



# SIMPLY VEG

## SEASONAL VEG GUIDE

Discover what's in season and when to make the most of your veg...



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

|                  | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Asparagus        |     |     |     |     |     |     |     |     |     |     |     |     |
| Aubergine        |     |     |     |     |     |     |     |     |     |     |     |     |
| Beetroot         |     |     |     |     |     |     |     |     |     |     |     |     |
| Broad Beans      |     |     |     |     |     |     |     |     |     |     |     |     |
| Broccoli         |     |     |     |     |     |     |     |     |     |     |     |     |
| Brussels Sprouts |     |     |     |     |     |     |     |     |     |     |     |     |
| Butternut Squash |     |     |     |     |     |     |     |     |     |     |     |     |
| Cabbage          |     |     |     |     |     |     |     |     |     |     |     |     |
| Carrots          |     |     |     |     |     |     |     |     |     |     |     |     |
| Cauliflower      |     |     |     |     |     |     |     |     |     |     |     |     |
| Celeriac         |     |     |     |     |     |     |     |     |     |     |     |     |
| Celery           |     |     |     |     |     |     |     |     |     |     |     |     |
| Chard            |     |     |     |     |     |     |     |     |     |     |     |     |
| Courgette        |     |     |     |     |     |     |     |     |     |     |     |     |
| Cucumber         |     |     |     |     |     |     |     |     |     |     |     |     |
| Fennel           |     |     |     |     |     |     |     |     |     |     |     |     |
| Green Beans      |     |     |     |     |     |     |     |     |     |     |     |     |
| Kale             |     |     |     |     |     |     |     |     |     |     |     |     |
| Leeks            |     |     |     |     |     |     |     |     |     |     |     |     |
| Lettuce          |     |     |     |     |     |     |     |     |     |     |     |     |
| Mangetout        |     |     |     |     |     |     |     |     |     |     |     |     |
| Mushrooms        |     |     |     |     |     |     |     |     |     |     |     |     |
| Pak Choi         |     |     |     |     |     |     |     |     |     |     |     |     |
| Parsnips         |     |     |     |     |     |     |     |     |     |     |     |     |
| Peas             |     |     |     |     |     |     |     |     |     |     |     |     |
| Peppers          |     |     |     |     |     |     |     |     |     |     |     |     |
| Pulses           |     |     |     |     |     |     |     |     |     |     |     |     |
| Pumpkin          |     |     |     |     |     |     |     |     |     |     |     |     |
| Radishes         |     |     |     |     |     |     |     |     |     |     |     |     |
| Rocket           |     |     |     |     |     |     |     |     |     |     |     |     |
| Runner Beans     |     |     |     |     |     |     |     |     |     |     |     |     |
| Spinach          |     |     |     |     |     |     |     |     |     |     |     |     |
| Spring Greens    |     |     |     |     |     |     |     |     |     |     |     |     |
| Spring Onions    |     |     |     |     |     |     |     |     |     |     |     |     |
| Sugar Snap Peas  |     |     |     |     |     |     |     |     |     |     |     |     |
| Swede            |     |     |     |     |     |     |     |     |     |     |     |     |
| Sweet Potato     |     |     |     |     |     |     |     |     |     |     |     |     |
| Sweetcorn        |     |     |     |     |     |     |     |     |     |     |     |     |
| Tomato           |     |     |     |     |     |     |     |     |     |     |     |     |
| Turnip           |     |     |     |     |     |     |     |     |     |     |     |     |
| Watercress       |     |     |     |     |     |     |     |     |     |     |     |     |



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