foodspring®

Seasonal Calendar



ApplesAugust through
October



Asparagus April to June



Aubergine May to October



BeetrootJuly to January



Blackberries
July through
October



BlueberriesJuly and August



BroccoliJune to November



Brussels Sprouts
September to
February



CarrotsJuly to November



CauliflowerJune to November



CherriesJune to August



CourgetteJune to October



CucumberJune to October



Damson PlumsAugust to September



ElderflowersMay to June



Endive October to April



FennelJuly through
October



GooseberriesJune to August



KaleOctober to February



KohlrabiJuly through
November



Lambs LettuceJuly to October



Leek August to March



LettuceMay to October



Mushrooms
August through
February



OnionsJuly to February

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Seasonal Calendar



Parsnip November to February



PearsSeptember to
October



Peas May to October



PeppersMay to September



PlumsAugust and
September



PotatoesJuly to December



PumpkinAugust to December



Radicchio
August to February



RadishesApril to September



RaspberriesJune to September



Red Cabbage September to February



RedcurrantsJune to August



RhubarbMarch to September



RocketApril to October



Savoy Cabbage
October to February



SpinachMarch to June



Spring OnionMarch to June



StrawberriesMay to September



SweetcornAugust to October



White Cabbage
August to February



= fruit



= vegetable