



Investigating Seasonal Fruit and Vegetables

1. **Apple:** Eating. In Season; **October.** Coming in and out of season; **August and November**
2. **Raspberries.** In Season; **July, August, September and October.** Coming in and out of season; **June and November**
3. **Blackberries.** In Season; **July and August.** Coming in and out of season; **June and September**
4. **Blueberries.** In Season; **August.** Coming in and out of season; **July and September**
5. **Gooseberries.** In Season; **July.** Coming in and out of season; **June and August**
6. **Blackcurrants.** In Season: **June**
7. **Broccoli.** In Season; **June, July, August, September, October and November.** Coming in and out of season; **May and December**
8. **Leeks.** In Season; **January, February, March, September, October, November and December.** Coming in and out of season; **April and August**
9. **Cauliflower.** In Season **ALL YEAR ROUND**
10. **Cabbage.** In Season **ALL YEAR ROUND**
11. **Potatoes (new season).** Coming in and out of season; **May and August.**
Potatoes(main crop). In season. **September, October and November** Coming in and out of season. **August**
12. **Mushroom.** In Season **ALL YEAR ROUND**
13. **Onions.** In Season; **August, September and October.** Coming in and out of season; **May and July.**
14. **Peppers** In Season; **May, June, July, August, September and October.** Coming in and out of season; **April and November**
15. **Cucumber.** In Season; **May, June, July, August and September.** Coming in and out of season; **April and October**
16. **Tomato.** In Season; **May, June, July, August, September and October.** Coming in and out of season; **April and November**
17. **Aubergine.** In Season; **May, June, July and August.** Coming in and out of season; **April and September**

