

SEASONAL UK GROWN PRODUCE

12 MONTH CALENDAR

Disclaimer: The information contained within this guide have been written for members of the UK public. We do not have specific recipes for people with breast cancer. If you have been diagnosed with breast cancer, before changing any aspect of your diet, please consult a medical professional. Breast Cancer UK is a breast cancer prevention charity and is unable to offer specific advice about the diagnosis or treatment of breast cancer. If you are worried about any symptoms please consult your doctor.

breast
cancer uk.

FRUIT

Apples, Pears

VEGETABLES

Beetroot, Brussels Sprouts, Cabbage (Red, Savoy, White), Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Salsify, Shallots, Squash, Sweet Potato, Swedes, Turnips

January

FRUIT

Rhubarb

VEGETABLES

Asparagus, Morel Mushrooms, New Potatoes, Purple Sprouting Broccoli, Radishes, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress

April

FRUIT

Apricots, Bilberries, Blackberries, Blackcurrants, Blueberries, Cherries, Gooseberries, Greengages, Loganberries, Raspberries, Redcurrants, Strawberries, Tayberries

VEGETABLES

Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage (Sweetheart, White), Carrots, Cavolo Nero, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Kohlrabi, Lettuce, Mangetout, New Potatoes, Onions, Pak Choi, Peas, Peppers, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress

July

FRUIT

Apples, Blackberries, Cranberries, Elderberries, Figs, Medlar, Pears, Quince

VEGETABLES

Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage (Red, Savoy, Sweetheart, White), Carrots, Cauliflower, Cavolo Nero, Celeriac, Celery, Chicory, Chillies, Cucumber, Fennel, Garlic, Globe Artichokes, Horseradish, Jerusalem Artichoke, Kale, Kohlrabi, Leeks, Lettuce, Marrow, Mushrooms, Onions, Pak Choi, Parsnips, Peas, Potatoes, Pumpkin, Radicchio, Radishes, Rocket, Runner Beans, Salsify, Samphire, Shallots, Spinach, Summer Squash, Swedes, Sweetcorn, Sweet Potato, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash

October

FRUIT

Apples, Pears

VEGETABLES

Beetroot, Brussels Sprouts, Cabbage (Red, Savoy), Cauliflower, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Purple Sprouting Broccoli, Shallots, Squash, Sweet Potato, Swedes, Turnips

February

FRUIT

Apricots, Rhubarb, Strawberries

VEGETABLES

Asparagus, Aubergine, Cabbage (Sweetheart), Carrots, Globe Artichokes, Lettuce, New Potatoes, Pak Choi, Peas, Peppers, Radishes, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress

May

FRUIT

Apricots, Bilberries, Blackberries, Blackcurrants, Blueberries, Cherries, Damsons, Elderberries, Figs, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Strawberries, Tayberries

VEGETABLES

Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage (Sweetheart, White), Carrots, Cauliflower, Cavolo Nero, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Kohlrabi, Lettuce, Mangetout, Marrow, Mushrooms, Onions, Pak Choi, Peas, Peppers, Potatoes, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress

August

FRUIT

Apples, Cranberries, Pears, Quince

VEGETABLES

Beetroot, Brussels Sprouts, Butternut Squash, Cabbage (Red, Savoy, White), Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichoke, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Radicchio, Salsify, Shallots, Swedes, Sweet Potato, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash

November

FRUIT

Forced Rhubarb

VEGETABLES

Cauliflower, Celeriac, Jerusalem Artichokes, Kale, Leeks, Parsnips, Purple Sprouting Broccoli, Sorrel, Spring Greens, Spring Onions, Sweet Potato

March

FRUIT

Apricots, Blackcurrants, Blueberries, Cherries, Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries

VEGETABLES

Asparagus, Aubergine, Broad Beans, Broccoli, Cabbage (Sweetheart), Carrots, Chillies, Courgettes, Cucumber, Fennel, Garlic, Globe Artichokes, Lettuce, Mangetout, New Potatoes, Pak Choi, Peas, Peppers, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress

June

FRUIT

Apples, Bilberries, Blackberries, Damsons, Elderberries, Figs, Pears, Plums, Raspberries, Redcurrants, Strawberries

VEGETABLES

Aubergine, Beetroot, Broccoli, Butternut Squash, Cabbage (Sweetheart, White), Carrots, Cauliflower, Cavolo Nero, Celeriac, Celery, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Horseradish, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Mushrooms, Onions, Pak Choi, Peas, Peppers, Potatoes, Pumpkin, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms

September

FRUIT

Apples, Cranberries, Pears, Quince

VEGETABLES

Beetroot, Brussels Sprouts, Cabbage (Red, Savoy, White), Carrots, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Jerusalem Artichoke, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Salsify, Shallots, Swedes, Sweet Potato, Turnips, Winter Squash

December

IN ORANGE = HIGH IN CAROTENOIDS
UNDERLINED = NON-STARCHY

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January

FRUIT

Apples, Pears

VEGETABLES

Beetroot, Brussels Sprouts,
Cabbage (Red, Savoy, White),
Carrots, Cauliflower, Celeriac,
Celery, Chicory, Horseradish,
Jerusalem Artichokes, Kale,
Leeks, Mushrooms, Onions,
Parsnips, Salsify, Shallots,
Squash, Sweet Potato,
Swedes, Turnips

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February



FRUIT

Apples, Pears



VEGETABLES

Beetroot, Brussels Sprouts,
Cabbage (Red, Savoy),
Cauliflower, Celeriac, Chicory,
Jerusalem Artichokes, Kale,
Leeks, Mushrooms, Onions,
Parsnips, Purple Sprouting
Broccoli, Shallots, Squash,
Sweet Potato, Swedes,
Turnips



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March



FRUIT

Forced Rhubarb

VEGETABLES

Cauliflower, Celeriac,
Jerusalem Artichokes, Kale,
Leeks, Parsnips, Purple
Sprouting Broccoli, Sorrel,
Spring Greens, Spring
Onions, Sweet Potato



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April

FRUIT

Rhubarb

VEGETABLES

Asparagus, Morel
Mushrooms, New
Potatoes, Purple
Sprouting Broccoli,
Radishes, Sorrel, Spinach,
Spring Greens, Spring
Onions, Watercress

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May

FRUIT

Apricots, Rhubarb,
Strawberries

VEGETABLES

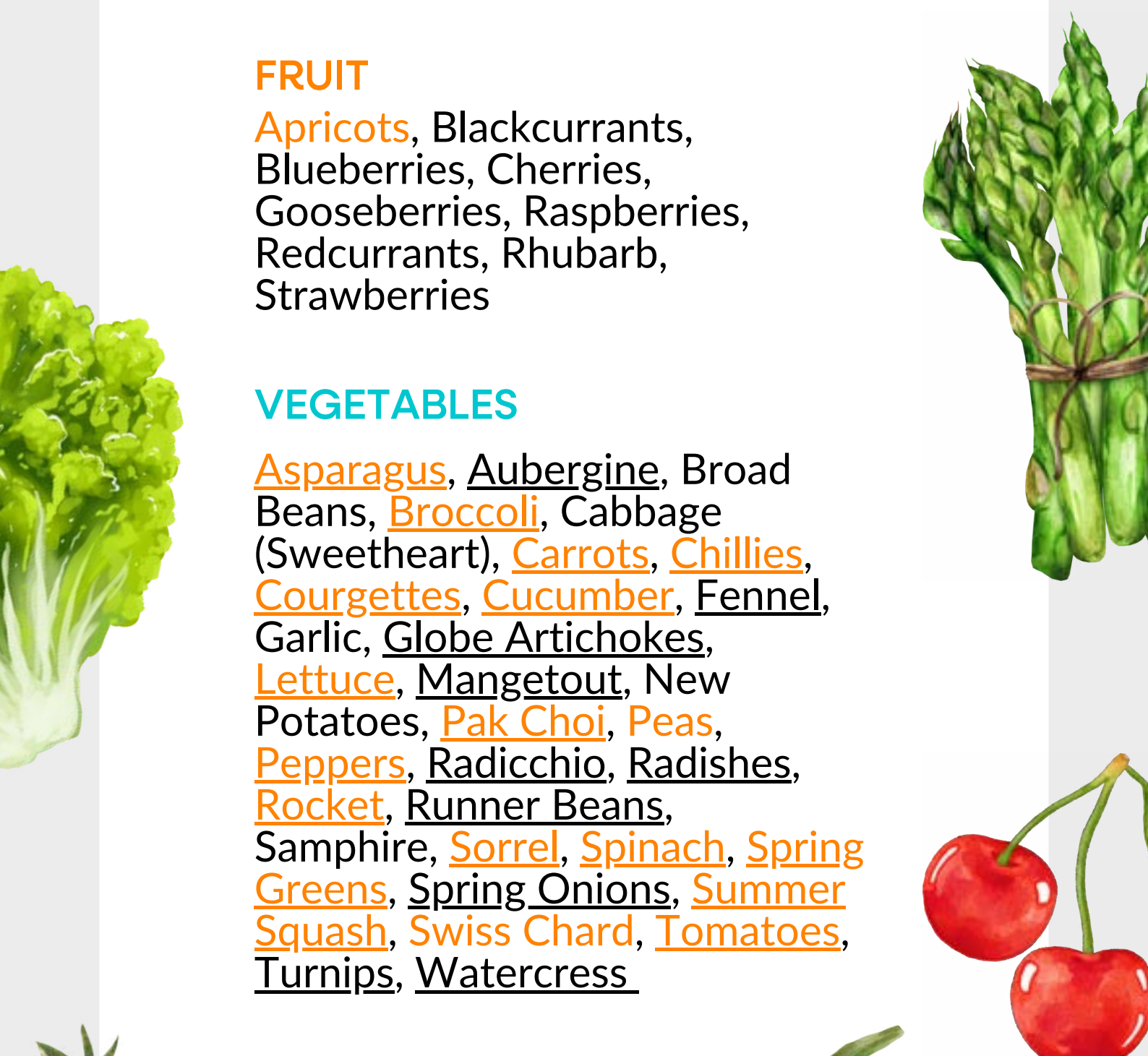
Asparagus, Aubergine,
Cabbage (Sweetheart), Carrots,
Globe Artichokes, Lettuce,
New Potatoes, Pak Choi, Peas,
Peppers, Radishes, Rocket,
Samphire, Sorrel, Spinach,
Spring Greens, Spring Onions,
Watercress

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FRUIT

Apricots, Blackcurrants,
Blueberries, Cherries,
Gooseberries, Raspberries,
Redcurrants, Rhubarb,
Strawberries

VEGETABLES



Asparagus, Aubergine, Broad
Beans, Broccoli, Cabbage
(Sweetheart), Carrots, Chillies,
Courgettes, Cucumber, Fennel,
Garlic, Globe Artichokes,
Lettuce, Mangetout, New
Potatoes, Pak Choi, Peas,
Peppers, Radicchio, Radishes,
Rocket, Runner Beans,
Samphire, Sorrel, Spinach, Spring
Greens, Spring Onions, Summer
Squash, Swiss Chard, Tomatoes,
Turnips, Watercress



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July



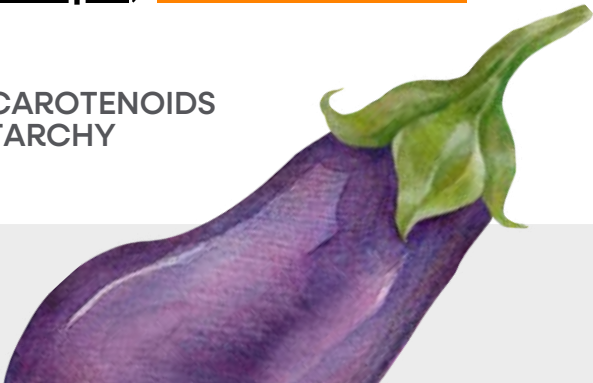
FRUIT

Apricots, Bilberries, Blackberries, Blackcurrants, Blueberries, Cherries, Gooseberries, Greengages, Loganberries, Raspberries, Redcurrants, Strawberries, Tayberries

VEGETABLES



Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage (Sweetheart, White), Carrots, Cavolo Nero, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Kohlrabi, Lettuce, Mangetout, New Potatoes, Onions, Pak Choi, Peas, Peppers, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Tomatoes, Turnips, Watercress



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August

FRUIT

Apricots, Bilberries, Blackberries, Blackcurrants, Blueberries, Cherries, Damsons, Elderberries, Figs, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Strawberries, Tayberries

VEGETABLES

Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cabbage (Sweetheart, White), Carrots, Cauliflower, Cavolo Nero, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Globe Artichokes, Kohlrabi, Lettuce, Mangetout, Marrow, Mushrooms, Onions, Pak Choi, Peas, Peppers, Potatoes, Radicchio, Radishes, Rocket, Runner Beans, Samphire, Shallots, Sorrel, Spinach, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress

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September



FRUIT

Apples, Bilberries, Blackberries, Damsons, Elderberries, Figs, Pears, Plums, Raspberries, Redcurrants, Strawberries

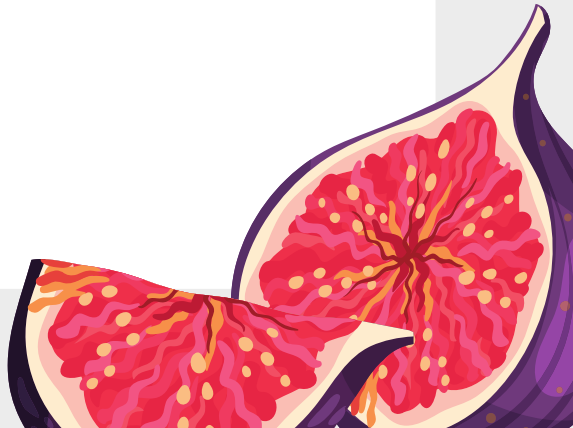
VEGETABLES



Aubergine, Beetroot, Broccoli,
Butternut Squash, Cabbage
(Sweetheart, White), Carrots,
Cauliflower, Cavolo Nero, Celeriac,
Celery, Chillies, Courgettes,
Cucumber, Fennel, French Beans,
Garlic, Globe Artichokes,
Horseradish, Kale, Kohlrabi, Leeks,
Lettuce, Mangetout, Marrow,
Mushrooms, Onions, Pak Choi, Peas,
Peppers, Potatoes, Pumpkin,
Radicchio, Radishes, Rocket, Runner
Beans, Samphire, Shallots, Sorrel,
Spinach, Spring Onions, Summer
Squash, Sweetcorn, Swiss Chard,
Tomatoes, Turnips, Watercress, Wild
Mushrooms



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October

FRUIT

Apples, Blackberries, Cranberries, Elderberries, Figs, Medlar, Pears, Quince

VEGETABLES

Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Cabbage (Red, Savoy, Sweetheart, White), Carrots, Cauliflower, Cavolo Nero, Celeriac, Celery, Chicory, Chillies, Cucumber, Fennel, Garlic, Globe Artichokes, Horseradish, Jerusalem Artichoke, Kale, Kohlrabi, Leeks, Lettuce, Marrow, Mushrooms, Onions, Pak Choi, Parsnips, Peas, Potatoes, Pumpkin, Radicchio, Radishes, Rocket, Runner Beans, Salsify, Samphire, Shallots, Spinach, Summer Squash, Swedes, Sweetcorn, Sweet Potato, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash

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November

FRUIT

Apples, Cranberries, Pears, Quince



VEGETABLES



Beetroot, Brussels Sprouts,
Butternut Squash, Cabbage (Red,
Savoy, White), Carrots, Cauliflower,
Celeriac, Celery, Chicory,
Horseradish, Jerusalem Artichoke,
Kale, Leeks, Mushrooms, Onions,
Parsnips, Potatoes, Pumpkin,
Radicchio, Salsify, Shallots, Swedes,
Sweet Potato, Swiss Chard,
Turnips, Watercress, Wild
Mushrooms, Winter Squash

IN ORANGE = HIGH IN CAROTENOIDS
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December



FRUIT

Apples, Cranberries, Pears, Quince



VEGETABLES



Beetroot, Brussels Sprouts,
Cabbage (Red, Savoy, White),
Carrots, Cauliflower, Celeriac,
Celery, Chicory, Horseradish,
Jerusalem Artichoke, Kale, Leeks,
Mushrooms, Onions, Parsnips,
Potatoes, Pumpkin, Salsify,
Shallots, Swedes, Sweet Potato,
Turnips, Winter Squash



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