

# SEASONAL Fruit & Veggie CHART



## WINTER

### FRUIT

- Blood oranges
- Cranberries
- Dates
- Kiwi Fruit
- Pomegranate
- Satsuma
- Tangerines

### VEGGIES

- Brussels sprouts
- Butternut squash
- Cauliflower
- Jerusalem artichokes
- Kohlrabi

## SPRING

### FRUIT

- Apricots
- Blueberries
- Cherries
- Lemons
- Limes
- Rhubarb
- Strawberries

### VEGGIES

- Artichokes
- Asparagus
- Beets
- Carrots
- Lettuce
- Peas
- Radishes
- Rocket
- Spinach
- Spring onions

## SUMMER

### FRUIT

- Bilberries
- Melons
- Nectarines
- Peaches
- Pears
- Plums
- Raspberries

### VEGGIES

- Aubergines
- Broccoli
- Courgettes
- Cucumber
- Fennel
- Mangetout
- New Potatoes
- Peppers
- Sweet corn
- Turnips

## AUTUMN

### FRUIT

- Apples
- Bananas
- Clementines
- Figs
- Grapefruit
- Grapes
- Oranges

### VEGGIES

- Kale
- Leeks
- Marrows
- Mushrooms
- Parsnips
- Potatoes
- Pumpkins
- Shallots
- Sweet potatoes

