

SEASONAL EATING

FRUIT & VEGETABLES

MEAL PLANNING HELPER - VEGETABLES

JANUARY

Swede, Sprouts,
Cauliflower, Kale,
Potatoes, Leek,
Parsnips, Beetroot,
Celeriac, Turnips

FEBRUARY

Swede, Sprouts,
Cauliflower, Kale,
Potatoes, Leek,
Parsnips, Beetroot,
Celeriac, Turnips

MARCH

Cauliflower, Kale,
Spinach, Spring
Onions, Swede,
Purple Sprouting
Broccoli, Leek

APRIL

New Potatoes,
Lettuce, Salad,
Spinach, Spring
Onions, Asparagus,
Rocket

MAY

Asparagus, New
Potatoes, Spinach,
Rocket, Spring
Onions, Carrots,
Peas, Broccoli

JUNE

Asparagus, Peas,
Aubergine, Tomato,
Courgette, Runner
Beans, Lettuce,
Salad, Carrots

JULY

Mangetout, Peas,
Aubergine, Tomato,
Courgette, Runner
Beans, Lettuce,
Salad, Carrots

AUGUST

Mushrooms, Peas,
Aubergine, Tomato,
Courgette, Runner
Beans, Lettuce,
Salad, Sweetcorn

SEPTEMBER

Aubergine, Carrots,
Courgette, Pumpkin,
Potatoes, Kale, Leek,
Sweetcorn, Squash,
Celeriac, Onions

OCTOBER

Swede, Broccoli,
Carrots, Courgette,
Pumpkin, Potatoes,
Kale, Leek, Onion,
Sweetcorn, Squash,

NOVEMBER

Swede, Cauliflower,
Parsnips, Pumpkin,
Potatoes, Kale, Leek,
Onion, Salsify,
Squash

DECEMBER

Swede, Sprouts,
Cauliflower, Kale,
Potatoes, Leek,
Parsnips, Beetroot,
Celeriac, Turnips

MORE TIPS AND TRICKS OVER ON
[HTTP://WWW.MUMMYALARM.CO.UK](http://www.mummyalarm.co.uk)

SEASONAL EATING

FRUIT & VEGETABLES

MEAL PLANNING HELPER - FRUIT

JANUARY

Apples, Kiwi, Lemons,
Oranges, Kaki
Clementines,
Pineapples, Pears,
Passionfruit,

FEBRUARY

Bananas, Oranges,
Kaki, Clementines,
Lemon, Pineapple,
Pomegranate, Pears,
Apples, Grapefruit

MARCH

Bananas, Oranges,
Kaki, Clementines,
Lemon, Pineapple,
Pomegranate, Pears,
Mango, Grapefruit

APRIL

Rhubarb, Bananas,
Kiwi, Pineapple,
Avocado, Grapefruit,
Mango, Lemons

MAY

Rhubarb, Bananas,
Strawberries, Kiwi,
Mango, Lemons,

JUNE

Rhubarb, Cherries,
Currants (red and
black), Gooseberries,
Rasp-, straw- and
blackberries,
Peaches, Melon

JULY

Rhubarb, Cherries,
Currants (red and
black), Gooseberries,
Rasp-, straw- and
blackberries,
Peaches, Melon

AUGUST

Rhubarb, Cherries,
Currants (red and
black), Gooseberries,
Rasp-, straw- and
blackberries,
Peaches, Melon

SEPTEMBER

Rhubarb, Cherries,
Currants (red and
black), Gooseberries,
Rasp-, straw- and
blackberries,
Peaches, Melon

OCTOBER

Apples, Black- and
elderberries, Pears,
Grapes, Walnuts

NOVEMBER

Apples, Cranberries,
Pears, Passionfruit,
Pomegranate, Kaki,
Walnuts

DECEMBER

Apples, Cranberries,
Pears, Passionfruit,
Pomegranate, Kaki,
Pineapple, Satsumas,
Walnuts

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