

The Vegetable Patch

Seasonal Fruit & Veg. list

JANUARY

VEGETABLES: Beetroot, Brussel Sprouts, Cauliflower, Celeriac, Celery, Chicory, Jerusalem Artichoke, Kale, Leeks, Parsnips, Maincrop Potatoes, Swede, Turnips.

FRUIT: Apples, Clementines, Lemons, Oranges, Passion Fruit, Pears, Pineapple, Pomegranate, Satsumas, Tangerines.

FEBRUARY

VEGETABLES: Brussel Sprouts, Cauliflower, Celeriac, Chicory, Jerusalem Artichoke, Kale, Leeks, Parsnips, Maincrop Potatoes, Rhubarb, Swede.

FRUIT: Bananas, Blood Oranges, Kiwi Fruit, Lemons, Oranges, Passion Fruit, Pears, Pineapple, Pomegranate.

MARCH

VEGETABLES: Broccoli, Cauliflower, Leeks, Purple Sprouting Broccoli, Rhubarb, Spring Onions,

FRUIT: Bananas, Blood Oranges, Kiwi Fruit, Passion Fruit, Pineapple.

APRIL

VEGETABLES: Broccoli, Cauliflower, Jersey Royal New Potatoes, Purple Sprouting Broccoli, Radishes, Rhubarb, Rocket, Sorrel, Spinach, Spring Onions, Watercress.

FRUIT: Bananas, Kiwi Fruit.

MAY

VEGETABLES: Asparagus, Broccoli, Jersey Royal New Potatoes, New Potatoes, Radishes, Rhubarb, Rocket, Sorrel, Spinach, Spring Onions, Watercress.

FRUIT: Bananas, Kiwi Fruit.

JUNE

VEGETABLES: Artichoke, Asparagus, Aubergine, Broccoli, Carrots, Courgettes, Fennel, Jersey Royal New Potatoes, Mangetout, New Potatoes, Peas, Radishes, Rocket, Runner Beans, Sorrel, Spring Onions, Turnips, Watercress.

FRUIT; Cherries, Kiwi Fruit, Strawberries.

JULY

VEGETABLES: Artichoke, Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, Mangetout, New Potatoes, Onions, Peas, Maincrop Potatoes, Radishes, Rocket, Runner Beans, Sorrel, Turnips, Watercress.

FRUIT; Apricots, Blackberries, Blueberries, Gooseberries, Greengages, Kiwi Fruit, Loganberries, Melons, Peaches, Raspberries, Redcurrants, Strawberries, Tomatoes

AUGUST

VEGETABLES: Artichoke, Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, Mangetout, Onions, Peas, Maincrop Potatoes, Radishes, Rocket, Runner Beans, Sorrel, Watercress.

FRUIT: Apricots, Blackberries, Blueberries, Greengages, Loganberries, Melons, Nectarines, Peaches, Plums, Raspberries, Redcurrants, Tomatoes

SEPTEMBER

VEGETABLES: Artichoke, Aubergine, Beetroot, Broccoli, Butternut Squash, Carrots, Courgettes, Cucumber, Fennel, Garlic, Kohlrabi, Leeks, Mangetout, Marrow, Onions, Parsnips, Peas, Peppers, Maincrop Potatoes, Radishes, Rocket, Runner Beans, Sorrel, Sweetcorn, Turnips, Watercress, Wild Mushrooms.

FRUIT: Blackberries, Damsons, Figs, Gooseberries, Grapes, Melons, Nectarines, Peaches, Pears, Plums, Tomatoes

OCTOBER

VEGETABLES: Artichoke, Beetroot, Broccoli, Butternut Squash, Carrots, Celeriac, Celery, Fennel, Kale, Kohlrabi, Leeks, Marrow, Onions, Parsnips, Maincrop Potatoes, Pumpkin, Swede, Turnips, Watercress, Wild Mushrooms.

FRUIT: Apples, Chestnuts, Elderberries, Figs, Grapes, Pears, Quince, Tomatoes.

NOVEMBER

VEGETABLES: Artichoke, Beetroot, Butternut Squash, Celeriac, Celery, Chicory, Jerusalem Artichoke, Kale, Kohlrabi, Leeks, Parsnips, Maincrop Potatoes, Pumpkin, Swede, Turnips, Watercress, Wild Mushrooms.

FRUIT: Apples, Chestnuts, Cranberries, Elderberries, Pears, Quince.

DECEMBER

VEGETABLES: Beetroot, Brussel Sprouts, Celeriac, Celery, Chicory, Jerusalem Artichoke, Kale, Leeks, Parsnips, Maincrop Potatoes, Pumpkin, Swede, Turnips.

FRUIT: Apples, Chestnuts, Clementines, Cranberries, Passion Fruit, Pears, Pineapple, Pomegranate, Quince, Satsumas, Tangerines.