Fresh produce availability calendar

UK availability - good | UK availability - varying | Imported | Not available

freshdirect a Sysco company

Alliums	J	F	M	A	M	J	J	A	S	O	N	D
Garlic & Solo Garlic												
Leek & Baby Leek												
Onion Red												
Onion White												
Shallots Round & Banana												
Spring Onion												

Berries	J	F	M	A	M	J	J	A	S	O	N	D
Blackberry												
Blueberry												
Cotton Candy Grape												
Raspberry												
Red Grape												
Redcurrant												
Sable Black Grape												
Strawberry												
White Grape												

Brassicas	J	F	M	A	M	J	J	A	S	O	N	D
Broccoli												
Cabbage Pointed/Hispi												
Cabbage Red & White												
Cabbage Savoy												
Cabbage Spring Green												
Cauliflower												
Cavolo Nero												
Kale												
Kohlrabi												
Pak Choi												
Purple Sprouting Broccoli												
Sprout												
Tenderstem® Broccoli												

Citrus	J	F	M	A	M	J	J	A	S	O	N	D
Blood Orange												
Easy Peeler												
Grapefruit												
Leafy Clementine												
Lemon												
Lime												
Orange												

Chillies	J	F	M	A	M	J	J	A	S	O	N	D
Green & Red												
Jalapeno												
Padrón Pepper												
Scotch Bonnet												

Exotic Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Banana												
Coconut												
Date												
Fig												
Kiwi												
Kumquat												
Mango												
Papaya												
Passion fruit												
Physalis												
Pineapple												
Pitahayas (Dragon fruit)												
Plantain												
Pomegranate												
Starfruit												

Exotic Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Asparagus Green												
Baby Corn												
Fennel												
Fine Asparagus												
Fine Beans												
Freshlock® Sweetcorn Cobette												
Ginger												
Jerusalem Artichoke												
Lemongrass												
Mangetout												
Mooli												
Okra												
Rhubarb Forced												
Rhubarb Outdoor												
Sugar Snap Pea												
Sweetcorn												

Herbs/ Cresses/Shoots	J	F	M	A	M	J	J	A	S	O	N	D
Baby Watercress												
Basil												
Bean Sprout												
Chervil												
Chives												
Coriander												
Dill												
Edible Flowers												
Growing/Living Cress												
Lemon Thyme												
Micro Herbs												
Mint												
Oregano												
Parsley												
Pea Shoot												
Potted Herb												
Rosemary												
Sage												
Samphire												
Strawberry Mint												
Tarragon												
Thai Basil												
Thyme												

Lettuce/Leaf	J	F	M	A	M	J	J	A	S	O	N	D
Baby Red Chard												
Banana Leaf												
Celery												
Chicory/Endive												
Chinese Leaf												
Choi Sum												
Cos												
Curly Endive/Frisée												
Fresh Curry Leaf												
Iceberg												
Lamb/Mache												
Little Gem												
Lollo Biondi												
Lollo Rosso												
Micro Broccoli Leaf												
Micro Garlic Chives												
Micro Leaf												
Micro Lemon Balm												
Micro Red Amaranth												
Micro Red Chard												
Micro Red Pak Choi												
Radicchio												
Red Gem												
Red Vein Sorrel												
Rocket												
Round/Butterhead												
Petite Leaf Mix												
The Shoot Mix												
Unbeleafable Baby Garlic Kale Mix												
Unbeleafable Mixed Baby Leaf												
Vertically Farmed Leaf												
Zesty Baby Salad Leaf Mix												

Melons	J	F	M	A	M	J	J	A	S	O	N	D
Cantaloupe												
Galia												
Honeydew												
Watermelon												

Mushrooms	J	F	M	A	M	J	J	A	S	O	N	D
Button, Catering & Cup												
Goumet Mix												
Flat												
King Oyster												
Maitake												
Oyster												
Paris Brown/ Chestnut												
Portabellini												
Portobello												
Shiitake												
Shimeji												
Wild Mix												

Root Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Baby Beetroot												
Beetroot Candy, Golden, Red												
Carrot Chantenay												
Carrot Chantenay Rainbow												
Carrot Heritage												
Carrot Standard												
Celeriac												
Chef's Choice Potatoes												
Horseradish												
Jersey Royals												
Parsnip												
Piccolo Parsnip												
Potatoes												
Purple Sweet Potato												
Swede												
Tumeric												
Turnip												

Salad	J	F	M	A	M	J	J	A	S	O	N	D
Aubergine												
Baby Aubergine												
Cucumber												
Pepper												
Radish												
Spinach												
Sweetbite Peppers												
Tomatoes Beef												
Tomatoes Coeur de Boeuf												
Tomatoes Heirloom												
Tomatoes Plum												
Tomatoes Plum on the Vine												
Tomatoes Red Cherry												
Tomatoes Round												
Tomatoes Vine												
Tomatoes Yellow Cherry												

Squash	J	F	M	A	M	J	J	A	S	O	N	D
Butternut Squash												
Baby Courgette												
Courgette												
Pumpkin												
Round Courgette												
Seasonal Squash												

Stone Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Avocado												
Nectarine												
Peach												
Plum												

Top Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Apple Braeburn, Cooking & Gala												
Apple Golden Delicious, Granny Smith, Pink Lady & Royal Gala												
British Bi-Colour Apple												
Pears												
Seasonal Red Apple												

brake.co.uk/produce | 0345 606 9090 | Contact your Account Manager for more information

Brakes is a trading name of Sysco GB Limited. Registration No. 02035315. Registered office: Enterprise House, Eureka Business Park, Ashford, Kent TN25 4AG.
Information correct at time of going to print, April 2026. Errors and omissions excepted. SCB0426

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