

What is in season this month?



What does seasonal mean?

Eating foods that are grown at the same time as you eat them.

Seasonal food is cheaper, tastier, more nutritious and better for the environment.

We've chosen a selection of seasonal food for you to try at home...

January: apples, pears, cabbage, kale, mushrooms, spinach, cabbage, celery, chicory, jerusalem artichokes, onions, parsnips, spring greens, spring onions, squash, swedes, turnips

February: swede, purple sprouting broccoli, carrots, celeriac, chicory, kale, leeks, mushrooms, onions, parsnips, purple sprouting

March: peppers, spring greens, and broccoli, watercress

April: rhubarb, spring onions, potatoes, gooseberries

May: asparagus, chicory, chillies, lettuce, new potatoes, peas, peppers, radishes, rocket, samphire, spinach, spring greens, spring onions, watercress, cucumber, radishes, cherries,

June: blackcurrants, cherries, gooseberries, raspberries, redcurrants, rhubarb, strawberries, citrus fruits, sugar snap peas, chard, salad leaves/lettuce

July: blueberries, raspberries, aubergine, greengages, beetroot, sweetcorn, tomatoes

August: green beans, artichokes, onions, peppers

September: tomatoes, marrows, pak choi, blackberries

October: pumpkins, sweetcorn, chestnuts, turnups

November: sweet potatoes, pulses,

December: pears, cranberries, sprouts, celeriac,

For more information: **Visit:** everyonehealth.co.uk or **Tel:** 0333 005 0095

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