



January

Apple
Beetroot
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Leeks
Parsnips
Swede
Pears
Oranges



February

Apples
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Leeks
Parsnips
Swede
Oranges



March

Apples
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Leeks
Parsnips
Peppers
Swede
Oranges



April

Apples
Cabbage
Carrots
Cauliflower
Leeks
Peppers
Swede



May

Apples
Cabbage
Peach
Peas
Peppers
Tomatoes



June

Cabbage
Courgette
Peach
Peas
Peppers
Tomatoes



We can reduce our carbon footprint if we choose to cook with ingredients that are in season

Seasonal Food Calendar

This calendar shows when each of our primary Seasonal Food Hero posters are in season

July



Beetroot
Broad Beans
Broccoli
Cabbage
Carrots
Cauliflower
Courgette
Peach
Peas
Peppers
Tomatoes



August

Beetroot
Broccoli
Cabbage
Carrots
Cauliflower
Courgette
Peach
Peas
Peppers
Tomatoes



September

Apples
Beetroot
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carrots
Cauliflower
Courgette
Leeks
Swede
Parsnips
Peas
Pears
Peppers
Tomatoes



October

Apples
Beetroot
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carrots
Cranberries
Cauliflower
Leeks
Swede
Parsnips
Peas
Pear
Peppers
Pumpkin
Tomatoes



November

Apples
Beetroot
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carrots
Cranberries
Leeks
Swede
Parsnips
Pear
Pumpkin
Tomatoes



December

Apples
Beetroot
Brussel Sprouts
Butternut Squash
Cabbage
Carrots
Cranberries
Cauliflower
Leeks
Swede
Parsnips
Pear
Pumpkin
Tomatoes

