**Seasonal food list from the Vegetarian Society**

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| **Month** | **Fruit** | **Vegetables** |
| January | Apples, Pears | Beetroot, Brussels Sprouts, Cabbage, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Spring Greens, Spring Onions, Squash, Swedes, Turnips |
| February | Apples, Pears | Beetroot, Brussels Sprouts, Cabbage, Carrots, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Purple Sprouting Broccoli, Spring Greens, Spring Onions, Squash, Swedes |
| March | Rhubarb | Artichoke, Beetroot, Cabbage, Carrots, Chicory, Leeks, Parsnip, Purple Sprouting Broccoli, Radishes, Sorrel, Spring Greens, Spring Onions, Watercress |
| April | Rhubarb | Artichoke, Beetroot, Cabbage, Carrots, Chicory, New Potatoes, Kale, Morel Mushrooms, Parsnips, Radishes, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress |
| May | Rhubarb, Strawberries | Artichoke, Asparagus, Aubergine, Beetroot, Chicory, Chillies, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rocket, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress |
| June | Blackcurrants, Cherries, Gooseberries, Raspberries, Redcurrants, Rhubarb, Strawberries, Tayberries | Asparagus, Aubergine, Beetroot, Broad Beans, Broccoli, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Elderflowers, Lettuce, Marrow, New Potatoes, Peas, Peppers, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Swiss Chard, Turnips, Watercress |
| July | Blackberries, Blackcurrants, Blueberries, Cherries, Gooseberries, Greengages, Loganberries, Raspberries, Redcurrants, Rhubarb, Strawberries | Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, New Potatoes, Onions, Peas, Potatoes, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Swish Chard, Tomatoes, Turnips, Watercress |
| August | Blackberries, Blackcurrants, Cherries, Damsons, Greengages, Loganberries, Plums, Raspberries, Redcurrants, Rhubarb, Strawberries | Aubergine, Beetroot, Broad Beans, Broccoli, Carrots, Cauliflower, Chicory, Chillies, Courgettes, Cucumber, Fennel, French Beans, Garlic, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Mushrooms, Parsnips, Peas, Peppers, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spring Greens, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Watercress |
| September | Blackberries, Damsons, Pears, Plums, Raspberries, Rhubarb, Strawberries | Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celery, Courgettes, Chicory, Chillies, Cucumber, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mangetout, Marrow, Onions, Parsnips, Peas, Peppers, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Samphire, Sorrel, Spinach, Spring Greens, Spring Onions, Summer Squash, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms |
| October | Apples, Blackberries, Elderberries, Pears | Aubergine, Beetroot, Broccoli, Brussels Sprouts, Butternut Squash, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Chillies, Courgette, Cucumber, Kale, Leeks, Lettuce, Marrow, Onions, Parsnips, Peas, Potatoes, Pumpkin, Radishes, Rocket, Runner Beans, Spinach, Spring Greens, Spring Onions, Summer Squash, Swede, Sweetcorn, Swiss Chard, Tomatoes, Turnips, Watercress, Wild Mushrooms, Winter Squash |
| November | Apples, Cranberries, Elderberries, Pears | Beetroot, Brussels Sprouts, Butternut Squash, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Chestnuts, Chicory, Jerusalem Artichokes, Kale, Leeks, Onions, Parsnips, Potatoes, Pumpkin, Swede, Swiss Chard, Turnips, Watercress, Wild Mushrooms, Winter Squash |
| December | Apples, Cranberries, Pears | Beetroot, Brussels Sprouts, Carrots, Celeriac, Celery, Chestnuts, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Pumpkin, Red Cabbage, Swede, Swiss Chard, Turnips, Watercress, Winter Squash |

Riverford Organic Farmers home delivered seasonal fruit and vegetable boxes can be an excellent choice for eating seasonally.

This information is or Educational purposes only – diet is highly individual and not all of foods are suitable for every person.

For individual advice enquire about a personalised Naturopathy Assessment

[**www.gutfeelings.uk**](http://www.gutfeelings.uk)