	D
Pak Choi	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Parsnips	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Peas (Shell / Sugar)	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Potatoes (Ware)	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Pumpkin	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Radish (Summer)	J	F	M	Α	М	J	J	Α	S	0	Ν	D
Radish (Winter)	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Rocket	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Romanesco	J	F	Μ	Α	Μ	J	J	Α	S	0	N	D
Runner Beans	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D
Salsify	J	F	М	Α	Μ	J	J	Α	S	0	N	D
Scallions	J	F	М	Α	М	J	J	Α	S	0	N	D
Sea Kale	J	F	М	Α	Μ	J	J	Α	S	0	Ν	D
Shallots	J	F	М	Α	Μ	J	J	Α	S	0	N	D
Spinach	J	F	М	Α	М	J	J	Α	S	0	N	D
Spring Greens	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Summer Squash	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Swede	J	F	Μ	Α	Μ	J	J	Α	S	0	N	D
Turnips	J	F	Μ	Α	Μ	J	J	Α	S	0	N	D
Winter Salads	J	F	М	Α	Μ	J	J	Α	S	0	Ν	D
Winter Squash		E	М	Α	Μ	J	J	Α	S	0	N	D

## HERBS & WILD FOOD

	JAN	FEB	MAR	APR	MAY	NOF	JUL	AUG	SEP	OCT	VOV	DEC	ļ
Basil	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D	ě
Bishop's Weed	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D	ı
Blaeberry	J	F	Μ	Α	Μ	J	J	А	S	0	Ν	D	ı
Brambles	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	ì
Ceps	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	1
Chanterelles	J	F	M	Α	Μ	J	J	Α	S	0	N	D	
Chestnuts	J	F	Μ	Α	Μ	J	J	Α	S	0	N	D	
Chives	J	F	М	Α	М	J	J	Α	S	0	N	D	
Common Sorrel	J	F	М	Α	М	J	J	Α	S	0	N	D	
Coriander	J	F	M	Α	М	J	J	Α	S	0	Ν	D	
Crab Apples	J	F	M	Α	Μ	J	J	Α	S	0	N	D	(
Dandelion	J	F	М	Α	М	J	J	Α	S	0	Ν	D	(
Dill	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	
Dulse	J	F	Μ	Α	M	J	J	Α	S	0	Ν	D	
Elderberries	J	F	M	Α	M	J	J	Α	S	0	Ν	D	H
Elderflowers	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D	H
Fennel	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	H
Field Mushrooms	J	F	M	Α	Μ	J	J	Α	S	0	N	D	H
Garlic	J	F	Μ	Α	Μ	J	J	А	S	0	Ν	D	L
Garlic Mustard	J	F	М	Α	М	J	J	Α	S	0	N	D	L
Good King Henry	J	F	Μ	Α	М	J	J	А	S	0	Ν	D	L
Gorse Flowers	J	F	М	А	М	J	J	А	S	0	N	D	L
Hogweed	J	F	M	Α	M	J	J	Α	S	0	Ν	D	Λ
Juniper Berries	J	F	М	Α	М	J	J	Α	S	0	N	D	Λ
Kombu (Oarweed)	J	F	М	Α	М	J	J	А	S	0	N	D	Λ
Lemon Balm	J	F	M	Α	М	J	J	A	S	0	N	D	Λ
Lemon Verbena	J	F	M	Α	M	J	J	А	S	0	Ν	D	
Lovage	J	F	M	Α	М	J	J	Α	S	0	Ν	D	
Marjoram	J	F	Μ	Α	М	J	J	Α	S	0	N	D	F
Mint	J	F	М	А	М	J	J	Α	S	0	N	D	F
Nettles	J	F	Μ	Α	M	J	J	A	S	0	Ν	D	F
Nori (Laver)	J	F	М	Α	М	J	J	Α	S	0	N	D	5
Oregano	J	F	Μ	Α	M	J	J	A	S	0	N	D	5
Rose Hips	J	F	Μ	Α	Μ	J	J	Α	S	0	N	D	5
Rowan Berries	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	S
Samphire (Marsh)	J	F	Μ	Α	M	J	J	Α	S	0	Ν	D	S
Sea Buckthorn	J	F	Μ	Α	Μ	J	J	Α	S	0	N	D	S
Sloes	J	F	М	Α	М	J	J	Α	S	0	N	D	S
Sweet Cicely	J	F	M	Α	M	J	J	Α	S	0	Ν	D	Т
Tarragon	J	F	M	Α	М	J	J	Α	S	0	Ν	D	Т
Vetch Flowers	J	F	М	Α	М	J	J	А	S	0	Ν	D	Т
Wild Garlic	J	F	M	Α	M	J	J	Α	S	0	Ν	D	V
Wood Hedgehog	J	F	М	Α	Μ	J	J	Α	S	0	N	D	V
Wood Sorrel	J	F	М	Α	М	J	J	Α	S	0	N	D	V



	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	ОСТ	VOV	DEC
Cockles	J	F	M	Α	M	J	J	Α	S	0	N	D
Cod	J	F	M	Α	M	J	J	Α	S	0	N	D
Coley	J	F	M	Α	М	J	J	Α	S	0	N	D
Crab (Brown)	J	F	М	Α	М	J	J	Α	S	0	N	D
Haddock	J	F	M	Α	M	J	J	Α	S	О	N	D
Hake	J	F	М	Α	М	J	J	Α	S	0	N	D
Halibut (Farmed)	J	F	М	Α	M	J	J	Α	S	0	N	D
Herring	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D
Langoustine	J	F	M	Α	M	J	J	Α	S	0	N	D
Lemon Sole	J	F	M	Α	M	J	J	Α	S	0	N	D
Ling	J	F	M	Α	M	J	J	Α	S	0	N	D
Lobster	J	F	M	Α	M	J	J	Α	S	0	N	D
Mackerel	J	F	Μ	Α	Μ	J	J	Α	S	0	N	D
Megrim	J	F	M	Α	М	J	J	Α	S	0	N	D
Monkfish	J	F	M	Α	M	J	J	Α	S	0	N	D
Mussels	J	F	M	Α	M	J	J	Α	S	0	N	D
Oysters (Native)	J	F	M	Α	Μ	J	J	Α	S	0	N	D
Oysters (Pacific)	J	F	M	Α	М	J	J	Α	S	0	N	D
Plaice	J	F	M	Α	М	J	J	Α	S	0	N	D
Pollack	J	F	M	Α	М	J	J	Α	S	0	N	D
Razor Clams	J	F	M	Α	М	J	J	Α	S	0	N	D
Salmon (Farmed)	J	F	М	Α	М	J	J	Α	S	0	N	D
Salmon (Wild)	J	F	M	Α	М	J	J	Α	S	0	Ν	D
Scallops	J	F	М	Α	М	J	J	Α	S	0	N	D
Sea Bass	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D
Sprats	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D
Squid	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D
Surf Clams	J	F	М	Α	М	J	J	Α	S	0	Ν	D
Trout (Rainbow)	J	F	М	Α	М	J	J	Α	S	0	N	D
Trout (Sea)	J	F	М	Α	Μ	J	J	Α	S	0	Ν	D
Turbot	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D
Whiting	J	F	М	Α	M	J	J	Α	S	0	N	D
Winkles	J	F	М	Α	М	J	J	Α	S	0	N	D
Witch	J	F	М	Α	М	J	J	Α	S	0	Ν	D



	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	OCT	NOV	DEC
Beef	J	F	М	Α	М	J	J	Α	S	0	N	D
Chicken	J	F	М	Α	М	J	J	Α	S	0	N	D
Common Snipe	J	F	M	Α	M	J	J	Α	S	0	N	D
Duck (Wild)	J	F	M	Α	M	J	J	Α	5	0	N	D
Goose	J	F	Μ	Α	M	J	J	Α	5	0	N	D
Grey Squirrel	J	F	М	Α	М	J	J	Α	S	0	N	D
Grouse	J	F	M	Α	M	J	J	Α	S	0	N	D
Guinea Fowl	J	F	М	Α	M	J	J	Α	S	0	N	D
Hare (Brown)	J	F	M	Α	M	J	J	Α	S	0	N	D
	J	F	M	Α	M	J	J	Α	S	0	N	D
Lamb	J	F	M	Α	M	J	J	Α	5	0	N	D
Partridge	J	F	M	Α	M	J	J	Α	S	0	N	D
Pheasant	J	F	M	Α	M	J	J	Α	S	0	N	D
Pork	J	F	М	Α	М	J	J	Α	S	0	N	D
Ptarmigan	J	F	M	Α	M	J	J	А	S	0	N	D
Rabbit (Wild)	J	F	М	Α	М	J	J	Α	S	0	N	D
Red Deer Hind	J	F	M	Α	M	J	J	Α	S	0	N	D
Red Deer Stag	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Roe Deer Buck	J	F	M	Α	М	J	J	Α	S	0	Ν	D
Roe Deer Doe	J	F	М	Α	M	J	J	Α	S	0	N	D
Rose Veal	J	F	М	Α	М	J	J	Α	S	0	N	D
Sika Deer Hinds	J	F	Μ	Α	M	J	J	Α	S	0	N	D
Sika Deer Stags	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Turkey	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Venison (Farmed)	J	F	М	Α	М	J	J	Α	S	0	N	D
Woodcock	J	F	M	Α	Μ	J	J	Α	5	0	N	D
Woodpigeon	J	F	М	Α	М	J	1	Α	S	0	N	D



	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	OCT	Nov	DEC
Apples	J	F	M	Α	M	J	J	Α	S	0	N	D
Blackcurrants	J	F	M	Α	M	J	J	A	S	0	Ν	D
Blueberries	J	F	M	Α	M	J	J	A	S	0	Ν	D
Brambles (Cultivated)	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Cherries	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Damsons	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Elderberries	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Gooseberries	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Greengages	J	F	M	Α	M	J	J	A	S	0	Ν	D
Jostaberries	J	F	M	Α	M	J	J	А	S	0	Ν	D
Loganberries	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Pears	J	F	M	Α	M	J	J	Α	S	0	N	D
Plums	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Raspberries	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Redcurrants	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Rhubarb	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Strawberries	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Tayberries	J	F	M	Α	M	J	J	Α	S	0	Ν	D
Tomatoes	J	F	M	Α	M	J	J	A	S	0	Ν	D

## **SEASONALITY CALENDAR**