



Seasonal Vegetable Guide

Month	Vegetables	Fruits
January	Beetroot, brussels sprouts, cabbage, cauliflower, celery, kale, leek, pak choi, parsnip, swede, turnip	Apple, banana, clementine, dates, grapefruit, lemon, orange, pear, pomegranate, rhubarb
February	Brussels sprouts, cabbage, cauliflower, celery, kale, leek, pak choi, parsnip, swede, turnip	Apple, banana, clementine, grapefruit, lemon, orange, pomegranate, rhubarb
March	Brussels sprouts, cabbage, cauliflower, leek, pak choi, parsnip, pepper	Banana, grapefruit, lemon, orange, pomegranate, rhubarb
April	Cabbage, cauliflower, pak choi, pepper, potatoes, spinach, watercress	Banana, grapefruit, pomegranate, rhubarb
May	Cabbage, pak choi, peas, pepper, potatoes, radish, spinach, watercress	Apricot, banana, grapefruit, nectarines, pomegranate, rhubarb
June	Asparagus, artichoke, aubergine, cabbage, carrot, courgette, pak choi, peas, pepper, potatoes, radish, runner beans, spinach, watercress	Apricot, banana, blackcurrants, gooseberries, nectarines, pomegranate, rhubarb, strawberries, tomato
July	Asparagus, artichoke, aubergine, beetroot, broad beans, cabbage, carrot, courgette, garlic, pak choi, peas, pepper, potatoes, radish, runner beans, spinach, watercress	Apricot, banana, blackcurrants, gooseberries, nectarines, pomegranate, raspberries, strawberries, tomato, watermelon
August	Artichoke, aubergine, beetroot, broad beans, broccoli, cabbage, carrot, celery, courgette, garlic, pak choi, peas, pepper, radish, runner beans, spinach, watercress	Apricot, banana, blackberry, figs, gooseberries, nectarines, peach, pomegranate, raspberries, strawberries, tomato, watermelon
September	Artichoke, aubergine, beetroot, broad beans, broccoli, cabbage, carrot, celery, courgette, garlic, leek, pak choi, parsnip, peas, pepper, raddish, runner beans, spinach, sweetcorn, watercress	Apple, apricot, banana, blackberry, figs, gooseberries, nectarines, peach, pear, plums, pomegranate, raspberries, strawberries, tomato
October	Artichoke, aubergine, beetroot, broccoli, brussels sprouts, cabbage, celery, garlic, kale, leek, pak choi, parsnip, peas, pepper, pumpkin, radish, runner beans, turnip	Apple, banana, blackberry, cranberries, figs, pear, plums, pomegranate, tomato
November	Artichoke, beetroot, brussels sprouts, cabbage, celery, kale, leek, pak choi, parsnip, peas, pumpkin, runner beans, swede, turnip	Apple, banana, clementine, cranberries, dates, pear, pomegranate
December	Beetroot, brussels sprouts, cabbage, celery, kale, leek, pak choi, parsnip, pumpkin, swede, turnip	Apple, banana, clementine, cranberries, dates, grapefruit, pear, pomegranate

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The recipes in this book list fruits and vegetables as inspiration for what you may choose to include in your meals. The great thing about cooking is that it's incredibly adaptable. If you find you dislike a particular vegetable we suggest, you can always swap it out or exclude it. Vegetables tend to be cheaper than fruits, so we'd recommend getting the majority of your 5-a-day through vegetables. As well, a little secret to saving money is to buy products which are in season. This just means it's the right time of the year for those vegetables to be harvested, so the prices are lower since they are in abundance. Our recipes aren't intended for any specific season, so where possible we'd recommend switching vegetables for those which are in season--most vegetables can be cooked using the same method! As well, swapping out your ingredients keeps your diet varied so you can be sure you're getting a good variety of nutrients.