NEW COVENT GARDEN MARKET

British seasonal fruit & veg

VEGETABLES		J	F	M	A	M	J	J	A	S	O	N	D
Artichoke	Globe					●	●	●	●	●	●	●	
	Jerusalem	●	●								●	●	●
Asparagus	Green/Purple				●	●	●						
Aubergine						●	●	●	●	●			
Beans	Broad						●	●	●	●			
	French/Runner/Flat						●	●	●	●	●		
Beetroot		●	●	●	●	●	●	●	●	●	●	●	●
Broccoli	Calabrese					●	●	●	●	●	●	●	
	Purple sprouting	●	●	●	●	●	●	●	●	●	●	●	●
Brussel sprouts		●	●							●	●	●	●
Cabbage	Red	●	●	●	●	●		●	●	●	●	●	●
	Savoy	●	●	●	●	●	●	●	●	●	●	●	●
	Spring green	●	●	●	●		●	●	●	●	●	●	●
	Winter white	●	●	●	●	●	●		●	●	●	●	●
Carrots		●	●	●	●	●	●	●	●	●	●	●	●
Cauliflower		●	●	●	●	●		●	●	●	●	●	●
Celeriac		●	●	●	●	●	●	●	●	●	●	●	●
Chard						●	●	●	●	●	●		
Chilli						●	●	●	●	●	●	●	●
Courgettes						●	●	●	●	●	●		
Fennel								●	●	●	●	●	
Garlic		●							●	●	●	●	●
Horseradish		●	●	●	●	●				●	●	●	●
Kale		●	●	●	●				●	●	●	●	●
Kohlrabi							●	●	●	●	●	●	
Leeks		●	●	●					●	●	●	●	●
Marrow								●	●	●	●	●	
Onions		●	●	●	●	●	●	●	●	●	●	●	●
Pak choy								●	●	●			
Parsnips		●	●	●	●			●	●	●	●	●	●
Peas						●	●	●	●	●	●		
Peppers	Capsicum					●	●	●	●	●	●		
Potatoes	Maincrop	●	●	●	●	●				●	●	●	●
	New					●	●	●	●	●			
Pumpkins		●	●	●				●	●	●	●	●	●
Romanesco							●	●	●	●	●	●	●
Samphire							●	●	●				
Shallot		●	●	●	●	●	●			●	●	●	●
Spinach						●	●	●	●	●	●		
Squash		●	●	●					●	●	●	●	●
Swede		●	●	●	●	●		●	●	●	●	●	●
Sweetcorn								●	●	●	●	●	
Turnips		●	●	●	●			●	●	●	●	●	●

SALADS		J	F	M	A	M	J	J	A	S	O	N	D
Celery							●	●	●	●	●		
Chicory/Endive/ Radicchio	Jerusalem					●	●	●	●	●	●	●	
Cress	Mustard/Mixed	●	●	●	●	●	●	●	●	●	●	●	●
Cucumber				●	●	●	●	●	●	●	●		
Edible flowers					●	●	●	●	●	●			
Lettuce	Cos						●	●	●	●	●		
	Curly					●	●	●	●	●	●	●	
	Iceberg	●	●	●	●	●	●	●	●	●	●	●	●
	Little gem			●	●	●	●	●	●	●	●		
	Round				●	●	●	●	●	●			
Radish					●	●	●	●	●	●	●	●	
	Daikon/mooli					●	●	●	●	●	●	●	●
Rocket					●	●	●	●	●	●	●		
Spring onions					●	●	●	●	●	●	●	●	
Tomatoes				●	●	●	●	●	●	●	●	●	
Watercress						●	●	●	●	●	●	●	

MUSHROOMS		J	F	M	A	M	J	J	A	S	O	N	D
Button/Cup/Flat	Cultivated	●	●	●	●	●	●	●	●	●	●	●	●
Enoki	Cultivated	●	●	●	●	●	●	●	●	●	●	●	●
Girolle	Scottish, wild							●	●	●	●	●	
Morel	Wild			●	●	●							
Oyster	Cultivated	●	●	●	●	●	●	●	●	●	●	●	●
Pied bleu	Cultivated	●	●	●	●	●	●	●	●	●	●	●	●
Shitake	Cultivated	●	●	●	●	●	●	●	●	●	●	●	●

FRUIT AND NUTS		J	F	M	A	M	J	J	A	S	O	N	D
Apples	Braeburn	●	●	●	●						●	●	●
	Bramley	●	●	●	●	●	●	●	●	●	●	●	●
	Cox	●	●	●	●					●	●	●	●
	Discovery								●	●			
	Early windsor								●	●			
	Egremont russet	●								●	●	●	●
	Golden delicious	●	●								●	●	●
	Royal gala	●	●	●	●	●				●	●	●	●
Blackberries									●	●	●	●	
Black/White/ Redcurrants	Maincrop							●	●				
Blueberries								●	●				
Cherries					●	●	●	●	●	●			
Cobnuts									●	●	●		
Damsons									●	●			
Gooseberries							●	●	●				
Medlar											●	●	●
Pears	Comice/Concorde	●	●								●	●	●
	Conference	●	●	●	●	●				●	●	●	●
	Williams'								●	●	●		
Plums									●	●			
Quince											●	●	
Raspberries						●	●	●	●	●	●		
Rhubarb	Forced	●	●	●								●	●
	Outdoor					●	●	●					
Strawberries						●	●	●	●	●			
Walnuts	Fresh										●		

- In season: when produce is at its best and most widely available
- Available: produce coming in/going out of season or grown outside of season in polytunnels
- Available from store: produce harvested in season and stored to extend its availability