

what's in season from local farmers

AUTUMN

	SEPTEMBER		OCTOBER		NOVEMBER	
Vegetables	Beetroot	Parsnip	Beetroot	Onions	Beetroot	Leeks
	Broad Bean	Peas	Broad Beans	Parsnips	Broccoli	Onions
	Broccoli	Pepper	Broccoli	Peppers	Brussel Sprouts	Parsnips
	Brussel Sprout	Pumpkin	Brussel Sprouts	Pumpkin	Carrots	Peppers
	Carrots	Savoy	Carrots	Savoy	Celery	Savoy
	Celery	Scallions	Celery	Scallions		
	Cucumbe	Sweetcorn	Cucumber	Sweetcorn		
	Leeks	Tomatoes	Leeks	Tomatoes		
	Onions					
In Season	Cabbage	Potatoes	Cabbage	Potatoes	Cabbage	Potatoes
All Year	Cauliflower	Red Cabbage	Cauliflower	Red Cabbage	Cauliflower	Red Cabbage
	Lettuce	Soup Veg	Lettuce	Soup Veg	Lettuce	Soup Veg
	Mushrooms	Swedes	Mushrooms	Swedes	Mushrooms	Swedes
	Pamphrey		Pamphrey		Pamphrey	
Fruit	Bramley Apples	Raspberries	Bramley Apples	Pears	Bramley Apples	
	Plums	Strawberries	Dessert Apples	Raspberries	Dessert Apples	
Meat	Beef	Lamb	Beef	Lamb	Beef	Lamb
	Chicken	Pork	Chicken	Pork	Chicken	Pork
Other	Eggs	Oats	Eggs	Oats	Eggs	Oats
	Milk	Other Grains	Milk	Other Grains	Milk	Other Grains

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WINTER

	DECEMBER		JANUARY		FEBRUARY	
Vegetables	Brussel Sprouts	Onions	Brussel Sprouts	Onions	Brussel Sprouts	Onions
	Carrots	Parsnips	Carrots	Parsnips	Carrots	Parsnips
	Celery	Savoy	Leeks	Savoy	Leeks	Savoy
	Leeks					
In Season	Cabbage	Potatoes	Cabbage	Potatoes	Cabbage	Potatoes
All Year	Cauliflower	Red Cabbage	Cauliflower	Red Cabbage	Cauliflower	Red Cabbage
	Lettuce	Soup Veg	Lettuce	Soup Veg	Lettuce	Soup Veg
	Mushrooms	Swedes	Mushrooms	Swedes	Mushrooms	Swedes
	Pamphrey		Pamphrey		Pamphrey	
Fruit	Bramley Apples		Bramley Apples		Bramley Apples	
Meat	Beef	Pork	Beef	Lamb	Beef	Lamb
	Chicken	Turkey	Chicken	Pork	Chicken	Pork
	Lamb					
Other	Eggs	Oats	Eggs	Oats	Eggs	Oats
	Milk	Other Grains	Milk	Other Grains	Milk	Other Grains



ULSTER FARMERS' UNION look for Northern Ireland produce

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SPRING

	MARCH		APRIL		MAY	
Vegetables	Brussel Sprouts	Onions	Carrots	Parsnips	Beetroot	Leeks
	Carrots	Parsnips	Cucumber	Savoy	Broad Beans	Parsnips
	Leeks	Savoy	Leeks	Scallions	Broccoli	Scallions
			Onions		Carrots	Tomatoes
					Celery	Turnip
				Cucumber		
In Season	Cabbage	Potatoes	Cabbage	Potatoes	Cabbage	Potatoes
All Year	Cauliflower	Red Cabbage	Cauliflower	Red Cabbage	Cauliflower	Red Cabbage
	Lettuce	Soup Veg	Lettuce	Soup Veg	Lettuce	Soup Veg
	Mushrooms	Swedes	Mushrooms	Swedes	Mushrooms	Swedes
	Pamphrey		Pamphrey		Pamphrey	
Fruit	Bramley Apples Rhubarb		Bramley Apples Rhubarb		Rhubarb	Strawberries
Meat	Beef	Lamb	Beef	Lamb	Beef	Lamb
	Chicken	Pork	Chicken	Pork	Chicken	Pork
Other	Eggs	Oats	Eggs	Oats	Eggs	Oats
	Milk	Other Grains	Milk	Other Grains	Milk	Other Grains

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SUMMER

	JUNE		JULY		AUGUST	
Vegetables	Beetroot	Peas	Beetroot	Peas	Beetroot	Parsnips
	Broad Beans	Savoy	Broad Beans	Peppers	Broad Beans	Peas
	Broccoli	Scallions	Broccoli	Savoy	Broccoli	Peppers
	Celery	Tomatoes	Carrots	Scallions	Brussels Sprouts	Savoy
	Cucumber	Turnip	Celery	Tomatoes	Carrots	Scallions
			Cucumber	Turnip	Celery	Tomatoes
					Cucumber	Turnip
					Leeks	
In Season	Cabbage	Potatoes	Cabbage	Potatoes	Cabbage	Potatoes
All Year	Cauliflower	Red Cabbage	Cauliflower	Red Cabbage	Cauliflower	Red Cabbage
	Lettuce	Soup Veg	Lettuce	Soup Veg	Lettuce	Soup Veg
	Mushrooms	Swedes	Mushrooms	Swedes	Mushrooms	Swedes
	Pamphrey		Pamphrey		Pamphrey	
Fruit	Bramley Apples	Rhubarb	Blackcurrants	Raspberries	Raspberries	Strawberries
	Gooseberries	Strawberries	Bramley Apples	Strawberries		
Meat	Beef	Lamb	Beef	Lamb	Beef	Lamb
	Chicken	Pork	Chicken	Pork	Chicken	Pork
Other	Eggs	Oats	Eggs	Oats	Eggs	Oats
	Milk	Other Grains	Milk	Other Grains	Milk	Other Grains



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