# FRUIT AND VEG SEASONALITY CALENDAR

# Brassicas

BULS

	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												

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	D
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

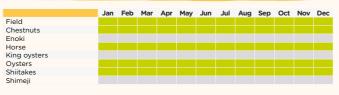


British & Imported

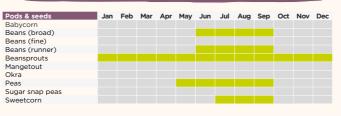
Imported Only

Sporadic supply / N/A





# POAS & SEEAS



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

May Jun Jul Aug Sep Oct Nov De 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.

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



## Salads Chard May Jun Jul Aug Sep Oct Nov Dec 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

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

	Jan	Feb	Mar	Apr	Mav	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												

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



# 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
	Jan	Jan Feb	Jan Feb Mar	Jan Feb Mar Apr An Apr An Apr An Apr Apr Apr Apr Apr Apr Apr Apr Apr Apr	Jan Feb Mar Apr May	Jan Feb Mar Apr May Jun An Ap	Jan Feb Mar Apr May Jun Jul A A A A A A A A A A A A A A A A A A A	Jan Feb Mar Apr May Jun Jul Aug   Image: State	Jan     Feb     Mar     Apr     May     Jun     Jul     Aug     Sep       4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4	Jan Feb Mar Apr May Jun Jul Aug Sep Oct   4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 <td< td=""><td>Jan     Feb     Mar     Apr     May     Jun     Jul     Aug     Sep     Oct     Nov       4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4</td></td<>	Jan     Feb     Mar     Apr     May     Jun     Jul     Aug     Sep     Oct     Nov       4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4     4

# 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												



