

Eating Seasonally

Kitchen

Roughly what is in season when, in a temperate climate.

Northern hemisphere, temperate. Shift by six months for the southern.

Season	Vegetables	Fruit
Spring	Asparagus, peas, spinach	Rhubarb
Summer	Tomatoes, courgette, beans	Berries, stone fruit
Autumn	Squash, mushrooms, leeks	Apples, pears, plums
Winter	Root veg, brassicas, kale	Citrus, stored apples

Frozen vegetables are frozen within hours of picking, and are often nutritionally better than 'fresh' produce shipped for a week.