

SEASONALITY CHART

JANUARY – FEBRUARY

VEGETABLES	SALAD	FRUIT
Broccoli	Celery	Apples
Brussels Sprouts	Watercress	Pears
Onions UK	Spring Onions	Satsuma
Parsnips		Tangerines
Spinach		Clementines
Swede		Oranges
Turnips		Lemons

FEATURE FRUIT and VEGETABLES

September	Apples Blackberries Blueberries	Broccoli
October	Plums	Leeks
November	Melons Grapes	Parsnips
December	Satsumas Clementines Cranberries	Celery
January	Early Apples UK Pears	Curly Kale Cabbage
February	Grapes	Swede Turnip
March	Pineapple	Spring greens
April	Rhubarb	Carrots
May	Rhubarb	Cauliflower
June	Strawberries	Courgettes
July	Peaches Nectarines Watermelon	Beans

MARCH, APRIL and MAY

VEGETABLES	SALAD	FRUIT
Beetroot	Tomatoes	Apples
Broccoli	Celery	Pears
Savoy Cabbage	Lettuce	Melons
Spring Cabbage	Watercress	Rhubarb
Swedes	Peppers	Oranges
Turnips	Spring Onions	Lemons
Parsnips (not May)		
Onions		
Spinach		
Courgettes (May)		
Curly Kale		

JUNE, JULY and AUGUST

VEGETABLES	SALAD	FRUIT
Carrots	Lettuce	Apples
Cabbage	Tomatoes	Pears
Courgettes	Cucumber	Gooseberries
New Potatoes	Radish	Rhubarb
Cauliflower	Peppers	Melon
Marrow	Spring Onions	Strawberries
Green Beans	Celery	Redcurrants
White Turnips		Blackcurrants
Broccoli		Peaches

SEPTEMBER – OCTOBER

VEGETABLES	SALAD	FRUIT
Beetroot	Peppers	Blackberries
Savoy Cabbage	Tomatoes	Plums
Carrots	Celery	Apples UK
Brussels Sprouts	Cucumber	Pears
Spinach		Melons
Leeks		Grapefruits
Swedes		
Parsnips		
Cauliflower		
Onions		
Jacket Potatoes		
Pumpkin		

NOVEMBER – DECEMBER

VEGETABLES	SALADS	FRUIT
Jerusalem Artichokes	Peppers	Apples
Beetroot	Celery	Pears
Broccoli	Tomatoes	Citrus Oranges/Lemons Grapes
Cabbage		Pineapples
Leeks		Dates
Onions		Dried Fruits
Swedes		Cranberries
Parsnips		
Brussels Sprouts		
Butternut Squash		

Many fruit and vegetables are available all year round, but they are at their best when they are most plentiful. We want to try and use ingredients at their best – UK produced where possible. This gives us best flavours, with optimum nutrient content and helps us to reduce our food miles.

Different crops grow best in different parts of the UK, depending on climate and soil conditions. We buy direct from growers, supporting local producers. We use central distribution for all fresh produce. Goods are brought directly into hubs on day 1, packed to order and sent out to units the next day.

Some core products will be available all year round, but this chart shows what is in season at certain times of the year. We aim to incorporate these into our menus. We will have a feature fruit and vegetable for each month, with some recipe and presentation ideas.

With more unusual ingredients you could add an extra choice onto your menu and have tasting sessions to encourage your customers to try new things.

Discuss with your Area Manager how you can do this.

