



HAMPSHIRE COUNTRYSIDE SERVICE

SEASONAL PRODUCE:

Eat with the seasons using our guide

Eating seasonally has many benefits – from saving costs to reducing your carbon footprint. This calendar provides a general guide to what’s in season each month, but what’s in season may vary from year to year and depend on where you live. Shopping locally and seeing what’s in abundance in the produce aisle can be a good indication of what’s in season near you.

JANUARY

Apples, beetroot, cabbage, carrots, cauliflower, celery, leeks, mushrooms, onions, parsnips, pears, spring onions, squash, swede, turnips.



FEBRUARY

Apples, beetroot, cabbage, carrots, cauliflower, leeks, mushrooms, onions, parsnips, pears, spring onions, squash, swede, sweet potato.



MARCH

Artichoke, beetroot, carrots, cauliflower, leeks, parsnip, rhubarb, spring onions, watercress.



APRIL

Asparagus, artichoke, beetroot, carrots, new potatoes, mushrooms, parsnips, rhubarb, rocket, spinach, spring onions, watercress.



MAY

Asparagus, artichoke, aubergine, beetroot, lettuce, new potatoes, peas, peppers, rhubarb, rocket, spinach, spring onions, strawberries.



JUNE

Asparagus, aubergine, beetroot, blackcurrants, broad beans, broccoli, cauliflower, cherries, courgettes, cucumber, lettuce, new potatoes, peas, peppers, raspberries, rhubarb, runner beans, spinach, spring onions, strawberries.



JULY

Aubergine, beetroot, blackberries, blackcurrants, blueberries, broad beans, broccoli, cabbage, carrots, cauliflower, cherries, courgettes, cucumber, lettuce, onions, peas, potatoes, rhubarb, rocket, runner beans, spring onions, strawberries, tomatoes.



AUGUST

Aubergine, beetroot, blackberries, broccoli, butternut squash, carrots, cauliflower, celery, courgettes, cucumber, kale, leeks, lettuce, mushrooms, parsnips, peas, peppers, potatoes, plums, pumpkin, raspberries, rhubarb, rocket, runner beans, spring onions, strawberries, sweetcorn, tomatoes.



SEPTEMBER

Apples, aubergine, beetroot, blackberries, broccoli, butternut squash, carrots, cauliflower, celery, courgettes, cucumber, leeks, lettuce, onions, parsnips, pears, peas, peppers, plums, potatoes, pumpkin, raspberries, rhubarb, rocket, runner beans, spinach, spring onions, strawberries, sweetcorn, tomatoes, turnips.



OCTOBER

Apples, beetroot, blackberries, broccoli, butternut squash, carrots, cauliflower, celery, courgette, cucumber, leeks, lettuce, onions, parsnips, pears, peas, plums, potatoes, pumpkin, runner beans, spinach, spring onions, swede, sweetcorn, sweet potato, tomatoes, turnips, watercress.



NOVEMBER

Apples, butternut squash, carrots, cauliflower, leeks, onions, parsnips, pears, potatoes, pumpkin, swede, sweet potato, turnips.



DECEMBER

Cabbage, carrots, cauliflower, leeks, mushrooms, onions, parsnips, potatoes, pumpkin, swede, turnips, sweet potato, watercress.

