

# Seasonal Availability Calendar

VEGETABLES	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Asparagus												
Aubergines												
Broccoli												
Broad beans												
Brussels sprouts												
Cabbage (Savoy)												
Cabbage (white and red)												
Carrots												
Cauliflower												
Courgettes												
Green beans												
Leeks												
Onions												
Parsnips												
Peas												
Potatoes - main crop												
Potatoes - new / salads												
Swede												
Sweetcorn												

FRUIT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Apples												
Avocados												
Bananas												
Blueberries												
Cherries												
Citrus												
Grape												
Kiwis												
Mango												
Melon												
Pears												
Peaches and nectarines												
Pineapple												
Plums												
Raspberries												
Strawberries												

SALAD	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Celery												
Cucumber												
Lettuce												
Radish												
Salad peppers												
Spinach												
Spring onions												
Tomatoes												
Watercress												

	UK Crops In Season		Imported Crops - Northern Hemisphere
	UK Stored / Forced Crops		Imported Crops - Southern Hemisphere
	Out Of Season - Imported Crop Not Recommended		

## Out of Season Suggestions

Try tinned or frozen alternatives or swap to a similar products e.g. peaches and nectarines.

For more information on alternative ideas please contact your NHS Supply Chain: Food Account Manager.