

# Eat the seasons

Spring

Summer

All year round

Artichokes (EU)  
Asparagus  
Beech leaves  
Blood and navel oranges (EU)  
Broccoli and purple sprouting  
Carrots  
Cauliflowers  
Elderflowers  
Hawthorn flowers  
January King cabbages  
Kohlrabi  
Leeks  
Lemons (EU)  
Mushrooms (cultivated)  
Nettles  
New potatoes  
Pomegranates (EU)  
Purple sprouting  
Radishes  
Rhubarb  
Salad leaves  
Salsify  
Savoy cabbages  
Spinach  
Spring cabbages  
Spring onions  
Watercress  
Wild garlic

Apricots  
Aubergines  
Beetroots  
Blackberries  
Blueberries  
Broad beans  
Broccoli  
Carrots  
Chard  
Cherries  
Courgettes  
Cucumbers  
Dandelion  
Edible flowers  
Elderberries  
Fennel  
Garlic  
Gooseberries  
Green beans and runner beans  
Greengages  
Kohlrabi  
Loganberries  
Mushrooms (cultivated)  
New potatoes  
Onions and shallots  
Peaches  
Peas  
Peppers

Apples, pears (stored)  
Beetroots (stored)  
Broccoli  
Cabbages  
Carrots  
Cauliflowers  
Celeriac  
Celery  
Chard  
Citrus

Potatoes (main-crop)  
Radishes  
Raspberries  
Red/black/white-currants  
Salad leaves  
Spinach  
Spring onions  
Sorrel  
Sweetcorn  
Strawberries  
Tender herbs  
Tomatoes  
Turnip  
Watercress

Apples and pears  
Artichokes  
Aubergines  
Beetroots  
Blackberries  
Broccoli  
Cabbages  
Carrots  
Celeriac  
Celery  
Chestnuts and cobnuts  
Courgettes  
Elderberries  
Fennel  
Figs  
Garlic  
Grapes  
Hazelnuts  
Jerusalem artichokes  
Kale  
Kohlrabi  
Leeks  
Mushrooms (wild and cultivated)  
Onions and shallots  
Sorrel  
Spinach  
Squashes and pumpkins  
Sweetcorn  
Sweet potatoes  
Tomatoes  
Turnips and swede

Dandelion  
Garlic (stored)  
Hardy herbs  
Kale  
Kohlrabi  
Leeks  
Mushrooms (cultivated or dried)  
Onions (stored)  
Plantain  
Potatoes (stored)  
Radishes  
Salad leaves  
Sea beet  
Sea kale  
Seaweed  
Spinach  
Spring onions  
Squashes and pumpkins  
Three-cornered leeks  
Watercress

Apples and pears  
Beetroots  
Brussels sprouts  
Cabbages (January King, Savoy)  
Cauliflower  
Celeriac  
Celery  
Chestnuts  
Chicory  
Jerusalem artichokes  
Kale  
Kohlrabi  
Leeks  
Mushrooms (cultivated or dried)  
Onions and shallots  
Oranges and other citrus  
Pak Choi  
Parsnips  
Potatoes (main-crop)  
Red cabbages  
Rhubarb (forced)  
Salsify  
Sea beet  
Sea kale  
Spinach  
Squashes and pumpkins  
Swedes  
Three-cornered leeks  
Turnips

Quince  
Rocket  
Rose hips  
Sloes

Autumn

Winter