



Vegetables to Expect...

January

potatoes
carrots
onions
squash
celeriac
Red cabbage
spinach
sprouts

February

potatoes
carrots
onions
parsnip
leeks
purple sprouting
spinach
beetroot

March

potatoes
carrots
red onions
savoy cabbage
leeks
black kale
mixed leaf salad
swede

April

potatoes
carrots
onions
squash
leeks
mix kale
mixed leaf salad
stir fry greens

May

potatoes
carrots
spring onions
green chard
mixed leaf salad
lettuce
Cauliflower
mushrooms

June

new potatoes
carrots
green onions
mixed leaf salad bag
lettuce
spring cabbage
green garlic
bag spinach
mini cucumber

July

potatoes
carrots
onions
broad beans
tomatoes
spinach
cucumber
mixed leaf salad bag
courgette

August

potatoes
carrots
onions
courgette
tomatoes
basil
mixed leaf salad
runner beans
beetroot

September

potatoes
carrots,
onions,
cherry tomatoes
sweetcorn,
rainbow chard
Cos lettuce
broccoli
chilli pepper.

October

potatoes
carrots,
onions
Mixed Leaf Salad Bag
mixed kale
red kuri squash
green pepper
green celery
leek

November

potatoes
carrots,
onions,
mixed Leaf Salad
parsnip
chard
leeks
swede

December

potatoes
carrots,
onions
cauliflower
cabbage
sprouts
kale
butternut squash