

# Eat The Seasons

 <p>WINTER</p>	December	January	February
 <p>SPRING</p>	March	April	May
 <p>SUMMER</p>	June	July	August
 <p>AUTUMN</p>	September	October	November

# Eat The Seasons - Teacher Resource

 <p><b>WINTER</b></p>	<p><b>December</b> Brussel Sprouts, Cabbage, Carrots, Cauliflower, Garlic, Leeks, Parsnips, Potatoes, Pumpkins, Cress, Mushrooms, Pears</p>	<p><b>January</b> Brussel Sprouts, Carrots, Cauliflower, Leeks, Parsnips, Pumpkins, Cress, Mushrooms</p>	<p><b>February</b> Carrots, Cauliflower, Leeks, Pumpkins, Cress, Mushrooms</p>
 <p><b>SPRING</b></p>	<p><b>March</b> Cauliflower, Pumpkins, Cress, Mushrooms</p>	<p><b>April</b> Cauliflower, Cress, Cucumber, Radish, Mushrooms, Rocket</p>	<p><b>May</b> Asparagus, Cauliflower, Peppers, Spinach, Cress, Cucumber, Radish, Mushrooms, Raspberries, Rhubarb, Rocket</p>
 <p><b>SUMMER</b></p>	<p><b>June</b> Asparagus, Beetroot, Broccoli, Carrots, Courgettes, Peas, Peppers, Spinach, Cress, Cucumber, Radish, Spring Onion, Mushrooms, Raspberries, Rhubarb, Strawberries, Rocket</p>	<p><b>July</b> Broad Beans, Runner Beans, Beetroot, Broccoli, Carrots, Cauliflower, Courgettes, Onions, Peas, Peppers, Pumpkins, Spinach, Celery, Cress, Cucumber, Lettuce, Radish, Spring Onion, Tomatoes, Mushrooms, Blueberries, Cherries, Gooseberries, Raspberries, Rhubarb, Strawberries, Rocket</p>	<p><b>August</b> Broad Beans, Runner Beans, Beetroot, Broccoli, Carrots, Cauliflower, Courgettes, Garlic, Marrow, Onions, Parsnips, Peas, Peppers, Pumpkins, Spinach, Sweetcorn, Celery, Cress, Cucumber, Lettuce, Radish, Spring Onion, Tomatoes, Mushrooms, Apples, Blueberries, Cherries, Gooseberries, Plums, Raspberries, Strawberries, Rocket, Currants, Figs</p>
 <p><b>AUTUMN</b></p>	<p><b>September</b> Runner Beans, Beetroot, Broccoli, Cabbage, Carrots, Cauliflower, Courgettes, Garlic, Leeks, Marrow, Onions, Parsnips, Peas, Peppers, Pumpkins, Spinach, Sweetcorn, Celery, Cress, Cucumber, Lettuce, Radish, Spring Onion, Mushrooms, Apples, Blackberries, Cherries, Plums, Raspberries, Rocket, Figs</p>	<p><b>October</b> Beetroot, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Garlic, Leeks, Marrow, Parsnips, Peppers, Potatoes, Pumpkins, Spinach, Sweetcorn, Celery, Cress, Cucumber, Radish, Spring Onion, Mushrooms, Apples, Blackberries, Pears, Raspberries, Rocket, Sweet Potatoes, Figs</p>	<p><b>November</b> Brussel Sprouts, Cabbage, Carrots, Cauliflower, Garlic, Leeks, Parsnips, Potatoes, Pumpkins, Cress, Cucumber, Radish, Mushrooms, Pears</p>