



SEASONAL SHOPPING CALENDAR

JANUARY	Cabbage, Cauliflower, Leeks, Parsnips, Celeriac, Butternut Squash, Shallots, Turnips, Scallops, Lobster, Goose.
FEBRUARY	Cabbage, Lobster, Celeriac, Mussels, cauliflower, Leeks, hard, Chicory, Kohlrabi, Parsnips, Spinach, Swede, Turnip, Halibut, Guinea Fowl.
MARCH	Beetroot, Cabbage, Sardines (Fresh ones), Leeks, Mint, Mooli, Parsley, Broccoli, Tenderstem, Cauliflower, Radishes, Sorrel, Lobster.
APRIL	Kale, Broccoli, Tenderstem, Cabbage, Cauliflower, Morel Mushrooms, Spinach, Wild Garlic, Radishes, Carrots, Watercress, Rosemary, Spring Lamb, Cockles.
MAY	Asparagus, Broccoli, Tenderstem, Cabbage, Parsley, Mint, Broad Beans, Gooseberries, New Carrots, Sea Bass, Sardines, Duck, Lemon Sole, Sea Trout.
JUNE	Gooseberries, Elderflowers, Cos Lettuce, Peppers, Asparagus, Red Currants, Peas, Carrots, Tay Berries, tomatoes, Courgettes, Broad Beans, Welsh Lamb, Crab, Salmon, Cherries, Grey Mullet, Strawberries,
JULY	Carrots, Gooseberries, Strawberries, Spinach, Tomatoes, Watercress, Sage, Cauliflower, Radish, Aubergine, Asparagus, Cabbage, Celery, Cherries, Cos Lettuce, Mangetout, Nectarines, New Potatoes, Oyster Mushrooms, Peas, Peaches, Loganberries, Raspberries, French Beans, Trout, Pilchards, Fennel, Clams Pike, Pigeon.
AUGUST	Aubergines, Carrots, Gooseberries, Loganberries, Raspberries, Strawberries, Cauliflower, Nectarines, Peaches, Peppers, courgettes, Greengages, Sweetcorn, Basil, Peas, Pears, Cos Lettuce, Apples, French Beans, Tomatoes, Crayfish, Hare, Skate, John Dory.
SEPTEMBER	Apples, Peppers, Aubergines, Blackberries, Cabbage, Carrots, Cauliflower, Cucumber, Damsons, Elderberries, Figs, French Beans, Kale, Cos Lettuce, Melons, Mushrooms, Nectarines, Onions, Parsnips, Peas, Peaches, Pears, Potatoes, raspberries, Spinach, Sweetcorn, Tomatoes, Duck, Grapes, Venison, Oysters, Sea Bass, Grouse, Mussels, Partridge, Wood Pigeon, Pumpkin, Brown Trout.
OCTOBER	Apples, Aubergines, Mushrooms, Beetroot, Cabbage, Carrots, Cauliflower, Grapes, Cos Lettuce, Marrow, Parsnips, Potatoes, Butternut Squash, Tomatoes, Guinea Fowl, Courgettes, Partridge, Grouse, Watercress, Goose,
NOVEMBER	Cauliflower, Cabbage, Pumpkin, Swede, Parsnips, Potatoes, Pears, Leeks, Quinces, Chestnuts, Cranberries, Beetroot, Grouse, Goose.
DECEMBER	Savoy Cabbage, Celeriac, Red Cabbage, Pears, Cauliflower, Pumpkins, Beetroot, Turnips, Parsnips, Brussels Sprouts, Swede, Goose, Sea Bass, Wild Duck, Turkey.