

British Seasonal Food Guide



When to find British-grown produce in UK shops – excludes heated or artificially lit greenhouses

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Beetroot	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Potatoes	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Carrots	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Spring onions	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Parsnips	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Onions	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Mushrooms	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Leeks	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
White cabbage	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Brussels Sprouts	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Kale	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Red cabbage	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Celery	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Rhubarb	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Rocket	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Lettuce	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Peas	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Broad beans	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Broccoli	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Cauliflower	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Cherries	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Courgette	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Cucumber	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Runner beans	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Strawberries	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Summer fruits	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Summer squash	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Swiss Chard	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Aubergine	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
French beans	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Garlic	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Tomatoes	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Sweetcorn	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Mange tout	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Butternut squash	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Apples	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
Blackberries	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green

Never in season in the UK: Avocados Bananas Oranges Mangoes Pineapples
Buy British-grown if possible – minimise produce transported long haul by plane or ship.