

Year planner

	January	February	March
Meat	Goose Hare Mallard Partridge Pheasant Rabbit Snipe Venison Woodcock	Hare Mallard Partridge Pheasant Rabbit Venison	Rabbit Venison
Fruit and nuts	Apples Pears Rhubarb, forced	Apples Pears Rhubarb, forced	Apples Pears Rhubarb, forced
Fish	Mussels Oysters, native Scallops Turbot	Mussels Oysters, native Scallops Turbot	Mussels Oysters, native Salmon, wild Scallops Evers
Vegetables and mushrooms	Artichoke, Jerusalem Beetroot Broccoli, sprouting Brussels sprouts Cabbages Carrots Cauliflower Celeriac Chard Chicory and endive Garlic Kale Kohlrabi Leeks Lettuce Onions Parsnip Potatoes Salsify, scorzonera Spinach Squash Swede Turnips	Artichoke, Jerusalem Beetroot Broccoli, sprouting Brussels sprouts Cabbages Cauliflower Cabbages Carrots Cauliflower Celeriac Chard Chicory and endive Garlic Kale Kohlrabi Leeks Lettuce Onions Parsnip Potatoes Salsify, scorzonera Spinach Squash Swede Turnips	Broccoli, sprouting Beetroot Brussels sprouts Cabbages Cauliflower Chard Chicory and endive Garlic Kale Kohlrabi Leeks Lettuce Nettles Onions Spring onions Parsnip Potatoes Radishes Saskale Sorrrel Spinach Squash Turnips
Cheese	Stilton Blue Wensleydale	Stilton Blue Wensleydale	Stilton Ewe's milk cheeses

- In season
- Last month
- From store
- Seasonal treat
- New in season

	April	May	June
Meat	Venison Wood pigeon	Lamb, new season Rook Venison Wood pigeon	Lamb, new season Venison Wood pigeon
Fruit and nuts	Apples Rhubarb, forced	Apples Elderflower Rhubarb, outdoor	Apples Blackcurrant Cherries Elderflower Gooseberry Loganberry Raspberry Redcurrant Rhubarb, outdoor
Fish	Crab, brown Evers Lobster Oysters, native Salmon, wild Sea trout Turbot	Crab, brown Herring Lobster Salmon, wild Sea trout Turbot	Crab, brown Herring Lobster Mackerel Salmon, wild Sea trout Turbot
Vegetables and mushrooms	Broccoli, sprouting Cabbages Cauliflower Chard Dandelion Endive Garlic, wild Lettuce Morels Nettles Onions Onions, spring Potatoes Raspberries Radishes Saskale Sorrrel Spinach Spring greens Turnips Watercress	Asparagus Beans, broad Beetroot Cabbages Cauliflower Chard Dandelion Endive Garlic Lettuce Morels Nettles Onions Onions, spring Peas Potatoes Radishes Raspberries Rockey, wild Saskale Sorrrel Spinach Spring greens Turnips Watercress	Artichokes, globe Asparagus Beans, broad Beetroot Broccoli, calabrese Cabbages Carrots Cauliflower Chard Cucumber Dandelion Endive Garlic Lettuce Onions Onions, spring Peas Potatoes Radishes Rockey, wild Sampshire Sorrrel Spinach Spring greens Turnips Watercress
Cheese	Ewe's milk cheeses	Ewe's milk cheeses Stinking Bishop	Ewe's milk cheeses Stinking Bishop Fresh goat's milk cheese

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	July	August	September
Meat	Lamb, new season Venison Wood pigeon	Grouse Lamb, new season Ptarmigan Snipe Venison Wood pigeon	Goose Grouse Hare Lamb, new season Mallard Partridge Ptarmigan Rabbit Snipe Venison Wood pigeon
Fruit and nuts	Blackcurrant Blueberry Cherries Elderflower Gooseberry Loganberry Raspberry Redcurrant Rhubarb, outdoor Strawberry	Apples Blackberry Blackcurrant Blueberry Cherries Cobnuts Loganberry Pears Plums Raspberry Redcurrant Strawberry	Apples Blackberry Blackcurrant Blueberry Chestnuts Cobnuts Crabapples Damonson, bullace Elderberry Greengages Loganberry Pears
Fish	Black bream Crab, brown Herring Lobster Mackerel Salmon, wild Sea trout Turbot	Black bream Crab, brown Herring Lobster Mackerel Salmon, wild Sea trout Turbot	Black bream Crab, brown Herring Eel Lobster Mussels Mackerel Oysters, native
Vegetables and mushrooms	Artichokes, globe Beans, broad Beans, French Beans, runner Beetroot Broccoli, calabrese Cabbages Carrots Cauliflower Chard Cucumber Dandelion Endive Fennel Garlic Kohlrabi Lettuce Onions Onions, spring Peas Potatoes	Artichokes, globe Aubergines Beans, broad Beans, French Beans, runner Beetroot Broccoli, calabrese Cabbages Carrots Cauliflower Chard Courgettes Cucumber Dandelion Endive Fennel Garlic Kohlrabi Lettuce Mushrooms, wild Peas	Artichokes, globe Aubergines Beans, broad Beans, French Beans, runner Beetroot Broccoli, calabrese Cabbages Carrots Cauliflower Chard Courgettes Cucumber Dandelion Endive Fennel Garlic Kohlrabi Lettuce
Cheese	Stinking Bishop Fresh goat's milk cheese	Fresh goat's milk cheese	

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	October	November	December
Meat	Goose Grouse Hare Lamb, new season Mallard Partridge Pheasant Ptarmigan Rabbit Snipe Squirrel, grey	Goose Grouse Hare Lamb, new season Mallard Partridge Pheasant Ptarmigan Rabbit Snipe Squirrel, grey	Goose Grouse Hare Mallard Partridge Pheasant Rabbit Snipe Squirrel, grey Turkey Venison
Fruit and nuts	Apples Blackberry Blueberry Chestnuts Crabapples Damonson, bullace Elderberry Loganberry Medlar Pears Plums Quince	Apples Chestnuts Medlar Pears Quince Sloes	Apples Chestnuts Pears Quince
Fish	Black bream Crab, brown Herring Eel Lobster Mussels Mackerel Oysters, native	Black bream Lobster Herring Mussels Mackerel Oysters, native Turbot	Black bream Herring Mussels Oysters, native Turbot
Vegetables and mushrooms	Artichokes, Jerusalem Aubergines Beans, runner Beetroot Broccoli, calabrese Brussels sprouts Cabbages Cardoon Cauliflower Chard Celery Celery Celeriac Chicory Chicory Courgettes Cucumber Endive Fennel Garlic Kale	Kohlrabi Leeks Lettuce Mushrooms, wild Onions Onions, spring Parsnip Potatoes Rocket, wild Salsify, scorzonera Sardine Spinach Squash, pumpkins Tomatoes Turnips, wild Watercress	Artichokes, Jerusalem Beetroot Brussels sprouts Cabbages Cardoon Carrots Cauliflower Celeriac Celery Chard Chicory Chicory Endive Garlic Kale Kohlrabi Leeks Lettuce Mushrooms, wild Onions Onions, spring Parsnip
Cheese			Stilton Blue Wensleydale

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Suppliers

Where to find seasonal food

- Abel & Cole** – organic fruit and veg delivery throughout the UK, with a focus on British seasonal produce – www.abel-cole.co.uk
- Farm Retail Association** – comprehensive listing of farms throughout Britain that sell their produce direct – www.farmshopping.com
- National Association of Farmers' Markets** – contains an up-to-date listing of farmers' markets throughout Britain – www.farmersmarkets.net
- Organic Butchers' Guide** – a guide to where to buy organic meat in Britain – www.organicibutchers.co.uk
- WI Country Markets** – a guide to the many Women's Institute markets around the country – www.wimarkets.co.uk

Some personal favourite suppliers

- A. H. Griffiths** – the odd squirrel and fook, and the best bacon in Britain – 22 High Street, Leintwardine, nr Craven Arms, Shropshire, 01547 540231
- Steve Hart** – superb fish – 88–90 Essex Road, London N1, 020 7226 3963
- Hannish Johnston** – fine cheeses – www.hannishjohnston.com
- Loch Fyne** – seafood, meat and game by mail order – www.loch-fyne.com
- M. Moen & Sons** – free range and organic meats – www.moen.co.uk
- Riverford Organic Vegetables** – veg delivered in the south of England and Wales – www.riverford.co.uk

Interesting food-related organizations

- Common Ground** – charity that champions local diversity; its websites have much information on local events and traditions, many relating to food – www.commonground.org.uk
- Marine Conservation Society** – contains useful information on which fish species to eat with a clearer conscience – www.mcsuk.org
- Slow Food** – Italian-based but rapidly growing global movement dedicated to local, sustainable food – www.slowfood.com
- Soil Association** – campaigning group for organic farming with a wealth of information about food – www.soilassociation.org

Further reading

Cookery books and British food

- Annie Bell's Vegetable Book*, Annie Bell, Michael Joseph, 1997
- The British Housewife*, Martha Bradley, first published 1756, facsimile edition published by Prospect Books, 1998
- English Food*, Jane Grigson, Penguin, first published 1974, revised edition published 1992
- 500 Recipes for Jams, Pickles, Chutneys*, Marguerite Patten, Paul Hamlyn, 1963
- Food in England*, Dorothy Hartley, first published 1954, published by Little, Brown 1999
- Four Seasons Cookery Book*, Margaret Costa, first published 1970, new edition published by Grub Street, 1999
- Good Things*, Jane Grigson, Penguin Books, 1973
- How to Eat*, Nigella Lawson, Chatto & Windus, 1998
- The River Café Cook Book Green*, Rose Gray and Ruth Rogers, Ebury Press, 2000
- The River Cottage Year*, Hugh Fearnley-Whittingstall, Hodder & Stoughton, 2003
- Traditional Foods of Britain*, Laura Mason and Catherine Brown, Prospect Books, 1999

Food politics and history

- British Food: an extraordinary thousand years of history*, Colin Spencer, Grub Street, 2002
- Captive State*, George Monbiot, Macmillan, 2000
- Cottage Economy*, William Cobbett, first published in book form 1822, published by Oxford University Press 1979
- Fast Food Nation*, Eric Schlosser, Penguin, 2001
- Food: a history*, Felipe Fernandez-Armesto, Macmillan, 2001
- The Food We Eat*, Joanna Blythman, Michael Joseph 1996
- The Killing of the Countryside*, Graham Harvey, Vintage, 1998
- So Shall We Reap*, Colin Tudge, Penguin, 2003

Growing your own

- The Complete Book of Self-sufficiency*, John Seymour, Dorling Kindersley, 1976
- Encyclopaedia of Organic Gardening*, Henry Doubleday Research Association, editor-in-chief Pauline Pears, Dorling Kindersley, 2001
- Fork to Fork*, Monty and Sarah Don, Conran Octopus, 1999
- The River Cottage Cookbook*, Hugh Fearnley-Whittingstall, HarperCollins, 2001

Reference

- The Book of Apples*, Joan Morgan and Alison Richards, Ebury Press, 1993
- Fish*, Sophie Grigson and William Black, Headline, 1998

- Good Fish Guide*, Bernadette Clarke, Marine Conservation Society, 2002
Mushrooms and Other Fungi of Great Britain, Roger Phillips, Pan, 1981
Leith's Seasonal Bible, C. J. Jackson and Be Kassapian, Bloomsbury, 1998
The Oxford Companion to Food, Alan Davidson, Oxford University Press, 1999
Vegetables, Roger Phillips and Martyn Rix, Pan, 1993

Weather and climate

- Climate of the British Isles*, T. J. Chandler and S. Gregory, Longman, 1976
March Winds and April Showers: country weather lore, Ralph Whitlock, Ex Libris, 1993
Nature through the Seasons, Richard Adams, Penguin, 1976
Weather, David Ludlum, HarperCollins, 2001
Weather and Agriculture, J. A. Taylor (ed.), Pergamon, 1967

Wild food

- Britain's Wild Harvest*, Hew D. V. Prendergast and Helen Sanderson, Royal Botanic Gardens, Kew and the Countryside Agency, 2004
A Cook on the Wild Side, Hugh Fearnley-Whittingstall, Boxtree, 1997
Food for Free, Richard Mabey, HarperCollins, 1972
Wild Food, Roger Phillips, Pan, 1983

Miscellany

- A Cook's Tour: global adventures in extreme cuisines*, Anthony Bourdain, Ecco, 2000
It Must Have Been Something I Ate, Jeffrey Steingarten, Headline, 2002
Straw Dogs, John Gray, Granta, 2002