

# Seasonal fruit & vegetables in the UK

PUBLIC HEALTH DIETETIC DEPARTMENT



We have put a handy guide on seasonal fruit & vegetables together for you. 🍅

You probably use many of these already, but for added inspiration and variety take a look at the more unusual ones and give them a try.

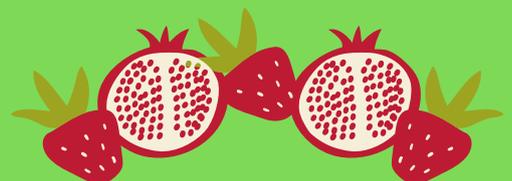
\*Remember to thoroughly wash all fruit, vegetable & salads before use

# Advantages of seasonal food

Seasonal food can be cheaper, tastier, and better for the planet!

Today supermarkets are stocked with every choice of fruit & vegetables available, so it is not easy to know what is in season and when. A seasonal calendar shows us when fruit and vegetables are growing at their best.

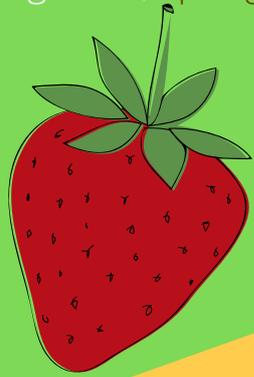
We have developed a seasonal fruit & vegetable guide for the UK (see overleaf) but it is also good to include fruits & vegetables from other countries that are in season. Pomegranates for example are not easily grown in this country as they need a warmer climate, but they are most readily available here from September through to February. Similarly satsumas are at their best here from December through to April.



# Spring (March 1 - May 31)

Artichoke, \*asparagus, aubergine, beetroot, \*cabbage, carrots, chillies, cucumbers, \*elderflower, lettuce, marrow, peas, peppers, radishes, \*rhubarb, rocket, samphire, sorrel, spinach, \*spring greens, spring onions, strawberries, watercress

\*at best, this time of year



# Summer (June 1 - August 31)

Asparagus, apricots, \*aubergine, \*beetroot, \*blackberries, blackcurrants, \*blueberries, broad beans, broccoli, carrots, cauliflower, cherries, chillies, courgettes, cucumber, damsons, fennel, french beans, garlic, gooseberries, \*greengages, leeks, lettuce, \*loganberries, \*mangetout, marrow, mushrooms, nectarines, onions, parsnips, peas, peppers, peaches, radishes, \*raspberries, redcurrants, rhubarb, \*rocket, runner beans, samphire, spring greens, spring onions, \*strawberries, \*spinach, summer squash, sweetcorn, \*tomatoes, \*watercress, turnips

\*at best, this time of year



# Autumn (September 1 - November 30)

\*Apple, aubergine, \*beetroot, blackberries, broccoli, brussels sprouts, butternut squash, carrots, cauliflower, celery, courgette, chicory, chillies, cucumber, \*damsons, garlic, \*kale, leeks, lettuce, mangetout, \*marrow, onions, parsnips, peas, pears, peppers, plums, \*pumpkin, radishes, raspberries, rhubarb, rocket, \*runner beans, \*spinach, spring onion, strawberries, sweetcorn, tomatoes, turnip, watercress

\*at best, this time of year



# Winter (Dec 1 - Feb 28)

\*Apple, beetroot, \*brussels sprouts, carrots, \*cabbage, celeriac, celery, chicory, \*cranberries, Jerusalem artichokes, kale, \*leeks, mushrooms, onions, \*parsnips, peas, pumpkin, \*red cabbage, swede, turnips, watercress, cabbage spring greens, spring onions, squash, \*purple sprouting broccoli

\*at best, this time of year



# Month-by-month ideas for seasonal meals snack & puddings to include in your menu

## Seasonal main meal ideas



January	*Winter vegetable & lentil soup with whole-meal roll
February	Brussel Sprout 'bubble and squeak' served with white fish
March	Chicken, peas & spring greens pasta bake
April	Spinach & mushroom egg muffins with pitta bread fingers
May	New potatoes, watercress & asparagus quiche
June	Chicken couscous, sweetcorn, mange tout & rocket
July	Salmon & grated courgette fishcakes with french beans
August	Tofu/Soya protein & *Vegetable noodle stir-fry
September	Butternut squash & kale lentil curry served with naan
October	Marrow stuffed with mince with spicy rice & peas
November	Leek, chickpea & mushroom risotto
December	Christmas dinner, with purple sprouting broccoli, carrots, turnip, potatoes & all the trimmings

\*look at list above for seasonal ideas

# Month-by-month ideas for seasonal meals snack & puddings to include in your menu

## Seasonal snack ideas



January	Pumpkin soup served with whole-meal or granary roll
February	Beetroot dip served with pitta fingers
March	Boiled egg with asparagus spears (cooked) & toast
April	Finely sliced radish, peppers & cucumber served with hummus
May	Spinach & soft cheese dip with cucumber & carrot batons
June	Blueberries, raspberries, blackberries & strawberry fruit salad
July	Tuna sandwiches with tomatoes & mange tout slices
August	Chopped nectarine, cheese cubes & bread sticks
September	Pizza muffins topped with peppers, rocket & spring onion
October	Sliced chicken & watercress sandwiches with cucumber & lettuce
November	Beans on toast with purple sprouting broccoli trees
December	Leek, mushroom & scrambled egg served with bread muffin

## Seasonal pudding ideas



January	Cranberry & apple crumble served with plain natural yoghurt
February	Homemade apple pie served with custard
March	Rhubarb & elderflower muffins served with sliced apple
April	Pea and vanilla sponge cake served with sliced strawberries
May	Strawberry & mixed berry summer pudding
June	Blueberry and raspberry strudel
July	Cherry chocolate brownies served with raspberries on the side
August	Greengage & nectarine fool
September	Plum cobbler served with custard
October	Rice pudding with damson coulis & sliced pear
November	Old fashioned blackberry & apple oaty crisp
December	Baked apples stuffed with raisins & cranberries