

# EATING HEALTHY LOCAL FOOD ALL YEAR ROUND

## SPRING

### MARCH

#### Vegetables

Brussel Sprouts Carrots Leeks  
Onions Parsnips Savoy



#### Fruit

Bramley Apples  
Rhubarb

### APRIL

#### Vegetables

Carrots Cucumber Leeks  
Onions Parsnips Savoy  
Scallions



#### Fruit

Bramley Apples  
Rhubarb

### MAY

#### Vegetables

Beetroot Beans Broccoli  
Broad Beans Carrots Celery  
Cucumber Leeks Parsnips  
Scallions Tomatoes Turnip



#### Fruit

Bramley Apples  
Rhubarb

## SUMMER

### JUNE

#### Vegetables

Beetroot Broccoli Broad Beans  
Celery Cucumber Peas  
Savoy Scallions Tomatoes  
Turnip



#### Fruit

Bramley Apples  
Gooseberries Rhubarb Strawberries

### JULY

#### Vegetables

Purple Sprouting Broccoli  
Beetroot Broccoli Broad Beans  
Carrots Celery Cucumber  
Peas Peppers Savoy  
Scallions Tomatoes Turnip



#### Fruit

Blackcurrants Bramley Apples  
Raspberries Strawberries

### AUGUST

#### Vegetables

Beetroot Broad Beans Broccoli  
Carrots Celery Cucumber  
Leeks Parsnips Peas  
Peppers Savoy Scallions  
Tomatoes Turnip



#### Fruit

Raspberries Strawberries

## AUTUMN

### SEPTEMBER

#### Vegetables

Beetroot Broad Beans Broccoli  
Brussel Sprouts Carrots Celery  
Cucumber Leeks Onions  
Parsnips Peas Peppers  
Pumpkin Savoy Scallions  
Sweetcorn Tomatoes



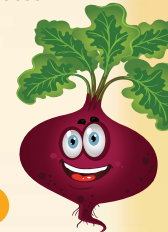
#### Fruit

Bramley Apples  
Plums Raspberries Strawberries

### OCTOBER

#### Vegetables

Beetroot Broad Beans Broccoli  
Brussel Sprouts Carrots Celery  
Cucumber Leeks Onions  
Parsnips Peppers Pumpkin  
Savoy Scallions Sweetcorn  
Tomatoes



#### Fruit

Bramley Apples Dessert Apples  
Pears Raspberries

### NOVEMBER

#### Vegetables

Beetroot Broccoli Brussel Sprouts  
Carrots Celery Leeks  
Onions Parsnips Peppers  
Savoy

#### Fruit

Bramley Apples Rhubarb

## WINTER

### DECEMBER

#### Vegetables

Brussel Sprouts Carrots Celery  
Leeks Onions Parsnips  
Savoy



#### Fruit

Bramley Apples

#### Meat

Turkey

### JANUARY

#### Vegetables

Brussel Sprouts Carrots Leeks  
Onions Parsnips Savoy

#### Fruit

Bramley Apples

### FEBRUARY

#### Vegetables

Brussel Sprouts Carrots Leeks  
Onions Parsnips Savoy



#### Fruit

Bramley Apples

**In Season**  
**All Year Round**

**Vegetables:** Cabbage · Potatoes · Cauliflower · Red Cabbage · Lettuce · Soup Veg · Mushrooms · Swedes · Pamphrey

**Meat:** Beef · Lamb · Chicken · Pork **Other:** Eggs · Oats · Milk · Other Grains

