




FoodPoint

Vegetables		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichoke	Globe												
	Jerusalem												
Asparagus	Green/Purple												
Aubergine													
Beans	Broad												
	French/Runner/Flat												
Beetroot													
Broccoli	Calabrese												
	Purple sprouting												
Brussel sprouts													
Cabbage	Red												
	Savoy												
	Springgreen												
	Winter white												
Carrots													
Cauliflower													
Celeriac													
Chard													
Chilli													
Courgettes													
Fennel													
Garlic													
Horseradish													
Kale													
Kohlrabi													
Leeks													
Marrow													
Onions													
Pak choy													
Parsnips													
Peas													
Peppers	Capsicum												
Potatoes	Maincrop												
	New												
Pumpkins													
Romanesco													
Samphire													
Shallot													
Spinach													
Squash													
Swede													
Sweetcorn													
Turnips													

Mushrooms		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Button/Cup/Flat	Cultivated												
Enoki	Cultivated												
Girolle	Scottish.wild												
Morel	Wild												
Oyster	Cultivated												
Pied bleu	Cultivated												
Shitake	Cultivated												

Salads		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Celery													
Chicory/Endive/Radicchio	Jerusalem												
Cress	Mustard/Mixed												
Cucumber													
Edible flowers													
Lettuce	Cos												
	Curly												
	Iceberg												
	Little gem												
Radish	Round												
	Daikon/mooli												
Rocket													
Spring onions													
Tomatoes													
Watercress													

Fruits & Nuits		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apple	Braeburn												
	Bramley												
	Cox												
	Discovery												
	Early widsor												
	Egremont russet												
	Golden delicious												
	Royal gala												
Blackberries													
Black/Whites	Maincrop												
Blueberries													
Cherries													
Cobnuts													
Damsons													
Gooseberries													
Medlar													
Pear	Comice/concorde												
	Conference												
	Williams												
Plums													
Quince													
Raspberries													
Rhubarb	Forced												
	Outdoor												
Strawberries													
Walnuts	Fresh												

-  **In Season:** Produce is at its peak quality and most widely available
-  **Available:** Produce is entering or leaving its peak season, or grown out of season in polytunnels
-  **Available From Store:** Produce harvested at peak season and stored for extended availability

