LANCASTER'S

SEASONAL & LOCAL FOOD CALENDAR

THIS POSTER SHOWS WHAT LOCAL FOODS ARE IN SEASON IN A TYPICAL YEAR IN LANCASHIRE. IT ALSO HELPS GARDENERS TO KNOW WHAT CAN BE HARVESTED THROUGHOUT THE YEAR

VEGETABLES

	Artichoke (Globe)	Asparagus	Aubergine	Beetroot	Broad Beans	Broccoli (calabrese)	Broccoli (sprouting)	Brussel Sprouts	Cabbage (Spring)	Cabbage (Winter)	Cabbage (Savoy)	Cabbage (Red)	Carrots	Cauliflower	Celeriac	Celery	Chard (Leaf Beet)	Courgette	Florence Fennel	French Beans	Garlic	Kale	Leeks	Mange Tout peas	Marrow	Mushroom	Onions	Pak Choi	Parsnip	Peas	Peppers/Chillies	Potatoes	Pumpkin & Squash	Runner Beans	Shallots	Spinach	Swede	Sweetcorn
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FRESH HERBS

	Basil	Bay	Caraway Seeds	Chamomile	Chervil	Chives	Coriander Leaves	Coriander Seeds	Dill Leaves	Dill Seeds	Fennel Leaves	Fennel Seeds	Horse Radish	Hyssop	Lemon Balm	Lemon Verbena	Lovage	Marjoram	Mint	Oregano	Parsley	Rosemary	Sage	Sorrel	Summer Savoury	Tarragon	Thyme
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SALAD

	Cucumber	Lettuce	Radishes	Rocket	Salad Leaves	Spring Onions	Tomatoes	Watercress
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FORAGING

	Bilberry	Blackberries	Elderberries	Elderflowers	Field Mushrooms	Garlic (Ramsons)	Hazelnut	Nettles	Rosehips	Samphire	Sea Beet	Sloes	Sweet Chestnut
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FRUIT

	Bramleys	Apples	Blueberries	Blackcurrants	Cherries	Cranberries	Damsons	Grapes	Gooseberries	Loganberries	Melon	Pears	Plums	Raspberries	Redcurrants	Rhubarb	Strawberries
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● - Stored food (not preserved, frozen or dried)
● - Grown in an unheated greenhouse

☐ In Season
☐ Out of Season

See www.lessuk.org

FOR MORE INFORMATION ABOUT LOCAL FOOD INCLUDING:

THE LITTLE BOOK OF LOCAL FOOD & DRINK & THE LOCAL FOOD DIRECTORY

A searchable guide to where you can buy local produce in the Lancaster District- including markets, shops, farms, pubs, cafes, restaurants and caterers.

LESS Promoting Sustainable Living

Fruit & Veg Chart.indd 1 26/03/2013 16:47