Fresh produce seasonality calendar

UK availability - good | UK availability - varying | Imported | Not available

freshdirect™ a Sysco company

Alliums	J	F	M	A	M	J	J	A	S	O	N	D
Diced Shallots												
Garlic												
Leeks												
Onion Red												
Onion White												
Shallots												
Sliced Spring Onion												
Solo Garlic												
Spring Onion												

Baby Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Carrot												
Leek												
Courgette												
Beetroot												
Parsnip												
Corn												

Berries	J	F	M	A	M	J	J	A	S	O	N	D
Blackberries												
Blueberries												
Raspberries												
Red Currants												
Strawberries												

Brassicas	J	F	M	A	M	J	J	A	S	O	N	D
Broccoli												
Cabbage Red												
Cabbage Savoy												
Cabbage Spring Green												
Cabbage White												
Cauliflower												
CauliShoots*												
Cavolo Nero												
Hispi (Pointed/Sweetheart)												
Kale												
Pak Choi												
Purple Sprouting Broccoli												
Romanesco												
Shredded Kale												
Shredded Red Cabbage												
Shredded Savoy Cabbage												
Shredded White Cabbage												
Sprouts												
Tenderstem* Broccoli												
Tenderstem* Broccoli Tips												

Citrus	J	F	M	A	M	J	J	A	S	O	N	D
Blood Oranges												
Easy Peelers												
Grapefruit												
Large Easy Peelers												
Large Lemon												
Leafy Clementines												
Lemons												
Limes												
Oranges												

Chillies	J	F	M	A	M	J	J	A	S	O	N	D
Green & Red												
Scotch Bonnet												
Padron												
Jalapeno												

Exotic Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Bananas												
Coconuts												
Crownless Pineapple												
Dates												
Figs												
Kiwi												
Mangoes												
Papayas												
Passion fruit												
Physalis												
Pineapples												
Pitahayas (Dragon fruit)												
Plantains												
Pomegranates												

Exotic Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Asparagus Green												
Asparagus Purple												
Asparagus White												
Fennel												
Fine Asparagus												
Fine Beans												
Freshlock* Sweetcorn Cobette												
Ginger												
Globe Artichoke												
Jerusalem Artichoke												
Lemongrass												
Mangetout												
Mooli												
Okra												
Rhubarb Forced												
Rhubarb Outdoor												
Sugar Snap Peas												
Sweetcorn												

Grapes	J	F	M	A	M	J	J	A	S	O	N	D
Cotton Candy Grapes												
Red												
Sable Black Grapes												
White												

Herbs/ Cresses/Shoots	J	F	M	A	M	J	J	A	S	O	N	D
Basil												
Chives												
Coriander												
Curley Parsley												
Flat Parsley												
Dill												
Mint												
Rosemary												
Thyme												
Potted Herbs												
Edible Herbs												
Micro Herbs												
Samphire												
Strawberry Mint												
Bean Sprouts												
Growing/Living Cress												
Pea Shoots												

Lettuce/Leaf	J	F	M	A	M	J	J	A	S	O	N	D
Asian-Inspired Micro Leaf Mix												
Baby Red Chard												
Baby Watercress												
British Basil (vertically farmed)												
British Chives (vertically farmed)												
British Rocket (vertically farmed)												
Celery												
Chicory/Endive												
Chinese Leaf												
Cos												
Curly Endive/Frise												
Iceberg												
Kohlrabi												
Lamb/Mache												
Little Gem												
Lollo Biondi												
Lollo Rosso												
Micro Rocket Wasabi												
Oak Leaf												
Petite Leaf Mix												
Prepared Banana Leaf												
Radicchio												
Rocket												
Round/Butterhead												
Sunflower Shoots												
The Shoot Mix												
Watercress												

Melons	J	F	M	A	M	J	J	A	S	O	N	D
Cantaloupe												
Galia												
Gaya												
Honeydew												
Watermelon												

Mushrooms	J	F	M	A	M	J	J	A	S	O	N	D
Button												
Catering												
Cup												
Exotic Mix												
Flat												
Foraged Mushroom Meat												
Foraged Shredded Mushroom Meat												
King Oyster												
King Oyster Mushroom Scallops												
Large Portobello												
Maitake												
Mini King Oyster Mushrooms												
Oyster												
Paris Brown/ Chestnut												
Portobello												
Shiitake												
Shimeji												
Wild Mix												

Root Vegetables	J	F	M	A	M	J	J	A	S	O	N	D
Beetroot Candy												
Beetroot Golden												
Beetroot Red												
Carrot Chantenay												
Carrot Chantenay Coloured												
Carrot Heritage												
Carrot Standard												
Celeriac												
Chef's Choice Chipping and Roasting Potato												
Diced Root Vegetable Mix (Leeks, Carrots & Onions)												
Freshlock* Baked Potato												
Horseradish												
Parsnip												
Potatoes												
Rainbow Chantenay Carrots												
Salsify												
Swede												
Turnip												

Salad	J	F	M	A	M	J	J	A	S	O	N	D
Aubergine												
Baby Aubergine												
Baby Cucumbers												
British Isle of Wight Padrón Pepper												
British Isle of Wight Piccolo Tomato												
British Isle of Wight Premium Beef Tomato												
British Isle of Wight Striped Aubergine												
Coeur de Boeuf Tomato												
Cucumber												
Peppers												
Radish												
Spinach												
Sweetbite Peppers												
Tomatoes Beef												
Tomatoes Cherry												
Tomatoes Heirloom												
Tomatoes Piccolo												
Tomatoes Plum												
Tomatoes Round												
Tomatoes Vine												
Tomatoes Yellow Cherry												

Squash	J	F	M	A	M	J	J	A	S	O	N	D
Butternut Squash												
Courgettes												
Pumpkins												

Stone Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Avocados												
Cherries												
Nectarines												
Peaches												
Plums												

Top Fruit	J	F	M	A	M	J	J	A	S	O	N	D
Apple Braeburn												
Apple Gala												
Apple Golden Delicious												
Apple Granny Smith												
Apple Pink Lady												
Apple Royal Gala												
British Bi-Colour Apple												
Cooking Apples												
Pears												
Seasonal Red Apple												