

Autumn

September - November

Apples
Artichokes
Bananas
Beetroot
Blackberries
Broccoli
Brussel Sprouts
Butternut Squash
Cauliflower
Carrots
Celeriac
Celery
Chicory
Chinese cabbage
Cranberries
Eggplant
Endive

Fennel
Figs
Grapes
Grapefruit
Green beans
Kiwi
Leeks
Lettuce
Melon
Mushrooms
Onions
Orange
Oxheart
cabbage
Paprika
Parsnip
Pear

Red cabbage
Persimmons
Pineapple
Plums
Pomegranate
Potatoes
Pumpkin
Radish
Red cabbage
Rucola
Shiitake
Squash
Sweet potato
Swiss chard
Turnips
Zucchini

IB.

Winter

December - February

Apples
Bananas
Beetroot
Brussel sprouts
Carrots
Celeriac
Chard
Chicory
Endive
Figs
Grapefruit
Green celery
Jerusalem artichoke

Kale
Kohlrabi
Lamb's lettuce
Leek
Mango
Mushrooms
Onions
Oranges
Oyster mushroom
Pak choi
Parsnip
Pears

Potatoes
Pumpkin
Radish
Red cabbage
Rutabaga
Salsify
Savoy cabbage
Shiitake
Sweet potato
Tangerines
Turnip
White cabbage
Winter radish
Winter truffle

IB.

Spring

March - May

Apples
Broccoli
Blackberries
Brussel sprouts (in March)
Cauliflower
Capuchins
Carrots
Chard
Cress
Garlic
Grapefruit
Green asparagus

Green celery
Green peas
Kohlrabi
Lamb's lettuce
Leek
Lettuce
Morels
Mushrooms
Oranges
Pears
Peas
Potatoes

Radish
Red onion
Rhubarb
Rucola
Samphire
Savoy cabbage
Shiitake
Spinach
Strawberries
Tomatoes
Turnip greens
Watercress

IB.

Summer

June - August

Apples
Apricots
Artisjok
Arugula
Asparagus
Beetroot
Blackberries
Blackcurrants
Blueberries
Broad beans
Cauliflower
Carrots
Celery
Chard
Cherries
Chinese cabbage
Cress

Cucumber
Endive
Eggplant
Fennel
Green celery
Green peas
Grapes
Iceberg lettuce
Kohl rabi
Lamb's lettuce
Leek
Mango
Melon
Onion
Oyster mushroom
Paprika
Red cabbage

Peach
Plums
Potatoes
Purslane
Princess beans
Raspberries
Redcurrant
Rhubarb
Samphire
Savoy cabbage
Snow peas
Strawberries
String beans
Sweet potato
Tomatoes
Turnip greens
Watercress
Zucchini

IB.