

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
Apples	√	√						√	√	√	√	√
Aubergines								√	√	√	√	
Basil						√	√	√	√	√	√	
Beetroot						√	√	√	√	√	√	√
Currants (black and red)							√	√				
Broad Beans					√	√	√	√	√			
Brussels	√	√										√
Cabbage	√	√						√	√	√	√	√
Carrots	√	√	√				√	√	√	√	√	√
Cauliflower	√	√	√									
Chard			√	√	√	√	√	√	√	√	√	√
Chillies							√	√	√	√	√	√
Coriander				√	√	√	√	√	√	√	√	
Courgettes					√	√	√	√	√	√		
Cucumbers						√	√	√	√	√		
Damsons							√	√	√	√		
Dill					√	√	√	√	√	√	√	
fennel				√	√	√	√	√	√	√	√	
French Beans							√	√	√	√		
Garlic							√	√	√			
Gooseberries							√	√	√			
Kale	√	√	√	√	√	√	√	√	√	√	√	√
Leeks	√	√	√	√					√	√	√	√
Nettles			√	√	√							
Onions									√	√	√	
Parsley			√	√	√	√	√	√	√	√	√	
Parsnips	√	√	√									√
Peas				√	√	√	√					
Peppers							√	√	√	√		
Potatoes						√	√	√	√	√	√	√
Plums							√	√	√	√		
Radish			√	√	√					√	√	√
Rhubarb			√	√	√							
Salad (mixed)	√	√	√	√	√	√	√	√	√	√	√	√
Spinach			√	√	√				√	√	√	√
Spring Greens		√	√	√								
Spring Onions				√	√	√						

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Sprouting Broccoli	√	√	√	√								
Squash	√	√	√	√					√	√	√	√
Sweed	√	√									√	√
Sweet corn								√	√			
Tomatoes						√	√	√	√	√	√	
Turnip			√	√	√							
Wild Garlic			√	√	√							