



UK Seasonal Produce Calendar

*A month by month guide
to fruit and vegetables in
season*



JANUARY



Leeks

Kale

Brussels Sprouts



Parsnips

Swede

Carrots

Apples

Pears





FEBRUARY

Leeks

Kale

Brussels Sprouts

Purple Sprouting Broccoli

Parsnips

Swede

Carrots

Apples





MARCH

Purple Sprouting Broccoli

Spring Greens

Leeks

Kale

Spinach

Parsnips

Carrots

Rhubarb





APRIL

Asparagus

Spring Onions

Spring Greens

Spinach

Radishes

Lettuce

Rhubarb



Purple Sprouting Broccoli





MAY

Asparagus

Broad Beans

Peas

Radishes

Spring Onions

Lettuce

Spinach

Strawberries





JUNE

Peas

Broad Beans

Runner Beans

New Potatoes

Courgettes

Beetroot

Strawberries

Raspberries

Lettuce



JULY

Tomatoes

Courgettes

Cucumbers

Peas

Broad Beans

Runner Beans

French Beans

Sweetcorn

Beetroot

Strawberries

Raspberries

Blackberries

Blackcurrants

Plums





AUGUST



Tomatoes
Courgettes
Cucumbers
Peas



Broad Beans
Runner Beans
French Beans
Sweetcorn



Beetroot
Strawberries
Raspberries
Blackberries



Blackcurrants
Plums





SEPTEMBER

Tomatoes

Courgettes

Sweetcorn

Runner Beans

Beetroot

Apples

Pears

Plums

Blackberries

Raspberries





OCTOBER

Apples

Pears

Pumpkins

Squash

Beetroot

Carrots

Leeks

Kale

Cabbage

Cauliflower



NOVEMBER

Parsnips

Carrots

Swede

Turnips

Leeks

Kale

Brussels Sprouts

Cauliflower

Apples

Pears





DECEMBER

Brussels Sprouts

Parsnips

Leeks

Kale

Cabbage

Carrots

Swede

Beetroot

Potatoes

Apples



*Seasonality can vary slightly
depending on weather, region and
growing conditions.*

