

WHAT'S IN SEASON SEASONALITY WHEEL

Eating seasonally means we support local suppliers, reduce food miles and help prevent food waste.



Spring

Asparagus
Beetroot
Carrots
Curly kale
Purple sprouting Broccoli
Spinach
Spring greens
Spring onions
Watercress
Rhubarb
Spring lamb
Mackerel



Summer

Broad Beans
Courgettes
Lettuce
New potatoes
Onion
Peas
Radish
Rocket
Runner beans
Tomatoes
Strawberries
Pilchards



Autumn

Broccoli
Lettuce
Potatoes
Pumpkin
Salad leaves
Squash
Sweetcorn
Watercress
Apples
Blackberries
Pears
Plums



Winter

Apples
Beetroot
Brussel sprouts
Cabbage (Red, Savoy, White)
Carrots
Kale
Leeks
Parsnips
Pears
Swede
Turnips
Turkey