



INFOSHEET

THE HARVESTING YEAR

Spring Mar/Apr/May	Summer Jun/Jul/Aug	Autumn Sep/Oct/Nov	Winter Dec/Jan/Feb
Beetroot	Basil	Apples	Broccoli
Broccoli	Blackcurrants	Beetroot	Brussel Sprouts
Carrots	Blueberries	Brussel Sprouts	Cabbage
Chicory	Broad Beans	Cabbage	Celeriac
Chinese Greens	Carrots	Calabrese	Chinese Greens
Kale	Cauliflowers	Carrots	Kale
Leeks	Courgettes	Cauliflower	Leeks
Lettuce	Cucumber	Courgettes	Parsnips
Radishes	French Beans	Garlic	Red Cabbage
Rhubarb	Garlic	Kale	Savoy Cabbage
Rocket	Gooseberries	Kohlrabi	Swede
Spinach	Lettuce	Onions	
Swiss Chard	Onions	Parsley	
	Parsley	Parsnips	
	Peas	Plums	
	Peppers	Potatoes	
	Potatoes	Pumpkins	
	Radishes	Radishes	
	Raspberries	Red Cabbage	
	Red Currants	Swede	
	Rhubarb	Swiss Chard	
	Rocket	Tomatoes	
	Spinach	Watercress	
	Spring Onions		
	Strawberries		
	Swiss Chard		
	Tomatoes		
	Turnip		