


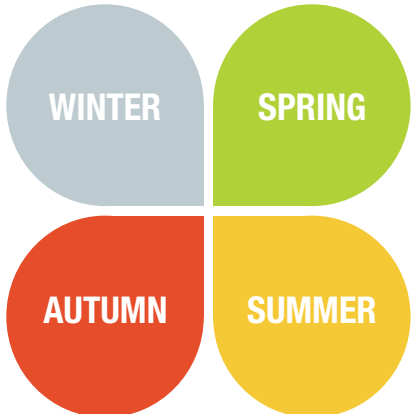
THE EAT SEASONABLY CALENDAR

EVERY FRUIT OR VEGETABLE HAS ITS SEASON, THE TIME OF THE YEAR WHEN YOU CAN ENJOY IT AT ITS VERY BEST. THIS SIMPLE TOOL WILL GUIDE YOU THROUGH WHAT'S IN SEASON WHEN SO YOU CAN ENJOY FRUIT AND VEG THAT TASTES BETTER, IS BETTER VALUE AND IS BETTER FOR THE PLANET.

	APPLES, BRAMLEY							JUL	AUG	SEP					
	APPLES, COX													OCT	
	ASPARAGUS					MAY	JUN								
	BEANS, BROAD						JUN	JUL	AUG						
	BEANS, RUNNER							JUL	AUG	SEP	OCT				
	BLACKBERRIES									SEP	OCT				
	BLUEBERRIES							JUL	AUG	SEP					
	BRUSSELS SPROUTS	JAN	FEB							SEP	OCT	NOV	DEC		
	CABBAGE, SPRING GREEN	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC		
	CABBAGE, WHITE									SEP	OCT	NOV	DEC		
	CABBAGE, SAVOY	JAN	FEB	MAR					JUL	AUG	SEP	OCT	NOV	DEC	
	CABBAGE, RED								AUG	SEP	OCT	NOV			
	CARROTS	JAN	FEB					JUN	JUL	AUG	SEP	OCT	NOV	DEC	
	CAULIFLOWER	JAN	FEB	MAR	APR	MAY			JUL	AUG	SEP	OCT	NOV	DEC	
	CELERY								JUL	AUG	SEP	OCT			
	CHERRIES								JUL	AUG					
	COURGETTE							JUN	JUL	AUG	SEP				
	CUCUMBER					APR	MAY	JUN	JUL	AUG	SEP				
	KALE	JAN	FEB	MAR	APR						SEP	OCT	NOV	DEC	
	LEEKS	JAN	FEB	MAR							SEP	OCT	NOV	DEC	
	LETTUCE, COS								JUL	AUG	SEP				
	LETTUCE, CURLY					MAY	JUN	JUL	AUG						
	LETTUCE, ICEBERG								JUL	AUG	SEP				
	MARROW									AUG	SEP	OCT			
	PEAS							JUN	JUL	AUG	SEP				
	PLUMS									AUG	SEP				
	POTATOES, MAINCROP											OCT	NOV	DEC	
	RASPBERRIES								JUL	AUG					
	RHUBARB					MAY	JUN	JUL							
	SPINACH					MAY	JUN	JUL	AUG	SEP	OCT				
	STRAWBERRIES							JUN	JUL	AUG					
	SQUASH										SEP	OCT			
	SWEETCORN									AUG	SEP	OCT			

FOR TIPS, RECIPES AND MORE VISIT EATSEASONABLY.CO.UK

Information on seasonal food production cycles has been provided by Bill Kirkup of the North East Improvement and Efficiency Partnership. It is based on data derived from several sources including the NFU, Horticultural Development Company and ADAS. Data on retail price variations across the year was supplied by TNS Worldpanel. The 'Eat Seasonably' calendar has been compiled by The Climate Group.



TO KEEP IT SIMPLE, IN THIS RING WE'VE RECOMMENDED SOME PERSONAL FAVOURITES EACH MONTH