FRUIT AND VEG SEASONALITY CALENDAR

Brassicas

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Broccoli												
Brussels sprouts												
Cabbages (green)												
Cabbages (red)												
Cabbages (savoy)												
Cabbages (white)												
Cauliflowers												
Kale (black)												
Kale (curly)												
Romanesco												
Tenderstem broccoli												

Bulbs

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichoke												
Fennel												
Garlic												
Leeks												
Onion (red)												
Onion (white)												
Spring onion												
Shallots												

Citrus fruits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Grapefruit												
Kumquats												
Lemons												
Limes												
Oranges												
Clementine												
Satsuma												
Mandarin												
Tangerine												
Tangelo												

Fruit veggies

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Aubergines												
Bell peppers												
Chillies (cayenne)												
Chillies (cherry)												
Chillies (green)												
Chillies (habanero)												
Chillies (jalapeno)												
Chillies (red)												
Tomatoes (beef)												
Tomatoes (cherry)												
Tomatoes (cocktail)												
Tomatoes (vine)												
Tomatoes (plum)												
Tomatoes (round)												

Mushrooms

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Field												
Chestnuts												
Enoki												
Horse												
King oysters												
Oysters												
Shiitakes												
Shimeji												

Pods & seeds

Pods & seeds	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Babycorn												
Beans (broad)												
Beans (fine)												
Beans (runner)												
Beansprouts												
Mangetout												
Okra												
Peas												
Sugar snap peas												
Sweetcorn												

Roots

Roots	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Beetroot												
Carrot												
Celeriac												
Ginger												
Horseradish												
Jerusalem artichoke												
Mooli												
Parsnip												
Radish												
Salsify												
Swede												
Wasabi												

Tubers

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Oca												
Potato (Charlotte)												
Potato (Estima)												
Potato (Desiree)												
Potato (Rooster)												
Potato (King Edward)												
Potato (Maris Piper)												
Sweet potato												

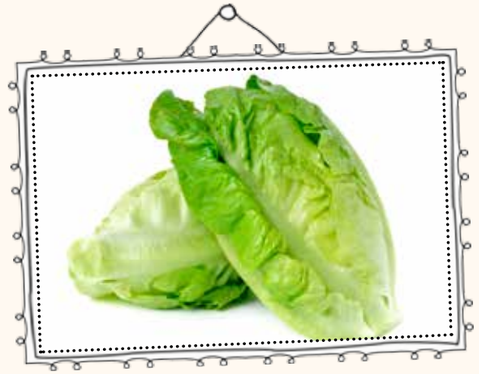
Please note: Please be aware that we're always at the mercy of Mother Nature, seasons can shift year-to-year and availability may fluctuate. Also, please note that sometimes the products might be an imported product sourced during the British season. This list is a snapshot of the products we supply; if there's a product you're after but you can't see it on the list, give your account manager a call.

British & Imported

Imported Only

Sporadic supply / N/A

Call **0344 800 4900** or visit **brake.co.uk/produce**



Salads

Salads	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Chard												
Chicory												
Chinese leaves												
Choi sum												
Gai choi												
Lettuce (butterhead)												
Lettuce (cos)												
Lettuce (iceberg)												
Lettuce (endive)												
Lettuce (lamb's)												
Lettuce (lollo biondi)												
Lettuce (lollo rosso)												
Lettuce (oak leaf)												
Lettuce (radicchio)												
Pak choi												
Rocket												
Spinach												
Watercress												

Stems

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus												
Asparagus (purple)												
Asparagus (white)												
Celery												
Kohlrabi												
Rhubarb (forced)												
Rhubarb (outdoor)												

Soft fruits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Blackberries												
Blackcurrants												
Blueberries												
Cranberries												
Elderberries												
Figs												
Fraises des bois												
Gooseberries												
Grapes												
Loganberries												
Raspberries												
Raspberries (golden)												
Redcurrants												
Rowanberries												
Sloeberries												
Strawberries												

Squash

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Courgettes												
Cucumbers												
Marrow												
Melons (Cantaloupe)												
Melons (Galia)												
Melons (Honeydew)												
Melons (Piel de Sapo)												
Melons (water)												
Patty pan												
Pumpkins												
Butternut squash												

Stone fruit

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apricots												
Avocados												
Cherries												
Dates												
Nectarines												
Peaches												
Plums												

Pome fruits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples (Braeburn)												
Apples (Bramley)												
Apples (Cox)												
Apples (Eregmont Russet)												
Apples (Golden Delicious)												
Apples (Granny Smith)												
Apples (Pink Lady)												
Apples (Red Delicious)												
Apples (Royal Gala)												
Pears												
Quince												

Tropical fruits

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bananas												
Coconuts												
Guava												
Kiwi												
Lychees												
Mangoes												
Papayas												
Passion fruit												
Persimmons												
Physalis												
Pineapples												
Pitahayas (Dragon Fruit)												
Plantains												
Pomegranates												
Rambutans												
Tamarillo												

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