

## CALENDAR - LOCAL PRODUCE IN SEASON

**January** – Jerusalem artichokes, leeks, root vegetables

**February** – Celeriac, cauliflower, purple sprouting broccoli

**March** – Spring greens, purple sprouting broccoli

**April** – Spring onions, wild garlic

**May** – Asparagus, garlic, rhubarb, kohlrabi, bunched carrots, green onions, new potatoes

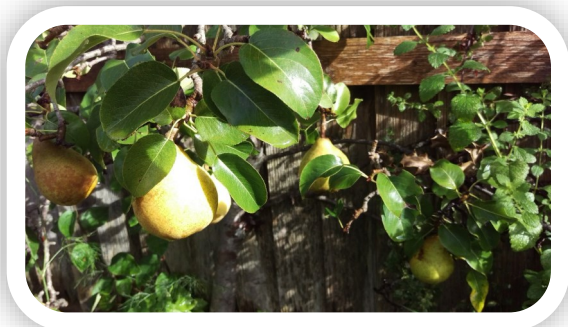
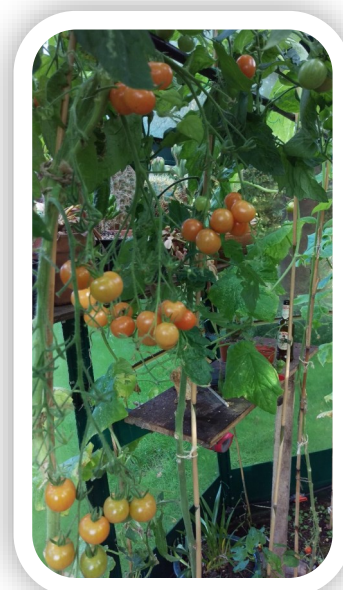
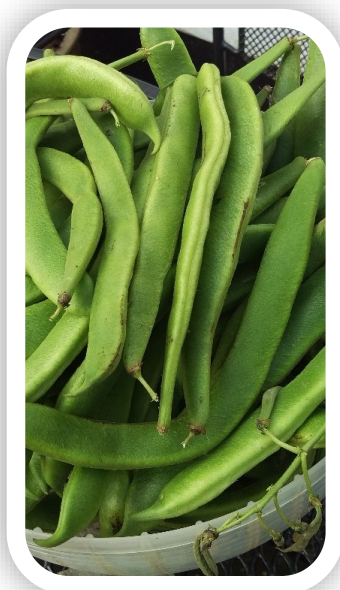
**June** – Broad beans, globe artichokes, strawberries, summer turnips, courgettes, chard, spinach, fennel

**July** – French beans, samphire, sugar snap peas, cucumber, celery, chillies, shallots

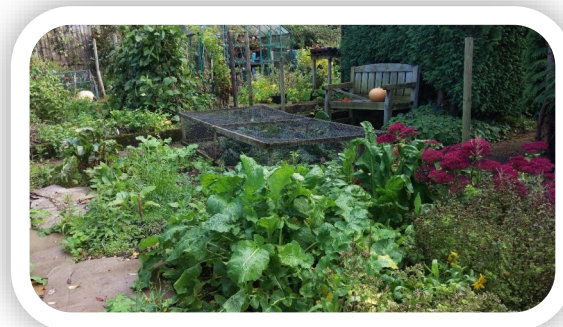
**August** – First English apples (Discovery) corn on the cob, courgettes, blueberries

**September** – More English apple varieties, raspberries, muscat grapes, courgettes, fennel, plums, runner beans, peppers, chillies, tomatoes, main crop potatoes

**October** – Squash, pumpkins, cabbages, leeks, pears, Red Russian kale, carrots, chicory



**Reduce  
your carbon  
footprint  
Eat seasonal  
Buy local**



Calendar produced by Soroptimist Runcorn, Frodsham and District

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