



January	February	March	April	May	June	July	August	September	October	November	December
Garlic	Garlic	Garlic	Garlic	Garlic	Garlic	Artichoke	Artichoke	Artichoke	Eggplant	Batavia	Oats
Dried almond	Chard (varieties)	Wild garlic	Wild garlic	Artichoke	Artichoke	Asparagus	Eggplant	Eggplant	Batavia	Chard (varieties)	Beetroot
Chard (varieties)	Beetroot	Asparagus	Artichoke	Asparagus	Asparagus	Eggplant	Oats	Batavia	Chard (varieties)	Beetroot	Carrot
Beetroot	Carrot	Chard (varieties)	Asparagus	Wild asparagus	Eggplant	Oats	Batavia	Chard (varieties)	Beetroot	Broccoli	Celery
Carrot	Celeriac	Beetroot	Batavia	Eggplant	Oats	Batavia	Chard (varieties)	Beetroot	Broccoli	Cardoon	Celeriac
Celery	Paris mushroom	Carrot	Chard (varieties)	Batavia	Batavia	Chard (varieties)	Beetroot	Broccoli	Carrot	Carrot	Chervil
Celeriac	Chervis	Celeriac	Beetroot	Chard (varieties)	Chard (varieties)	Beetroot	Wheat	Carrot	Celery	Celery	Paris mushroom
Paris mushroom	Chicony	Paris mushroom	Carrot	Beetroot	Beetroot	Broccoli	Broccoli	Celery	Celeriac	Celeriac	Chicony
Chestnut	Red chicory	Chicony	Chervil	Broccoli	Broccoli	Carrot	Carrot	Celeriac	Chervil	Chervil	Chicory endive
Chervis	Brussels sprouts	Chicony	Paris mushroom	Carrot	Carrot	Celery	Celery	Chervil	Paris mushroom	Paris mushroom	Brussels sprouts
Chicony	Cabbage (varieties)	Red chicory	Milk thistle	Green celery	Green celery	Paris mushroom	Paris mushroom	Paris mushroom	Chicory	Chestnut	Cabbage (varieties)
Red chicory	Watercress	Brussels sprouts	Chicory	Chervil	Paris mushroom	Chicory	Chicory	Chicory	Cabbage (varieties)	Chicony	Chives
Brussels sprouts	Crosne	Cabbage (varieties)	Cabbage (varieties)	Paris mushroom	Chicory	Cabbage (varieties)	Cabbage (varieties)	Cabbage (varieties)	Cucumber	Chicory	Squash
Cabbage (varieties)	Crosne des bois	Chives	Chives	Chicory	Cabbage (varieties)	Cucumber	Chives	Cucumber	Squash	Brussels sprouts	Crosne
Squash	Dandelion	Watercress	Cima di rapa	Cabbage (varieties)	Chives	Zucchini	Cucumber	Squash	Zucchini	Cabbage (varieties)	Shallot
Watercress	Shallot	Watercress	Cucumber	Chives	Cima di rapa	Shallot	Squash	Zucchini	Watercress	Chives	Endive
Crosne	Endive	Crosne	Watercress	Cima di rapa	Cucumber	Spinach	Zucchini	Watercress	Endive	Pumpkin	Spinach
Shallot	Spinach	Dent de lion	Dandelion	Cucumber	Zucchini	Fennel	Spinach	Spinach	Spinach	Squash	Fava beans
Endive	Frisée	Shallot	Endive	Zucchini	Watercress	Oak leaf	Fennel	Fennel	Fennel	Watercress	Frisée
Spinach	Lentils (varieties)	Endive	Spinach	Watercress	Spinach	Fava beans	Oak leaf	Oak leaf	Oak leaf	Crosne	Lentils (varieties)
Frisée	Lamb's lettuce	Spinach	Fennel	Spinach	Fennel	Bean (varieties)	Fava beans	Frisée	Frisée	Endive	Lamb's lettuce
Kale	Wild lamb's lettuce	Frisée	Oak leaf	Oak leaf	Oak leaf	Green bean	Frisée	Bean (varieties)	Bean (varieties)	Spinach	Turnip
Lentils (varieties)	Mizuna	Sprouts (varieties)	Frisée	Sprouts (varieties)	Bean (varieties)	Lettuce	Bean (varieties)	Green bean	Green bean	Fennel	Hazelnut
Alfalfa	Turnip	Lentils (varieties)	Lettuce	Lettuce	Green bean	Lamb's lettuce	Green bean	Lettuce	Lettuce	Oak leaf	Walnut
Lamb's lettuce	Hazelnut	Turnip	Lamb's lettuce	Lamb's lettuce	Lettuce	Corn	Lettuce	Lamb's lettuce	Lamb's lettuce	Frisée	Onion
Mizuna	Walnut	Hazelnut	Mizuna	Mizuna	Lamb's lettuce	Turnip	Corn	Corn	Corn	Lamb's lettuce	Barley
Turnip	Onion	Walnut	Mustard	Turnip	Turnip	Hazelnut	Hazelnut	Turnip	Turnip	Corn	Sugarloaf
Hazelnut	Nettle	Onion	Turnip	Hazelnut	Hazelnut	Walnut	Walnut	Walnuts	Sugarloaf	Turnip	Parsnip
Walnut	Parsnip	Nettle	Hazelnut	Walnut	Walnut	Onion	Onion	Sugarloaf	Parsnip	Shallot	Sweet potato
Onion	Sweet potato	Parsnip	Walnut	Onion	Onion	Barley	Barley	Pak-choi	Sweet potato	Walnut	Parsley
Sugarloaf	Mutton's feet	Parsley	Onion	Onion spring onion	Spring onion	Sugarloaf	Sugarloaf	Parsnip	Oyster mushroom	Sugarloaf	Leek
Parsnip	Oyster mushroom	Oyster mushroom	Onion spring onion	Nettle	Barley	Pak-choi	Pak-choi	Sweet potato	Leek	Parsnip	Pea
Sweet potato	Leek	Leek	Nettle	Pak-choi	Pak-choi	Parsley	Parsley	Oyster mushroom	Pepper	Sweet potato	Potato
Oyster mushroom	Potato	Potato	Parsley	Parsley	Parsley	Oyster mushroom	Oyster mushroom	Leek	Potato	Oyster mushroom	Squash
Leek	Kurimarron	Squash	Oyster mushroom	Mutton's foot	Peas	Leek	Leek	Pepper	Squash	Leek	Squash
Potato	Squash	Pumpkin	Leek	Oyster mushroom	Snow peas	Pea	Pea	Potato	Squash	Potato	Purlane
Squash	Purslane	Purslane	Pea	Peas	Pepper	Snow peas	Snow peas	Squash	Parsley root	Kurimarron	Parsley root
Pumpkin	Parsley root	Parsley root	Potato	Snow peas	Potato	Pepper	Pepper	Squash	Radish	Squash	Radish
Purslane	Radish	Radish	Pumpkin	Potato	Radish	Potato	Potato	Purple	Long white radish	Purlane	Long white radish
Parsley root	Black radish	Black radish	Parsley root	Radish	Long white radish	Purple	Squash	Radish	Roquette	Parsley root	Rutabaga
Black radish	Wheat salad	Wheat salad	Radish	Long white radish	Rhubarb	Radish	Radish	Long white radish	Rutabaga	Radish (varieties)	Wheat salad
Wheat salad	Salsify	Salsify	Long white radish	Rhubarb	Lettuce	Long white radish	Long white radish	Black radish	Salsify	Rutabaga	Salsify
Salsify	Jerusalem artichoke	Escarol	Rhubarb	Arugula	Rye	Roquette	Arugula	Roquette	Tomatoes (varieties)	Salsify	Rye
Jerusalem artichoke	Wild violet	Jerusalem artichoke	Roquette	Wild violet	Tomatoes (varieties)	Tomatoes (varieties)	Tomatoes (varieties)	Tomatoes (varieties)	Jerusalem artichoke	Jerusalem artichoke	Jerusalem artichoke