	WINTER						SUMMER			AUTUMN		
Apples	●	●	●	●	●	●	●	●	●	●	●	●
Apricots								●	●	●	●	
Asparagus					●	●	●					
Aubergines	●	●	●	●	●	●	●	●	●	●	●	●
Beetroot	●	●	●	●	●	●	●	●	●	●	●	●
Blackberries								●	●	●	●	
Blackcurrants							●	●	●			
Blueberries								●	●	●		
Broad beans						●	●	●	●	●		
Broccoli							●	●	●	●	●	
Brussels sprouts	●	●	●	●	●				●	●	●	●
Butternut squash										●	●	●
Cabbages	●	●	●	●	●	●	●	●	●	●	●	●
Carrots	●	●	●	●	●	●	●	●	●	●	●	●
Cauliflowers	●	●	●	●	●	●	●	●	●	●	●	●
Celeriac	●	●	●	●	●	●						●
Celery							●	●	●	●	●	
Cherries							●	●				
Courgettes							●	●	●	●	●	
Cucumbers								●	●	●		
Fennel							●	●	●	●	●	
Gooseberries							●	●	●	●		
Leeks	●	●	●	●	●				●	●	●	●
Lettuce					●	●	●	●	●	●	●	
Marrows								●	●	●	●	
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Onions	●	●	●	●	●	●	●	●	●	●	●	●
Parsnips	●	●	●	●	●			●	●	●	●	●
Pears	●	●	●							●	●	●
Peas							●	●	●	●		
Peppers	●	●	●	●	●	●	●	●	●	●	●	●
Plums							●	●	●	●	●	●
Potatoes	●	●	●	●	●	●	●	●	●	●	●	●
Pumpkins	●									●	●	●
Purple sprouting broccoli		●	●	●	●	●						
Radishes					●	●	●	●	●	●	●	
Raspberries						●	●	●	●	●	●	●
Redcurrants							●	●	●			
Rhubarb		●	●	●	●	●	●	●	●	●	●	
Rocket					●	●	●	●	●	●	●	
Runner beans								●	●	●	●	
Spinach						●	●	●	●	●	●	
Spring onions					●	●	●	●	●	●	●	●
Strawberries						●	●	●	●	●	●	
Swedes	●	●	●	●	●	●	●	●	●	●	●	●
Sweetcorn								●	●	●	●	
Tomatoes							●	●	●	●	●	
Turnips	●	●	●				●	●	●	●	●	●
Watercress						●	●	●	●	●	●	●