



C/O Sports & Community Centre  
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*Delivering Healthy Eating*

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## WHAT'S BEST THIS SEASON?

Spring (March, April, May)	Summer (June, July, August)	Autumn and Winter (September, October, November, December, January, February)
Asparagus	Apple-Worcester & Discovery	Apples-Cox, Gala, Jonagold and Bramley
Basil	Aubergine	Blackberries
Brussels sprouts	Blackcurrants	Brussels Sprout
Cabbage	Broad Beans	Cabbage
Calabrese	Capsicums	Carrots
Carrots	Carrots	Cauliflower
Cauliflower	Celery	Celeriac
Chives	Cherry	Leeks
Cucumber	Chinese Leaf	Marrows
Leeks	Chillies	Mushrooms
Lettuce (protected)	Courgette	Nuts-Walnuts, Chestnuts and Cobnuts
Mint	Cucumber	Onions
Mushrooms	Dwarf Beans	Parsnips
Parsley	Fennel	Pears-Conference and Comice
Potatoes	Garlic	Pumpkins
Purple Sprouting Broccoli	Gooseberry	Potatoes
Rhubarb (forced)	Kohlrabi	Rhubarb (forced)
Rosemary	Lettuce	Swede
Sage	Mangetout	Sweetcorn
Salad Onion	Marrow	Turnip
Spinach	Mushrooms	
Swede	Onions	
Tomato (protected)	Peas	
Turnip	Plums	
Watercress	Potatoes	
	Pumpkin	
	Radish	
	Raspberry	
	Runner Beans	
	Rhubarb	
	Sweetcorn	
	Spinach	
	Strawberry	
	Tarragon	
	Tomatoes	
	Watercress	