

DESIGN & TECHNOLOGY / GEOGRAPHY · Y2–Y6

Seasonal Food Calendar

What's in season in the UK — by month

What is seasonal food?

Three good reasons

- 1. **BETTER FLAVOUR:** food picked and eaten in season tastes better — it was grown at the right time and doesn't need to travel as far.
- 2. **MORE NUTRITIOUS:** seasonal food loses fewer vitamins between harvest and eating.
- 3. **BETTER FOR THE PLANET:** food grown in season needs fewer heated greenhouses and travels shorter distances.
- 4. **CHEAPER:** when there's lots of something available, the price usually drops.
- 5. **SUPPORTS LOCAL FARMERS:** buying UK seasonal food supports farming communities.

Seasonal calendar

What to look for each month

- JAN–FEB: leeks, parsnips, swede, Brussels sprouts, pears (stored), forced rhubarb
- MAR–APR: purple sprouting broccoli, spring onions, spinach, early asparagus, radishes
- MAY–JUN: asparagus (peak season), broad beans, strawberries, gooseberries, new potatoes, salad leaves
- JUL–AUG: tomatoes, courgettes, cucumbers, raspberries, cherries, sweetcorn, runner beans, peas



- SEP–OCT: apples, pears, blackberries, plums, butternut squash, beetroot, sweetcorn (late)
- NOV–DEC: Brussels sprouts, parsnips, leeks, celeriac, stored apples and pears, chestnuts
- Year-round: carrots, onions, potatoes, garlic, cabbage, kale

