Country Fare
Fresh Produce
Tel: 01202 574999

Fruit & Vegetable Seasonality Chart

Key	
This chart is colour coded, showing when and where the best value and quality of product is achieved	'Difficult season' – limiting level of quality and increasing price
'Borderline season' – mid-range quality and value	'Excellent season – good quality value and produce

Product Group	January	February	March	April	May	June	July	August	September	October	November	December
Apples Dessert – Golden Delicious, Red Apples, Granny Smiths	France	France	France	South Africa	South Africa	South Africa	South Africa	South Africa	France	France	France	France
Apples Cooking – Bramley	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK
Apricots	South Africa	South Africa	South Africa		USA	Spain/Italy	Spain/Italy	Spain/Italy			South Africa	South Africa
Aubergines	Spain	Spain	Spain	Spain/Holland	Holland	Holland	Holland	Holland	Holland	Holland/Spain	Spain	Spain
Avocado	Chile/Israel	Mexico/Israel	Mexico/Israel	Mexico/Israel	Peru/Spain	Peru/South Africa	South Africa	South Africa	South Africa	Chile	Chile	Chile
Bananas	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ Costa Rica/Brazil/Dominican Republic	Ivory Coast/Cameroon/Jamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic	Ivory Coast/CameroonJamaica/ CostaRica/Brazil/Dominican Republic
Blackberries	Mexico	Mexico	Mexico	Mexico	Spain	Spain	Spain	UK	UK	UK	Chile/Mexico	Chile/Mexico
Blueberries	Chile	Chile	Chile	Chile	Spain	Spain	Spain	Holland/P oland	Holland/P oland	Holland/P oland	Chile/Mexico	Chile/Mexico
Broccoli	Spain	Spain	Spain	Spain	Spain	UK - Lincs / Spain	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	Spain	Spain
Brussels	UK - Lincs	UK - Lincs									UK - Lincs	UK - Lincs
Cabbage – Red, White	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	Holland	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs
Cabbage – Savoy	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	Spain	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs
Carrots	UK - Cambs, Notts, Norfolk	UK - Cambs, Notts, Norfolk	UK - Cambs, Notts, Norfolk	UK - Cambs, Notts, Norfolk	UK - Cambs, Notts, Scotland	UK - Scotland / Spain/F rance	UK - Scotland / Spain/F rance	UK - Cambs, Notts, Norfolk	UK - Cambs, Notts, Norfolk	UK - Cambs, Notts, Norfolk	UK - Cambs, Notts, Norfolk	UK - Cambs, Notts, Norfolk
Carrots – Chantenay	UK - Cambs	UK - Cambs	UK - Cambs	UK - Cambs	Israel	Israel	UK - Notts / Israel	UK - Notts	UK - Cambs	UK - Cambs	UK - Cambs	UK - Cambs
Cauliflower	UK - Kent / France	UK - Kent / France	UK - Kent / France	UK - Kent	UK - Kent	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Lincs	UK - Kent / France
Celery	Spain	Spain	Spain	Spain	Mexico/Israel	UK / Mexico/Israel	UK	UK	UK	UK	UK	UK / Spain
Cherries	Chile/Argentina	Argentina				Spain/Greece	Turkey	Turkey/Canada				Chile/Argentina
Chicory	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland
Citrus – Grapefruit	Cyprus	Cyprus	Cyprus	Cyprus	South Africa	South Africa	South Africa	South Africa	South Africa	South Africa	Israel	Israel
Citrus – Oranges, Lemons	Spain	Spain	Spain	Cyprus	Cyprus	Cyprus	South Africa	South Africa	Uruguay	Uruguay	Spain	Spain
Courgettes	Spain	Spain	Spain	Spain	Spain	UK - Worcs / France	UK - Cambs	UK - Cambs	UK - Cambs / France	Spain	Spain	Spain
CressSalad	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK
Cucumber	Spain	Spain	Spain	Spain	Spain/Holland	Holland	Holland	Holland	Holland	Holland/Spain	Spain	Spain
Garlic Chinese	China/Spain	China/Spain	China/Spain	China/Spain	China/Spain	China/Spain	China/Spain	China/Spain	China/Spain	China/Spain	China/Spain	China/Spain
Grapes	South Africa	South Africa/Chile	Chile/Peru	Chile/India	Chile/India/Brazil	Brazil/P eru/Egypt/Mexico	Brazil/P eru/Egypt/Mexico	Italy/Spai n/Greece/Israel	Greece/Israel/Spain	Greece/Brazil/Spain/USA	Brazil/South Africa/Greece/P eru	South Africa/Brazil/P eru
Herbs	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailan d/Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia	Spain/Italy/Thailand/ Israel/Columbia	Spain/Italy/Thailand/Israel/Columbia
Kiwi	Italy/Greece	Italy/Greece	Italy/Greece	Italy/Greece	Italy/Greece/Chile	Chile	Chile	Chile	Chile/Italy	Chile/Italy	Italy/Greece	Italy/Greece
Leeks	UK - Cambs	UK - Cambs	UK - Cambs	UK - Cambs	Spain	UK - Cambs / Spain	UK - Cambs	UK - Cambs	UK - Cambs	UK - Cambs	UK - Cambs	UK - Cambs
Lettuce – Iceberg	Spain	Spain	Spain	Spain	UK - Shropshire / Spain	UK - Shropshire	UK - Shropshire	UK - Shropshire	UK - Shropshire	UK - Shropshire	Spain	Spain
Lettuce – Speciality	Spain	Spain	Spain	Spain	UK	UK	UK	UK	UK	UK / Spain	UK / Spain	Spain
Melons	Brazil	Brazil	Brazil/Costa Rica	Costa Rica	Costa Rica/Spain	Spain	Spain	Spain	Spain/Israel	Brazil	Brazil	Brazil
Mushrooms – Button, Cup, Flat	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland	UK - Somerset, Yorks, Ireland
Nectarines	South Africa	Chile/Argentina	Chile/Argentina		Spain	Spain						South Africa
Onions – Banana Shallots, Shallots	France	France	France	France	France	France	France	France	France	France	France	France
Onions – Cooking	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk New Zealand	UK - Lincs, Cambs, Norfolk New Zealand	UK - Lincs, Cambs, Norfolk New Zealand	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk
Onions – Red	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK /New Zealand/Egypt	New Zealand/Egypt	New Zealand/Egypt	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk	UK - Lincs, Cambs, Norfolk
Onions – Spring	Egypt/Mexico	Egypt/Mexico	Egypt/Mexico	UK - Kent	UK - Kent	UK - Kent	UK - Kent	UK - Kent	UK - Kent	Egypt/Mexico	Egypt/Mexico	Egypt/Mexico
Parsnips	UK - Cambs, Notts	UK - Cambs, Notts	UK - Cambs, Notts	UK - Cambs, Notts	Spain	Spain	UK - Cambs, Notts	UK - Cambs, Notts	UK - Cambs, Notts	UK - Cambs, Notts	UK - Cambs, Notts	UK - Cambs, Notts
Peaches	South Africa/Argentina/Chile	Chile/Argentina	Chile		Egypt/Spain	Spain/Italy	Spain/Italy/Greece	Spain/Italy/Greece	Spain/Italy	USA	USA/South Africa	South Africa
Pears – Conference	Holland	Holland	Holland	Holland	Holland	Holland	France	France	France	Holland	Holland	Holland
Peppers – Green, Red, Tri Colour	Spain	Spain	Spain	Spain/Holland	Holland	Holland	Holland	Holland	Holland	Holland/Spain	Spain	Spain
Pineapple – Super Sweet	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica	Costa Rica
Plums	South Africa/Argentina/Chile	Argentina/Chile	Argentina/Chile	Chile	Spain/Israel	Spain/Israel	Spain/Italy/Greece	Spain/Italy/Greece	Spain/Italy/Greece	Italy/Greece	South Africa/Italy	South Africa/Italy/Argentina
Potatoes – Baby, New, Washed	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland / EU	UK - Cambs, Lincs, Scotland / EU	EU/Egypt/Israel	EU/Egypt/Israel	EU/Egypt/Israel	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland
Potatoes – Baking	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland
Potatoes – Bulk Ware	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland	UK - Cambs, Lincs, Scotland
Potatoes – Jersey Royals					Jersey	Jersey	Jersey					
Radish	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland	Holland
Raspberries	Spain	Spain	Spain	Spain	Spain	UK / Spain	UK	UK	UK / Spain	UK / Spain	Spain/P ortugal	Chile/Spain
Redcurrants	Holland	Holland	Holland	Holland	Holland	Holland/P ortugal	UK	UK	Holland	Holland	Holland	Holland
Strawberries	Middle East	Middle East	Spain	Spain	UK	UK	UK	UK	UK	USA/Holland	USA	Middle East
Swede	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire	UK - Berwickshire
Tomatoes – Bulk, Cherry, On the Vine	Spain/Canary Islands	Spain/Canary Islands	Spain/Canary Islands/Holland	Holland	Holland	Holland	Holland	Holland	Holland	Spain/Canary Islands	Spain/Canary Islands	Spain/Canary Islands
Watercress	Portugal/USA	Portugal/USA	UK - Hants / USA/Portugal	UK - Hants / Portugal	UK - Hants / Portugal	UK - Hants / Portugal	UK - Hants / Portugal	UK - Hants / Portugal	UK - Hants / Portugal	UK - Hants / Portugal	UK - Hants / Portugal	UK - Hants /USA/P ortugal