




















|   |   |   |
|---|---|---|
| <b>Red meat</b><br>  | <b>Red meat</b> <br><70g/pppd or<br><350g-500g pppw<br>(cooked weight).  | <b>Processed meats.</b>  |
| <b>Plant proteins</b><br>  | <b>Prioritise beans and lentils, soya</b><br>(beans, mince, nuts, tofu), mycoprotein<br>(Quorn™), nuts and seeds.  |   |
| <b>Fish</b><br>  | <b>From sustainable sources and</b><br>follow oily fish recommendations.  |   |
| <b>Dairy</b><br>   | <b>Moderate dairy consumption.</b><br>Use calcium fortified plant-based<br>alternatives where needed.              |   |
| <b>Potatoes, bread, pasta,<br/>         rice and other starchy<br/>         carbohydrate foods</b><br> | <b>Recommend wholegrain.</b><br><b>Recommend tubers such as potatoes.</b>                                        |   |

|  |  |   |
|--|--|---|
| <b>Fruit and vegetables</b><br>             | <b>Seasonal +</b><br><b>locally produced</b><br><b>vegetables/fruit</b><br><b>or use tinned/</b><br><b>frozen.</b>  | <b>Air freighted,</b><br><b>pre-packed and</b><br><b>prepared fruit</b><br><b>and vegetables.</b>  |
| <b>Portion control</b><br>                  | <b>Animal proteins</b>    | <b>High Fat, Sugar</b><br><b>and Salt (HFSS)</b><br><b>foods</b>                                   |
| <b>Hydration</b><br>                        | <b>Tap water and</b><br><b>unsweetened tea or</b><br><b>coffee over soft drinks.</b>                                |   |
| <b>Reduce food<br/>         waste</b><br> | <b>Especially</b><br><b>perishable fruit</b><br><b>and vegetables.</b>    | <b>Any food waste</b><br><b>should be</b><br><b>recycled.</b>                                      |

 Avoid
  Reduce
  Moderate
  Increase

# Seasonal Vegetables UK



In addition to these vegetables which are harvested during March and April, last year's potatoes are still being sold. Also, Rice and lentils which are grown in France, Italy and Spain are available all year round. Pasta made from durum wheat grown in Europe can also contribute to recipes with limited impact on the environment.

**Purple sprouting broccoli**

**Savoy cabbage**

**Spring green cabbage**

**Cauliflower**

**Celeriac**

**Kale**

**Parsnips**

**Pumpkin**

**Shallot**

**Turnip**

**Cress**



# british seasonal chart

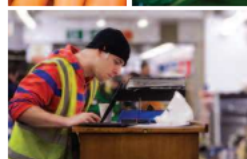
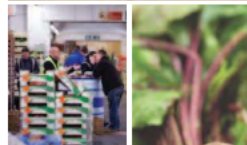


**New Covent Garden Market** is London's premier wholesale fruit and vegetable market. Home to over **100 specialist food suppliers** we have unrivalled expertise in fresh produce and seasonality.

With hundreds of varieties of British and imported fruit and vegetables now available much of the year round, the seasons can lose their meaning. This chart will give you an idea of what UK-grown produce is available each season. Please note that availability will always depend on the weather. For live information about what's on the Market visit [www.newcoventgardenmarket.com/food](http://www.newcoventgardenmarket.com/food)



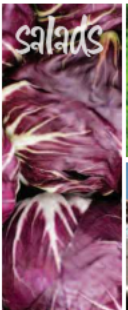
## vegetables



|                 |                    | J | F | M | A | M | J | J | A | S | O | N | D |
|-----------------|--------------------|---|---|---|---|---|---|---|---|---|---|---|---|
| artichoke       | globe              |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | jerusalem          |   |   |   |   |   |   |   |   |   |   |   |   |
| asparagus       | green/purple       |   |   |   |   |   |   |   |   |   |   |   |   |
| aubergine       |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| beans           | broad              |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | french/runner/flat |   |   |   |   |   |   |   |   |   |   |   |   |
| beetroot        |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| broccoli        | calabrese          |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | purple sprouting   |   |   |   |   |   |   |   |   |   |   |   |   |
| brussel sprouts |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| cabbage         | red                |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | savoy              |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | spring green       |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | winter white       |   |   |   |   |   |   |   |   |   |   |   |   |
| carrots         |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| cauliflower     |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| celeriac        |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| chard           |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| chilli          |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| courgettes      |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| fennel          |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| garlic          |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| horseradish     |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| kale            |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| kohlrabi        |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| leeks           |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| marrow          |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| onions          |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| pak choy        |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| parsnips        |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| peas            |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| peppers         | capsicum           |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | maincrop           |   |   |   |   |   |   |   |   |   |   |   |   |
|                 | new                |   |   |   |   |   |   |   |   |   |   |   |   |
| pumpkins        |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| romanesco       |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| samphire        |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| shallot         |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| spinach         |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| squash          |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| swede           |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| sweetcorn       |                    |   |   |   |   |   |   |   |   |   |   |   |   |
| turnips         |                    |   |   |   |   |   |   |   |   |   |   |   |   |

|                              |   |
|------------------------------|---|
| <b>in season:</b>            | when produce is at its best and most widely available                           |
| <b>available:</b>            | produce coming in/going out of season or grown outside of season in polytunnels |
| <b>available from store:</b> | produce harvested in season and stored to extend its availability               |
| <b>not in season:</b>        | produce not in season & the market utilises imported produce                    |

|                          |                  | J | F | M | A | M | J | J | A | S | O | N | D |
|--------------------------|------------------|---|---|---|---|---|---|---|---|---|---|---|---|
| celery                   |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| chicory/endive/radicchio |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| criss                    | mustard/mixed    |   |   |   |   |   |   |   |   |   |   |   |   |
| cucumber                 |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| edible flowers           |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| lettuce                  | cos              |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | curly            |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | iceberg          |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | little gem       |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | round            |   |   |   |   |   |   |   |   |   |   |   |   |
| radish                   |                  |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | daikon/mooli     |   |   |   |   |   |   |   |   |   |   |   |   |
| rocket                   |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| spring onions            |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| tomatoes                 |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| watercress               |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| button/cup/flat          | cultivated       |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | cultivated       |   |   |   |   |   |   |   |   |   |   |   |   |
| enoki                    |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| girolle                  | scottish, wild   |   |   |   |   |   |   |   |   |   |   |   |   |
| morel                    | wild             |   |   |   |   |   |   |   |   |   |   |   |   |
| oyster                   | cultivated       |   |   |   |   |   |   |   |   |   |   |   |   |
| pie bleu                 | cultivated       |   |   |   |   |   |   |   |   |   |   |   |   |
| shitake                  | cultivated       |   |   |   |   |   |   |   |   |   |   |   |   |
| apples                   | braeburn         |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | bramley          |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | cox              |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | discovery        |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | early windsor    |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | egremont russet  |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | golden delicious |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | royal gala       |   |   |   |   |   |   |   |   |   |   |   |   |
| blackberries             |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| black/white/redcurrants  |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| blueberries              |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| cherries                 |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| cobnuts                  |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| damsons                  |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| gooseberries             |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| medlar                   |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| pears                    | comice/concorde  |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | conference       |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | williams'        |   |   |   |   |   |   |   |   |   |   |   |   |
| plums                    |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| quince                   |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| raspberries              |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| rhubarb                  | forced           |   |   |   |   |   |   |   |   |   |   |   |   |
|                          | outdoor          |   |   |   |   |   |   |   |   |   |   |   |   |
| strawberries             |                  |   |   |   |   |   |   |   |   |   |   |   |   |
| walnuts                  | fresh            |   |   |   |   |   |   |   |   |   |   |   |   |



This seasonality chart reflects growing seasons from all regions of the UK. Each product has been verified by at least two industry sources. Sources: New Covent Garden Market Wholesalers, Fresh Produce Consortium, NFU, British Growers Association and suppliers to New Covent Garden Market. **We're here to help...** t: 020 7720 2211 e: info@cgma.co.uk w: [www.newcoventgardenmarket.com](http://www.newcoventgardenmarket.com)