

**Seasonal Availability of UK Vegetable crops.** Compiled by Bill Kirkup North East Centre of Excellence.

Vegetables		Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Beans	<i>Broad</i>												
	<i>French</i>												
	<i>Runner/flat</i>												
Beetroot													
Broccoli	<i>Purple spouting</i>												
	<i>Calabrese</i>												
Brussel Spouts													
Cabbage	<i>Autumn</i>												
	<i>Red</i>												
	<i>Savoy</i>												
	<i>Spring green</i>												
	<i>Summer</i>												
	<i>Winter white</i>												
Carrots													
Cauliflower													
Celeriac													
Chicory													
Courgette													
Endive													
Fennel													
Kale													
Kohlrabi													
Leeks													
Marrow													
Onion													
Parsnips													
Peas													
Potato	<i>maincrop</i>												
	<i>new</i>												
Pumpkin													
Spinach													
Squash													
Swede													
Sweetcorn													
Turnip													
<b>KEY</b>		Available from store			UK produce available from cold stores, price rises towards end of indicated storage period.								
		Available and 'in season'			Optimal purchasing period- prices generally lower; environmental costs of production also lower.								
		Available			UK produce available BUT higher production inputs, so higher prices + higher environmental costs.								