NEW COVENT GARDEN MARKET

British seasonal fruit & veg

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

SALADS		J	F	M	A	M	J	J	A	S	O	N	D
Celery							Available	In season	In season	In season	In season		
Chicory/Endive/Radicchio	Jerusalem					Available	In season	In season	In season	In season	In season	Available	
Cress	Mustard/Mixed	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Cucumber				Available	In season	In season	In season	In season	In season	In season	Available		
Edible flowers					In season	In season	In season	In season	In season	In season			
Lettuce	Cos						Available	In season	In season	In season	In season		
	Curly					Available	Available	In season	In season	In season	In season	Available	
	Iceberg	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
	Little gem			Available	In season	In season	In season	In season	In season	In season	Available		
	Round				In season	In season	In season	In season	In season	In season			
Radish					In season	In season	In season	In season	In season	In season	In season	In season	
	Daikon/mooli					Available	In season	In season	In season	In season	In season	In season	Available
Rocket					In season	In season	In season	In season	In season	In season	In season		
Spring onions					Available	Available	In season	In season	In season	In season	In season	Available	
Tomatoes				Available	Available	Available	Available	In season	In season	Available	Available	Available	
Watercress						Available	Available	In season	In season	In season	Available	Available	
MUSHROOMS													
Button/Cup/Flat	Cultivated	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Enoki	Cultivated	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Girolle	Scottish, wild							In season	In season	In season	In season	In season	
Morel	Wild			Store	In season	In season							
Oyster	Cultivated	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Pied bleu	Cultivated	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
Shitake	Cultivated	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season	In season
FRUIT AND NUTS													
Apples	Braeburn	Store	Store	Store	Store						Available	In season	Store
	Bramley	Store	Store	Store	Store	Store	Store	Store	In season	In season	Store	Store	Store
	Cox	Store	Store	Store	Store					In season	In season	Store	Store
	Discovery								Available	Available			
	Early windsor								Available	Available			
	Egremont russet	Store								Available	In season	Store	Store
	Golden delicious	Store	Store								Available	In season	Store
	Royal gala	Store	Store	Store	Store	Store				Available	In season	Store	Store
Blackberries									Available	In season	In season	Available	
Black/White/Redcurrants	Maincrop							Available	In season				
Blueberries								In season	In season				
Cherries					Available	Available	Available	In season	In season	In season			
Cobnuts									Available	In season	In season		
Damsons									Available	In season			
Gooseberries							Available	In season	In season				
Medlar											Available	In season	In season
Pears	Comice/Concorde	Store	Store								In season	In season	In season
	Conference	Store	Store	Store	Store	Store				In season	In season	In season	In season
	Williams'								Available	In season	Available		
Plums									In season	In season			
Quince											In season	In season	
Raspberries						In season	In season	In season	In season	In season	In season		
Rhubarb	Forced	In season	In season	In season								In season	In season
	Outdoor					In season	In season	In season					
Strawberries						Available	In season	In season	In season	Available			
Walnuts	Fresh										In season		

- 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