

	January	February	March	April	May	June
Poultry, Game	Hare, turkey, rabbit, grouse, partridge	Duckling, hare, rabbit	Duckling, turkey, rabbit	Rabbit	Duck	Duckling, rabbit
Fish	Brill, cod, crab, eel, haddock, lobsters, oysters, pike, prawns, scallops, shrimps, skate, turbot, whiting	Brill, cod, haddock, herrings, mussels, plaice, salmon, crab, shrimps, lemon sole, whiting	Brill, cockles, cod, dabs, John Dory, lobster, mackerel, mussels, pike, salmon, oysters, plaice, crab, prawns, skate, sole, turbot, whiting	Brill, cockles, cod, lobster, trout, mackerel, mullet, salmon, oysters, plaice, crab, prawns, turbot, whiting	Brill, lobster, mackerel, salmon, oysters, plaice, crab, prawns, shrimps, trout, whiting	Crab. John dory, haddock, lobster, mackerel, plaice, trout, prawns, shrimps, turbot, whiting
Vegetables	Broccoli, sprouts, cabbage, carrots, celery, celeriac, chard, leeks, parsnips, savoy cabbage, spinach	Leeks, Jerusalem artichokes, broccoli, sprouts, chicory, cabbage, carrots, celery, celeriac, parsnips, savoy cabbage, mushrooms, swede, parsley, chives, cress	Broccoli, parsnips, radishes, sea kale, sorrel, spinach	Asparagus, chervil, parsnips, radishes, spinach, sea kale, tarragon, cucumber morel mushrooms	Beetroot, cabbage, cauliflower, cucumber, mint, new potatoes, peas, radishes, sorrel, spinach, turnips	Asparagus, broad beans, French beans, kidney beans, cabbage, carrot, glove artichokes, cauliflower, endive lettuce, courgette, cucumbers, peas, radishes, spinach, turnips
Fruit	Apples, grapes, oranges, pears, walnuts	Apples, bramleys, grapes, oranges, pears, dates	Apples, grapes, oranges, rhubarb	Apples, forced cherries, pears, rhubarb	Apples, cherries, gooseberries, raspberries, melons, pears, rhubarb, strawberries	Cherries, currants, gooseberries, raspberries, strawberries
	July	August	September	October	November	December
Poultry, Game	Goose, turkey, rabbit, hare	Goose, duckling, turkey, hare, rabbit, wild duck	Grouse, venison	Grouse, guinea fowl, hare, partridge, pheasant	Grouse, hare, partridge, pheasant, rabbit, turkey, goose	Turkey, goose, grouse, pheasant, hare, rabbit
Fish	Crab, John Dory, eel, haddock, herring, lobster, mackerel, plaice, prawns, salmon, shrimps, skate, trout, turbot, whiting	Brill, crab, crayfish, lobster, prawns, sole, salmon, shrimps, skate, trout, turbot	Clams, lobster, mussels, lobster, plaice, sea bass, skate, Dover sole, oysters	Brill, cod, crab, whiting, lobster, mussels, oysters, skate, plaice, prawns, turbot, Dover sole	Haddock, halibut, herring, sea bream	Cod, crab, Dover sole, haddock, herring, lobster, oysters, sea bass, skate, turbot
Vegetables	Ridged cucumbers, fennel, globe artichokes, lettuces, salsify, scarlet runner beans	Artichokes, asparagus, beans, carrots, cauliflower, celery, endive, celeriac, lettuce, peas, onions, radishes, mushrooms, peppers	Broccoli, sweetcorn, rocket, tomatoes, wild mushrooms	Cabbage, carrots, broad leaf cress, marrow, wild mushrooms, onions, tomatoes, cauliflower, pumpkins, spinach, potatoes, watercress, squashes	Beetroot, cabbages, celery, celeriac, cauliflower, chicory, leeks	Jerusalem artichokes, Brussels sprouts, curly kale, leeks, swede, potatoes, pumpkin, spinach
Fruit	Melons, plums, nectarines, currants, raspberries, strawberries	Apricots, cherries, loganberries, melons, plums, raspberries, greengages, currant, strawberries	Blackberries, cherries, figs, greengages, melon, pears, apples, walnuts	Cox's orange pippins, figs, damsons, William pears, sloes walnuts	Apples, pears, almonds, chestnuts, hazelnuts, walnuts	Apples, fresh dates, tangerines, clementines, satsumas, cornice pears, pomegranates, chestnuts