

british seasonal chart

New Covent Garden Market is London's premier wholesale fruit and vegetable market.
Home to over **100 specialist food suppliers** we have unrivalled expertise in fresh produce and seasonality.



With hundreds of varieties of British and imported fruit and vegetables now available much of the year round, the seasons can lose their meaning. This chart will give you an idea of what UK-grown produce is available each season. Please note that availability will always depend on the weather. For live information about what's on the Market visit www.newcoventgardenmarket.com/food

vegetables

		J	F	M	A	M	J	J	A	S	O	N	D
artichoke	globe												
	jerusalem												
asparagus	green/purple												
aubergine													
beans	broad												
	french/runner/flat												
beetroot													
broccoli	calabrese												
	purple sprouting												
brussel sprouts													
cabbage	red												
	savoy												
	spring green												
	winter white												
carrots													
cauliflower													
celeriac													
chard													
chilli													
courgettes													
fennel													
garlic													
horseradish													
kale													
kohlrabi													
leeks													
marrow													
onions													
pak choy													
parsnips													
peas													
peppers	capsicum												
potatoes	maincrop												
	new												
pumpkins													
romanesco													
samphire													
shallot													
spinach													
squash													
swede													
sweetcorn													
turnips													

in season: when produce is at its best and most widely available

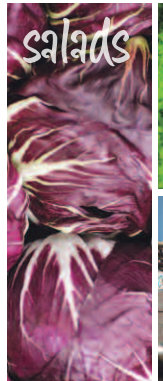
available: produce coming in/going out of season or grown outside of season in polytunnels

available from store: produce harvested in season and stored to extend its availability

not in season: produce not in season & the market utilises imported produce

		J	F	M	A	M	J	J	A	S	O	N	D
celery													
chicory/endive/radicchio													
cress	mustard/mixed												
cucumber													
edible flowers													
lettuce	cos												
	curly												
	iceberg												
	little gem												
	round												
radish													
	daikon/mooli												
rocket													
spring onions													
tomatoes													
watercress													
button/cup/flat	cultivated												
enoki	cultivated												
girolle	scottish, wild												
morel	wild												
oyster	cultivated												
pie bleu	cultivated												
shitake	cultivated												
apples	braeburn												
	bramley												
	cox												
	discovery												
	early windsor												
	egremont russet												
	golden delicious												
	royal gala												
blackberries													
black/white/redcurrants													
blueberries													
cherries													
cohnuts													
damsons													
gooseberries													
medlar													
pears	comice/concorde												
	conference												
	williams'												
plums													
quince													
raspberries													
rhubarb	forced												
	outdoor												
strawberries													
walnuts	fresh												

salads



mushrooms



fruit & nuts



This seasonality chart reflects growing seasons from all regions of the UK. Each product has been verified by at least two industry sources. Sources: New Covent Garden Market Wholesalers, Fresh Produce Consortium, NFU, British Growers Association and suppliers to New Covent Garden Market. **We're here to help...** t: 020 7720 2211 e: info@cgma.co.uk w: www.newcoventgardenmarket.com