

Seasonal calendar



VEGETABLES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Aubergines						In	In	In	In			
Asparagus				In	In	In	Off					
Beans						In	In	In	Off			
Bell peppers					Off	Off	In	In	In	Off		
Broccoli						In	In	In	In	In	Off	
Carrots	Off	Off	Off	Off	Off	In	In	In	In	In	In	In
Cauliflower					Off	In	In	In	In	In	In	
Celery						Off	In	In	In	In	Off	
Chanterelles						In	In	In	In	In		
Chicory	In	In	Off	Off					Off	In	In	In
Courgette	Off	Off	Off	Off	Off	In	In	In	In	In	In	In
Cucumber				Off	Off	In	In	In	In	Off		
Fennel					Off	Off	In	In	In	In		
Green cabbage	In	In	Off	Off						In	In	In
Horseradish	Off	Off							In	In	In	Off
Iceberg lettuce			Off	Off	In	In	In	In	In	In	In	Off
Lamb's lettuce	In	In	Off	Off	Off	Off	Off	Off	Off	Off	Off	Off
Leek	In	Off			Off	Off	In	In	In	In	In	In
Lettuce				Off	In	In	In	In	In	In	In	Off
Mange-tout					In	In						
Mushrooms	In	In	In	In	In	In	In	In	In	In	In	In
Onions	Off	Off	Off	Off	Off	In	In	In	In	In	In	Off
Peas						Off	In	In	Off			
Potatoes	In	In	In	In	In	In	In	In	In	In	In	In
Pumpkin	Off							Off	In	In	In	In
Radicchio			Off	In	In	In	Off					
Radish			Off	Off	In	In	In	In	In	In	Off	
Red cabbage	In	In	Off	Off	Off	Off	In	In	In	In	In	Off
Red/white oak leaf lettuce					Off	In	In	In	In	Off		
Savoy cabbage	In	Off	Off	Off	Off	Off	Off	Off	Off	Off	Off	Off
Spinach				In	In	In	In	In	Off			
Spring onions					Off	In	In	In	Off	Off		
Sprouts	In	In	Off	Off					Off	In	In	In
Swiss chard					Off	In	In	In	In	Off		
Tomatoes					Off	Off	In	In	In	In	Off	
Turnip cabbage	In	In	Off	Off	Off	Off	Off	Off	Off	Off	Off	Off
Turnips	In	Off							Off	In	In	In
White & pointed cabbage	In	In	Off	Off	Off	Off	Off	Off	Off	Off	Off	Off
White radish			Off	In	In	In	In	In	In	Off		

In season Off season