

What's in season when...

Spring

Meat

Beef Steaks
Chicken
Sausages
Spring Lamb - Grills

Vegetables

Asparagus
Carrots
Cauliflowers
Celeriac
Cucumbers
Curly Kale
Purple Sprouting Broccoli
Savoy Cabbage
Sorrel
Spinach
Spring Greens
Spring Onion
Watercress



Fruit

Gooseberries
Rhubarb

Fish

Crab
Haddock
John Dory
Lobster
Mackerel
Monkfish
Prawns
Sea Bass
Sea Salmon
Trout
Turbot



Summer

Meat

Beef Steaks
Burgers
Chicken – Kebabs & Grills
Ham
Lamb – Grills
Pork Pies
Pork Spare Ribs
Saltmarsh Lamb
Sausages
Venison



Vegetables

Beetroot
Broad Beans
Carrots
Cauliflowers
Courgettes
Cucumber
Fennel
Fresh Peas
Garlic
Green Beans
Lettuce & Salad Leaves
New potatoes
Radishes
Runner Beans
Sage
Salad Onions
Squash
Tomatoes
Watercress

Fruit

Blueberries
Currants – black, white and red
Elderflower berries
Greengages
Loganberries
Plums
Raspberries
Strawberries
Tayberries

Fish

Crab
Pilchards
Wild Salmon

Autumn

Meat

Chicken
Grouse
Ham
Heather-fed Lamb
Pies
Pork
Roasts
Sausages
Venison

Vegetables

Field Mushrooms
Lettuce
Marrow
Potatoes
Pumpkin
Rocket
Squashes
Sweetcorn
Watercress



Fruit

Apples
Blackberries
Damsons
Elderberries
Pears
Plums
Sloes



Fish

Brill
Dabs
Dover Sole
Flounders
Oysters
Skate

Winter

Meat

Casseroles
Chicken
Gammon
Goose
Partridge
Pheasant
Pies
Roasts
Sausages
Turkey
Venison
Wild Duck



Vegetables

Bay Leaves
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Curly Kale
Fennel
Leeks
Parsnips
Potatoes
Red Cabbage
Swede
Turnips

Fruit

Apples
Pears
Quince



Fish

Grey Mullet
Mussels
Scallops

For further advice on what's in season when see www.eattheseasons.co.uk

This advice has been provided by Love British Food, the organisers of British Food Fortnight www.lovebritishfood.co.uk

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