

What VEGETABLES we eat and when

simplified version

	January	February	March	April	May	June	July	August	September	October	November	December
POTATOES												
TOMATOES												
CARROTS												
PARSNIPS												
BEETROOT												
SPINACH												
SALSIFY												
LEEKS												
ONIONS												
SHALLOTS												
GARLIC												
COURGETTES (& MARROWS)												
PUMPKINS & SQUASHES												
CUCUMBER												
SWEET CORN												
BROAD BEANS												
PEAS												
FRENCH BEANS												
RUNNER BEANS												
CABBAGE												
CAULIFLOWER												
BROCCOLI												
BRUSSEL SPROUT												
KALE												
LETTUCE												
SALADINI												
SORRELL												