SEASONAL FOOD CALENDAR

January
Cabbage, cauliflower, celeriac, forced rhubarb (forced to do what?), leeks, parsnips, turnip, shallots, squash

goose, lobster, scallops

February
Cabbage, cauliflower, celeriac, chard, chicory, forced rhubarb, kohlrabi, leeks, parsnips, spinach, swede, turnip

mussels, halibut, guinea fowl, lobster

March
Beetroot, cabbage, cauliflower, leeks, mint, mooli, parsley, broccoli, radishes, rhubarb, sorrel

sardines (fresh ones!), lobster

April
Broccoli, cabbage, cauliflower, morel mushrooms, wild garlic, radishes, rhubarb, carrots, kale, watercress, spinach, rosemary flowers

spring lamb, cockles

May
Broccoli, cabbage, cauliflower, gooseberries, parsley, mint, broad beans, rhubarb, new carrots, samphire, asparagus

sea bass, lemon sole, sardines, duck, sea trout

June
carrots, cherries, elderflowers, lettuce, strawberries, peppers, asparagus, redcurrants, peas, rhubarb, gooseberries, tayberries, tomatoes, courgettes, broad beans

welsh lamb, crab, salmon, grey mullet
SEASONAL FOOD CALENDAR

July
carrots, gooseberries, strawberries, spinach, tomatoes, watercress, loganberries, sage, cauliflower, aubergine, fennel, asparagus, cabbage, celery, cherries, lettuce, mangetout, nectarines, new potatoes, oyster mushrooms, peas, peaches, radish, raspberries, rhubarb, tomatoes, French beans

Trout, pilchards, clams, pike, pigeon

August
carrots, gooseberries, lettuce, loganberries, raspberries, strawberries, cauliflower, aubergines, nectarines, peaches, peppers, courgettes, rhubarb, sweetcorn, greengages, basil, peas, pears, apples, French beans, tomatoes

crayfish, hare, skate, john dory (that's a fish)

September
apples, aubergines, blackberries, cabbage, carrots, cauliflower, cucumber, damsons, elderberries, figs, French beans, grapes, kale, lettuce, melons mushrooms, nectarines, onions, peppers, parsnips, peas, peaches, pears, potatoes, pumpkin, raspberries, rhubarb, spinach, sweetcorn, tomatoes

duck, venison, oysters, sea bass, grouse, mussels, partridge, wood pigeon, brown trout

October
apples, aubergines, beetroot, cabbage, carrots, cauliflower, courgettes, grapes, lettuce, marrow, mushrooms, parsnips, potatoes, squash, tomatoes, watercress

guinea fowl, partridge, mussels, grouse, oysters

November
cabbage, pumpkin, swede, cauliflower, potatoes, parsnips, pears, leeks, quinces, chestnuts, cranberries, beetroot

grouse, goose

December
Celery, cabbage, red cabbage, cauliflower, celeriac, pumpkin, beetroot, turnips, parsnips, sprouts, pears, wild duck, goose, sea bass, turkey