

Seasonal fruit and vegetable calendar

January

jerusalem-artichoke	beetroot
kale	red cabbage
green celery	savoy cabbage
celeriac	salsify
kohlrabi	sprouts
turnip	onion
mushrooms	lamb's lettuce
parsnip	watercress
pumpkin	winter purslane
leek	chicory
black radish	white cabbage
	carrot

apple	pear
-------	------

February

kale	red cabbage
green celery	savoy cabbage
celeriac	salsify
turnip	sprouts
mushrooms	onion
parsnip	lamb's lettuce
pumpkin	winter purslane
leek	chicory
black radish	white cabbage
beetroot	carrot

apple	pear
-------	------

March

cauliflower	red cabbage
kale	radicchio
green celery	savoy cabbage
celeriac	salsify
turnip	chard
mushrooms	spinach
parsnip	sprouts
pumpkin	onion
leek	lamb's lettuce
turnip greens	winter purslane
rhubarb	chicory
radish	white cabbage
black radish	carrot
beetroot	

apple	pear
-------	------

April

endive	rhubarb
asparagus	radish
cauliflower	beetroot
green celery	radicchio
turnip	chard
mushrooms	spinach
bok choy	onion
pumpkin	watercress
leek	carrot
turnip greens	chicory



strawberry	apple	pear
------------	-------	------

May

endive	turnip greens
asparagus	rhubarb
cauliflower	radish
pea	beetroot
green celery	radicchio
kohlrabi	chard
head lettuce	spinach
turnip	pointed cabbage
mushrooms	cabbage
bok choy	onion
snow peas	watercress
leek	carrot

strawberry	apple	pear
------------	-------	------

June

endive	rhubarb
artichoke	radish
asparagus	beetroot
cauliflower	savoy cabbage
broccoli	chard
pea	spinach
green celery	pointed cabbage
kohlrabi	cabbage
head lettuce	tomato
turnip	broad bean
mushrooms	onion
bok choy	fennel
snow peas	watercress
leek	carrot
green bean	

strawberry	nectarine
apricot	peach
blueberry	red berry
raspberry	blackberry
cherry	

August

endive	leek
artichoke	green bean
eggplant	turnip greens
celery	radish
cauliflower	beetroot
broccoli	red cabbage
chinese cabbage	savoy cabbage
zucchini	chard
green celery	haricot
celeriac	spinach
cucumber	pointed cabbage
kohlrabi	tomato
head lettuce	onion
corn	fennel
mushrooms	watercress
bok choy	white cabbage
Bell pepper	carrot
pumpkin	

strawberry	melon
apricot	nectarine
apple	pear
blueberry	peach
blackberry	plum
grape	fig
raspberry	blackberry
cherry	

September

endive	salsify
artichoke	green bean
eggplant	turnip (stalk)
celery	radish
cauliflower	black radish
broccoli	beetroot
chinese cabbage	red cabbage
zucchini	savoy cabbage
green celery	chard
celeriac	haricot
cucumber	spinach
kohlrabi	pointed cabbage
head lettuce	tomato
corn	onion
mushrooms	fennel
bok choy	watercress
bell pepper	white cabbage
pumpkin	carrot
leek	

apple	melon
blueberry	nectarine
blackberry	pear
grape	peach
raspberry	plum
kiwiberry	fig
quince	

October

endive	radish
artichoke	black radish
eggplant	beetroot
celery	red cabbage
kale	radicchio
cauliflower	savoy cabbage
broccoli	salsify
chinese cabbage	chard
zucchini	haricot
green celery	spinach
celeriac	pointed cabbage
cucumber	sprouts
kohlrabi	tomato
head lettuce	onion
mushrooms	lamb's lettuce
bok choy	fennel
bell pepper	watercress
parsnip	winter purslane
pumpkin	chicory
leek	white cabbage
green bean	carrot
turnip (stalk)	

apple	kiwiberry
blackberry	quince
grape	melon
raspberry	pear

November

jerusalem-artichoke	turnip
endive	black radish
celery	beetroot
cauliflower	red cabbage
kale	savoy cabbage
broccoli	salsify
chinese cabbage	chard
zucchini	sprouts
green celery	onion
celeriac	lamb's lettuce
kohlrabi	fennel
mushrooms	watercress
parsnip	winter purslane
pumpkin	chicory
leek	white cabbage
	carrot

apple	
grape	
melon	
pear	

December

jerusalem-artichoke	beetroot
endive	red cabbage
kale	savoy cabbage
green celery	salsify
celeriac	chard
kohlrabi	sprouts
mushrooms	onion
parsnip	lamb's lettuce
pumpkin	fennel
leek	watercress
turnip	winter purslane
black radish	chicory
	white cabbage
	carrot

apple	pear
-------	------

This seasonal calendar is based on information from Velt. Supplemented with insights from Bionext and the Nutrition Center. (het Voedingscentrum)