



SCOTTISH FRUIT AND VEGETABLES IN SEASON JANUARY - JUNE

	January	February	March	April	May	June
Vegetables	Beetroot Broccoli Brussels Sprouts Cabbage Carrots Chicory Leeks Mushrooms Parsnips Potatoes Turnips	Beetroot Broccoli Brussels Sprouts Cabbage Carrots Chicory Leeks Mushrooms Potatoes	Broccoli Brussels Sprouts Cabbage Carrots Chicory Leeks Mushrooms Potatoes Radishes	Broccoli Cabbage Carrots Chicory Leeks Mushrooms Potatoes Radishes	Asparagus Broccoli Cabbage Carrots Cauliflower Chicory Lettuce Mushrooms Potatoes	Asparagus Broad beans Cabbage Carrots Cauliflower Celery Courgettes Lettuce Mushrooms Onions Potatoes Runner Beans
Fruit	Forced Rhubarb Pears			Rhubarb	Rhubarb Strawberries	Gooseberries Raspberries Strawberries Tayberries Rhubarb Redcurrants



SCOTTISH FRUIT AND VEGETABLES IN SEASON JULY - DECEMBER

	July	August	September	October	November	December
Vegetables	Beetroot Broad beans Broccoli Cabbage Carrots Cauliflower Celery Courgettes French beans Lettuce Mushrooms Onions Peas (shell) Peas (sugar snap) Potatoes Runner Beans Shallots	Aubergines Beetroot Broccoli Cabbage Carrots Cauliflower Celery Courgettes French beans Lettuce Mushrooms Onions Peas (shell) Peas (sugar snap) Potatoes Runner Beans Shallots	Beetroot Broccoli Cabbage Carrots Cauliflower Celery Chicory French beans Leeks Lettuce Mushrooms Onions Parsnips Potatoes Shallots Summer squash Turnips	Beetroot Broccoli Cabbage Carrots Cauliflower Celeriac Celery Chicory Courgettes Kale Lettuce Mushrooms Onions Parsnips Potatoes	Beetroot Brussels sprouts Cabbage Carrots Celery Chesnuts Chicory Leeks Mushrooms Parsnips Potatoes Pumpkin Squash	Beetroot Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Parsnips Potatoes Turnips
Fruit	Blackcurrants Blueberries Gooseberries Loganberries Raspberries Redcurrants Strawberries Tomatoes Rhubarb	Blackberries Blueberries Gooseberries Raspberries Strawberries	Blackberries Blueberries Damsons Plums Pears Raspberries Strawberries	Apples Elderberries Pears	Apples Pears	Apples Pears