

What's in season? A - Z of British fruits & vegetables available in shops during the year



| Winter | | | Spring | | | Summer | | | Autumn | | |
|------------------|-----------|----------|-----------|---------------|-------------|---------------|--------------|------------------|------------------|----------|----------|
| December | January | February | March | April | May | June | July | August | September | October | November |
| Apples | | | | | | | | | Apples | | |
| | | | | | | | Apricots | | | | |
| | | | | Asparagus | | | | | | | |
| | | | Aubergine | | | | | | | | |
| Beetroot | | | | | | | Beetroot | | | | |
| | | | | | | Blackberries | | | | | |
| | | | | | | Blackcurrants | | | | | |
| | | | | | | | Blueberries | | | | |
| | | | | | Broad beans | | | | | | |
| | | | | | | Broccoli | | | | | |
| Brussels sprouts | | | | | | | | Brussels sprouts | | | |
| | | | | | | | | | Butternut squash | | |
| Celeriac | | | | | | | | | | Celeriac | |
| | | | | | | Celery | | | | | |
| | | | | | | Cherries | | | | | |
| | | | | | | Courgettes | | | | | |
| | Cucumbers | | | | | | | | | | |
| | | | | | | Fennel | | | | | |
| | | | | | | Gooseberries | | | | | |
| Leeks | | | | | | | | Leeks | | | |
| | | | | | Lettuce | | | | | | |
| | | | | | | | Marrows | | | | |
| Parsnips | | | | | | | Parsnips | | | | |
| Pears | | | | | | | | | Pears | | |
| | | | | | | Peas | | | | | |
| | | | Peppers | | | | | | | | |
| | | | | | Plums | | | | | | |
| Pumpkins | | | | | | | | | Pumpkins | | |
| | | | | Radishes | | | | | | | |
| | | | | | Raspberries | | | | | | |
| | | | | | | Redcurrants | | | | | |
| | Rhubarb | | | | | | | | | | |
| | | | | Rocket | | | | | Rocket | | |
| | | | | | | | Runner beans | | | | |
| | | | | | Spinach | | | | | | |
| | | | | Spring onions | | | | | | | |
| | | | | Strawberries | | | | | | | |
| | | | | | | | Sweetcorn | | | | |
| | | Tomatoes | | | | | | | | | |
| Turnips | | | | | | Turnips | | | | | |
| | | | | Watercress | | | | | | | |

Many fruits and vegetables are harvested throughout the year using different technologies. Because of longer growing seasons and good storage conditions, some British crops are available to eat throughout the year, including carrots, cauliflowers, potatoes and frozen British peas! Others are more seasonal. See chart for when to look out for some of the more seasonal British fruit and vegetables in shops.

Vegetables all year round

● Cabbages



● Carrots

● Cauliflowers



● Onions



● Potatoes



● Swedes



■ Fruit

■ Vegetable or herb

