VEGETABLES

	2	V		1	*	1					-		
	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	OCT	NON	DEC	
Asparagus	J	F	M	A	M		J	A	S	0	N	D	
Baby Leeks	J	F	М	A	М	J	J	A	S	0	N	D	
Beetroot		F	M	A	M	J		A	S	0	N	D	37
Broad Beans		F	М	A	M			A	S	0	N	D	
Broccoli (Calabrese)	J	F	M	A	M	J	J	A	S	0	N	D	
Broccoli (Purple)		F	M	A	M	J	J	A	S	0	N	D	
Brussels Sprouts		F	Μ	A	М	J	J	A	S	0	N	D	Basil
Cabbage		F	M	A	M			A	S	0	N	D	Bisho
Carrots		F	М	A	M	J	J	A	S	0	N	D	Blaek
Cauliflower	J	F	М	А	М			A	S	0	Ν	D	Bram
Celeriac		F	M	A	М		J	А	S	0	N	D	Ceps
Celery	J	F	М	A	M			A	S	0	Ν	D	Chan
Chard		Ē	M	A	M			A	S	0	N	D	Chest
Chillies		F	М	A	M		J	A	S	0	N	D	Chive
Courgettes	1	F	M	A	М			A	S	0	N	D	Com
Cucumber	1	F	M	A	M			A	S	0	N	D	Coria
Endive	1	F	M	A	M			Δ.	S	0	N	D	Crab
Horseradish	1	F	M	A	M		1	Δ	S	0	N	D	Dand
Jerusalem Artichoke			M	A	M	1	J	A	S C	0	N	D	Dand
		E	M	A	M			A	C C	0	N	D	Dulse
Kale		E		A		J		A	с С	-	_	_	Elder
Kohlrabi (Green)	J	Г	M	A				A	S	0	N	D	
Kohlrabi (Purple)	J	F	M	A	IVI	J	J	A	S		IN NI	D	Elder
Leeks		r.	M	A	IVI	J	J	A	5	0	IN N	D	Fenn
Lettuce	J	F	M	A				A	S C	0	N	D	Field
Mangetout	J	F	M	A	M			A	S	0	IN N	D	Garli
Mushrooms (Cultivated)			M	A	IVI			A	5	0	IN N	D	Garli
New Potatoes	J	F	M	A	M		-	A	S	0	N	D	Good
Oats & Other Grains		F	M	A	M	J	J	A	5	0	N	D	Gorse
Onions	J	F	M	A	M	J	ر ا	A	5	0	N	D	Hogv
Pak Choi	J	F	M	A	M		<u> </u>	A	5	0	N	D	Junip
Parsnips		E.	M	A	M	J	J	A	S	0	N	D	Kom
Peas (Shell / Sugar)	J	F	М	A	М	J		A	S	0	Ν	D	Lemo
Potatoes (Ware)		E.	M	A	M		<u> </u>	A	S	0	N	D	Lemo
Pumpkin	J	F	М	A	М	J	J	А	S	0	N	D	Lova
Radish (Summer)	J	F	М	A	M		J	A	S	0	Ν	D	Marjo
Radish (Winter)	J	F	M	A	IVI	J	J	A	5	0	N	D	Mint
Rocket		L.	М	A	М		<u> </u>	A	S	0	Ν	D	Nettl
Romanesco	J	+	M	A	M	J	J	A	S	0	N	D	Nori
Runner Beans	J	F	М	A	M	J	J	A	S	0	Ν	D	Oreg
Salsify	J	F	M	A	М	J	J	A	S	0	N	D	Rose
Scallions	J	F	M	A	M	J	J	A	S	0	N	D	Rowa
Sea Kale	J	F	M	A	M	J	J	A	S	0	Ν	D	Sam
Shallots	J	F	М	А	М	J	J	А	S	0	N	D	Sea E
Spinach	J	F	М	A	М	J	J	А	S	0	Ν	D	Sloes
Spring Greens	J	F	М	А	М	J	J	А	S	0	Ν	D	Swee
Summer Squash	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	Tarra
Swede	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	Vetch
Turnips	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	Wild
Winter Salads	J	F	М	А	Μ	J	J	А	S	0	Ν	D	Wood
Winter Squash	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	Wood

HERBS & WILD FOOD

	U.	11/2	164	1 M	-	¢.	det la	1	1	2.0		1	
	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	OCT	NON	DEC	
sil	J	F	Μ	А	М	J	J	А	S	0	Ν	D	
hop's Weed	J	F	Μ	А	М	J	J	А	S	0	Ν	D	
eberry	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	-
mbles	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	
DS	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	
anterelles	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	
estnuts	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	
ves	J	F	М	А	М	J	J	А	S	0	Ν	D	
nmon Sorrel	J	F	М	А	М	J	J	А	S	0	Ν	D	
riander	J	F	Μ	А	М	J	J	А	S	0	Ν	D	
b Apples	J	F	М	А	М	J	J	А	S	0	Ν	D	Cockles
ndelion	J	F	Μ	A	Μ	J	J	А	S	0	Ν	D	Cod
	J	F	Μ	A	Μ	J	J	A	S	0	Ν	D	Coley
se	J	F	Μ	A	Μ	J	J	A	S	0	Ν	D	Crab (Brown)
erberries	J	F	Μ	A	М	J	J	A	S	0	Ν	D	Haddock
erflowers	J	F	Μ	A	Μ	J	J	A	S	0	Ν	D	Hake
inel	J	F	М	A	М	J		A	S	0	Ν	D	Halibut (Farn
ld Mushrooms	J	F	М	A	Μ	J	J	A	S	0	Ν	D	Herring
lic	J	F	М	A	Μ	J	J	A	S	0	Ν	D	Langoustine
lic Mustard	J	F	М	A	M	J	J	A	S	0	Ν	D	Lemon Sole
od King Henry	J	F	M	A	M	J	1	A	S	0	N	D	Ling
rse Flowers	J	F	M	A	M	J	J	A	S	0	N	D	Lobster
gweed	J	F	М	A	Μ	J		A	S	0	Ν	D	Mackerel
hiper Berries			M	A	M	J		A	S	0	N	D	Megrim
nbu (Oarweed)	-	F	M	A	M	J	-	A	S	0	N	D	Monkfish
non Balm	J	F	M	A	M			A	S c	0	IN N	D	Mussels
non Verbena	J	F	M	A	M	J	-	A	S	0	N	D	Oysters (Nati
rage	J	F	M	A		1		A	S	0	N	D	Oysters (Paci
rjoram It	J	Г Е	M	A	IVI			A	2 6		IN N	D	Plaice Pollack
tles	J	E	M	A	M			A	с С	0	N	D	Razor Clams
ri (Laver)		ľ	M	Δ	M				S		N	D	Salmon (Farm
egano		F	M	Α	M				S		N	D	Salmon (Wild
se Hips	J	F	M	A	M			A	S	0	N	D	Scallops
wan Berries	J	F	Μ			J	J	A	S	0	N	D	Sea Bass
nphire (Marsh)	J	F	Μ	A	Μ	J	5	A	S	0	N	D	Sprats
Buckthorn	J	F	Μ	A	Μ	J	J	A	S	0	N	D	Squid
es	J	F	Μ	A	Μ	J	J	A	S	0	N	D	Surf Clams
eet Cicely	J	F	М	Α	М	J	J	А	S	0	Ν	D	Trout (Rainbo
ragon	J	F	М	А	М	J	J	А	S	0	Ν	D	Trout (Sea)
ch Flowers	J	F	М	А	М	J	J	А	S	0	Ν	D	Turbot
d Garlic	J	F	М	А	М	J	J	А	S	0	Ν	D	Whiting
od Hedgehog	J	F	М	А	Μ	J	J	А	S	0	Ν	D	Winkles
od Sorrel	J	F	М	А	М	J	J	А	S	0	Ν	D	Witch
	_	_		_	_	_		_	_		_		

FISH & /SEAFOOD

													2.2
	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	OCT	NON	DEC	
	J	F	М	Α	М	J	J	Α	S	0	Ν	D	- 1 Mater
	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D	
	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	
1)	J	F	Μ	A	Μ	J	J	Α	S	0	Ν	D	No. Market
	J	F	Μ	Α	Μ	J	J	A	S	0	Ν	D	
	J	F	Μ	Α	Μ	J	J	A	S	0	Ν	D	
med)	J	F	М	Α	Μ	J	J	Α	S	0	Ν	D	
	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D	Beef
è	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	Chicken
	J	F	Μ	Α	Μ	J	J	A	S	0	Ν	D	Common Snip
	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	Duck (Wild)
	J	F	Μ	Α	Μ	J	J	A	S	0	Ν	D	Goose
	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D	Grey Squirrel
	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D	Grouse
	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	Guinea Fowl
	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	Hare (Brown)
tive)	J	F	М	Α	Μ	J	J	А	S	0	Ν	D	Hare (Mounta
cific)	J	F	М	Α	М	J	J	Α	S	0	Ν	D	Lamb
	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D	Partridge
	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	Pheasant
5	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D	Pork
med)	J	F	Μ	Α	Μ	J	J	Α	S	0	Ν	D	Ptarmigan
d)	J	F	М	Α	М	J	J	Α	S	0	Ν	D	Rabbit (Wild)
	J	F	М	Α	М	J	J	Α	S	0	Ν	D	Red Deer Hind
	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D	Red Deer Stag
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D	Roe Deer Buck
	J	F	Μ	А	М	J	J	Α	S	0	Ν	D	Roe Deer Doe
	J	F	М	Α	Μ	J	J	Α	S	0	Ν	D	Rose Veal
oow)	J	F	Μ	Α	М	J	J	Α	S	0	Ν	D	Sika Deer Hind
	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D	Sika Deer Stag
	J	F	Μ	А	М	J	J	Α	S	0	Ν	D	Turkey
	J	F	М	А	М	J	J	Α	S	0	Ν	D	Venison (Farm
	J	F	М	Α	М	J	J	Α	S	0	Ν	D	Woodcock
	J	F	М	Α	Μ	J	J	Α	S	0	Ν	D	Woodpigeon
	_	_	_	_									

MEAT & GÂME

12/2	-			2								
	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	OCT	NON	DEC
	J	F	М	A	М	J	J	A	S	0	Ν	D
	J	F	М	A	М	J	J	A	S	0	Ν	D
ре	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
	J	F	М	Α	М	J	J	А	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
	J	F	М	А	М	J	J	А	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
ain)	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
	J	F	М	A	М	J	J	A	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
	J	F	М	A	М	J	J	Α	S	0	Ν	D
d	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
g	J	F	Μ	А	Μ	J	J	A	S	0	Ν	D
k	J	F	Μ	A	М	J	J	А	S	0	Ν	D
2	J	F	М	А	Μ	J	J	А	S	0	Ν	D
	J	F	М	A	М	J	J	Α	S	0	N	D
ds	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
gs	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
ned)	J	F	М	A	М	J	J	A	S	0	Ν	D
	J	F	М	А	Μ	J	J	А	S	0	Ν	D
	J	F	М	Α	М	J	J	А	S	0	N	D

SEASONALITY CALENDAR

This calendar represents the Scottish growing seasons. Please remember the weather and other factors will mean actual harvest times will vary annually. Published 2013.

Key: Lighter shading means produce is either coming in or going out of season that month.

For more information visit: www.scotlandfoodanddrink.org/seasonalitycalendar





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	JAN	FEB	MAR	APR	MAY	NUL	JUL	AUG	SEP	OCT	NON	DEC
Apples	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D
Blackcurrants	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Blueberries	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Brambles (Cultivated)	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Cherries	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Damsons	J	F	Μ	А	Μ	J	J	Α	S	0	Ν	D
Elderberries	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Gooseberries	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Greengages	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Jostaberries	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Loganberries	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Pears	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Plums	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Raspberries	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Redcurrants	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Rhubarb	J	F	Μ	Α	М	J	J	А	S	0	Ν	D
Strawberries	J	F	Μ	А	М	J	J	А	S	0	Ν	D
Tayberries	J	F	Μ	А	Μ	J	J	А	S	0	Ν	D
Tomatoes	J	F	Μ	А	М	J	J	А	S	0	Ν	D





