



UK - What's in season?

January	<p>Beetroot, brussels sprouts, cauliflower, celeriac, celery, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, swede, turnips, apples, pears, rhubarb.</p> <p>Duck, hare, partridge, turkey, venison.</p> <p>Clams, cockles, haddock, halibut, hake, lemon sole, lobster, mackerel, mussels, oysters.</p>
February	<p>Brussels sprouts, cauliflower, celeriac, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, purple sprouting broccoli, swede, turnips, rhubarb.</p> <p>Guinea fowl, hare, partridge, turkey, venison.</p> <p>Clams, cockles, haddock, halibut, hake, lemon sole, lobster, mackerel, mussels, oysters, red mullet, salmon, scallops.</p>
March	<p>Cauliflower, kale, leeks, purple sprouting broccoli, spinach, spring onions, swede, wild nettles, rhubarb.</p> <p>Cockles, hake, lemon sole, lobster, mussels, oysters, red mullet, salmon, shrimp, whitebait, winkles.</p>

<p>April</p>	<p>Asparagus, broccoli, potatoes, lettuce & salad leaves, purple sprouting broccoli, radishes, rocket, spinach, spring onions, watercress, wild nettles, rhubarb</p> <p>Lamb, wood pigeon.</p> <p>Cockles, crab, lobster, plaice, prawns, salmon, sea trout, shrimp, whitebait.</p>
<p>May</p>	<p>Asparagus, broccoli, carrots, potatoes, lettuce & salad leaves, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions, watercress, wild nettles, rhubarb.</p> <p>Lamb, wood pigeon</p> <p>Cod, crab, haddock, plaice, prawns, salmon, sardines, sea trout, shrimp, whelks, whitebait.</p>
<p>June</p>	<p>Artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, fennel, french beans, garlic, kohlrabi, lettuce & salad leaves, mangetout, new potatoes, onions, pak choi, peas, radishes, rocket, runner beans, spinach, spring onions, tomatoes, turnips, watercress, wild nettles. Apricots, blueberries, cherries, gooseberries, strawberries, elderflowers.</p> <p>Lamb, wood pigeon.</p> <p>Cod, crab, haddock, halibut, herring, plaice, pollack, prawns, salmon, sardines, scallops (queen), sea bream, sea trout, shrimp, squid, whelks, whitebait.</p>

July

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, french beans, garlic, kohlrabi, lettuce & salad leaves, mangetout, new potatoes, onions, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips, watercress, wild nettles. Apricots, blueberries, cherries, gooseberries, strawberries.

Lamb, rabbit, wood pigeon.

Cod, crab, dover sole, haddock, halibut, herring, mackerel, plaice, prawns, salmon, sardines, sea bream, sea trout, shrimp, squid, whelks, whitebait.

August

Artichoke, aubergine, beetroot, broad beans, broccoli, carrots, chillies, courgettes, cucumber, fennel, french beans, garlic, kohlrabi, lettuce & salad leaves, mangetout, marrow, onions, pak choi, peas, peppers, potatoes, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms. Apricots, blueberries, cherries, damsons, figs, nectarines, peaches, plums, raspberries, redcurrants, strawberries.

Beef, lamb, rabbit, venison, wood pigeon.

Cod, crab, grey mullet, haddock, halibut, herring, lemon sole, mackerel, monkfish, pilchard, plaice, pollack, prawns, red mullet, salmon, sardines, scallops, sea bass (wild), sea bream, sea trout, shrimp, squid, whelks.

<h2>September</h2>	<p>Artichoke, aubergine, beetroot, broccoli, butternut squash, carrots, celeriac, celery, chillies, courgettes, cucumber, fennel, french beans, garlic, horseradish, kale, kohlrabi, leeks, lettuce & salad leaves, mangetout, marrow, onions, pak choi, peppers, potatoes, pumpkin, radishes, rocket, runner beans, shallots, spring onions, sweetcorn, tomatoes, turnips, watercress, wild mushrooms. Apples, blackberries, damsons, elderberries, pears, plums, raspberries, redcurrants.</p> <p>Beef, duck, grouse, guinea fowl, hare, lamb, mallard, pheasant, rabbit, turkey, venison, wood pigeon</p> <p>Clams, cod, crab, dab, dover sole, grey mullet, haddock, halibut, hake, herring, lemon sole, mackerel, monkfish, mussels, oysters, pilchard, plaice, pollack, prawns, red mullet, sea bass (wild), sea bream, shrimp, squid, turbot, whelks, winkles.</p>
<h2>October</h2>	<p>Artichoke, beetroot, broccoli, butternut squash, celeriac, celery, garlic, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, lettuce & salad leaves, marrow, parsnips, potatoes, pumpkin, radishes, rocket, runner beans, shallots, swede, sweetcorn, tomatoes, turnips, watercress, wild mushrooms. Apples, blackberries, elderberries, figs, pears, quince.</p> <p>Beef, duck, goose, grouse, guinea fowl, hare, lamb, mallard, partridge, pheasant, rabbit, turkey, venison, wood pigeon.</p> <p>Clams, cod, crab, grey mullet, gurnard, haddock, halibut, hake, herring, lemon sole, lobster, mackerel, monkfish, mussels, oysters, pilchard, plaice, pollack, prawns, red mullet, sea bass (wild), sea bream, skate, squid, turbot, winkles.</p>

<h2>November</h2>	<p>Artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, pumpkin, salsify, shallots, swede, turnips, watercress, wild mushrooms. Apples, pears, quince.</p> <p>Beef, duck, goose, grouse, guinea fowl, hare, lamb, mallard, partridge, pheasant, rabbit, turkey, venison, wood pigeon.</p> <p>Clams, cod, crab, gurnard, haddock, halibut, hake, lemon sole, lobster, mackerel, monkfish, mussels, oysters, plaice, pollack, red mullet, sea bass (wild), sea bream, skate, squid, turbot, winkles.</p>
<h2>December</h2>	<p>Beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, salsify, shallots, swede, turnips, wild mushrooms. Apples, pears.</p> <p>Duck, goose, grouse, guinea fowl, hare, mallard, partridge, pheasant, rabbit, turkey, venison.</p> <p>Clams, cod, gurnard, haddock, halibut, hake, lemon sole, lobster, mackerel, monkfish, mussels, oysters, plaice, red mullet, scallops, sea bass (wild), sea bream, skate, turbot, winkles.</p>

