



		Source of	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fruit	Apples (Bramleys Seedling)	Vitamin C												
	Apples (Cox)	Vitamin C												
	Apples (Discovery)	Vitamin C												
	Apples (Egremont Russet)	Vitamin C												
	Apples (Gala)	Vitamin C												
	Apples (Spartan)	Vitamin C												
	Apples (Worcester Pearmain)	Vitamin C												
	Blackberries	Vitamin C, Fibre												
	Blackcurrants	Vitamin A, Vitamin C, Calcium, Iron, Fibre												
	Cherries	Vitamin C												
	Gooseberries	Vitamin A, Vitamin C, Fibre												
	Loganberries	Vitamin C												
	Pears	Fibre												
	Plums	Vitamin A												
	Raspberries	Vitamin C, Folate												
	Redcurrants	Vitamin C, Fibre												
	Rhubarb (forced)	Vitamin C												
	Rhubarb (outdoor)	Vitamin C												
	Strawberries	Vitamin C												

Vegetables	Beans (Broad)	Protein, Fibre, Vitamin A												
	Beans (French)	Vitamin A, Folate, Vitamin C, Fibre												
	Beans (Runner/Flat)	Vitamin A, Folate, Vitamin C												
	Beetroot	Folate												
	Broccoli (Purple sprouting)	Vitamin A, Folate,Vitamin C, Calcium, Fibre												
	Broccoli (Calabrese)	Vitamin A, Folate,Vitamin C, Calcium, Fibre												
	Brussel Sprouts	Vitamin A, Folate, Vitamin C, Fibre												
	Cabbage (Autumn)	Vitamin A, Folate,Vitamin C, Calcium, Fibre												
	Cabbage (Red)	Vitamin A, Folate,Vitamin C, Calcium, Fibre												
	Cabbage (Savoy)	Vitamin A, Folate,Vitamin C, Calcium, Fibre												
	Cabbage (Spring Green)	Vitamin A, Folate,Vitamin C, Calcium, Fibre												
	Cabbage (Summer)	Vitamin A, Folate,Vitamin C, Calcium, Fibre												
	Cabbage (Winter White)	Vitamin A, Folate,Vitamin C, Calcium, Fibre												
	Carrots	Vitamin A, Fibre, Vitamin C												
	Cauliflower	Vitamin C, Folate												
	Celeriac	Fibre, Folate, Vitamin C												
	Courgettes	Vitamin A, Vitamin C, Folate												
	Endive	Vitamin A, Folate, Vitamin C												
	Fennel	Vitamin A, Folate, Fibre												
	Kale	Vitamin A, Folate, Vitamin C, Fibre												
	Leeks	Vitamin A, Vitamin C, Folate, Fibre												
	Marrow	Vitamin A, Vitamin C												
	Onions	*												
	Parsnips	Fibre, Folate, Vitamin C												
	Peas	Fibre, Vitamin A, Folate, Vitamin C, Iron												
	Potatoes (Maincrop)	Vitamin C												
	Potatoes (New)	Vitamin C												
	Pumpkins	Vitamin A, Vitamin C												
	Spinach	Vitamin A, Folate, Vitamin C												
	Squash	Vitamin A												
	Swede	Vitamin A, Vitamin C, Folate												
	Sweetcorn	Vitamin A, Vitamin C												
	Turnips	Fibre, Vitamin C												

Salad	Celery	Vitamin C												
	Cucumbers	*												
	Lettuce (Cos)	Folate												
	Lettuce (Curly)	Folate												
	Lettuce (Iceberg)	Folate												
	Lettuce (Little Gem)	Folate												
	Lettuce (Round)	Folate												
	Radish	Vitamin C, Folate												
	Rocket	*												
	Spring onions	Vitamin A, Folate, Vitamin C												
	Tomatoes	Vitamin A, Vitamin C												
	Watercress	Vitamin A, Folate, Vitamin C, Iron												

**Key:**  **In season** - This is when food is at its best and most widely available  **In store** - Food is harvested when in season then stored to extend its availability  **Available** - This covers the period when food is coming into or out of season. Some foods, particularly soft fruit and salads are grown outside of season in greenhouses.

Meat	Beef	Protein, Iron, Zinc												
	Lamb	Protein, Zinc												
	Pork	Protein, Zinc												

**Key:**  **In season** - UK produced red meat is available most of the year, prices however vary. Where we have shown meat as being in season this indicates when prices for British produce are usually at their lowest.  **Available**

Fish	Cod <small>(only fish from North Atlantic fishery should be used)</small>	Protein	S	S	S	S								
	Coley	Protein	S	S	S	S								
	Haddock	Protein			S	S								
	Herring	Protein, Omega 3 Fatty Acids, Vitamin A												
	Mackerel	Protein, Omega 3 Fatty Acids		S	S	S	S	S	S					
	Pilchard	Protein, Vitamin A, Calcium, Iron, Omega 3 Fatty Acids		S	S	S	S	S	S	S				
	Pollack	Protein				S	S	S	S	S				

**Key:**  **In season** S **Spawning season/out of season** - Wild caught fish should only be served outside of the spawning season