

SEASONAL CALENDAR

DENMARK

MONTH	FRUIT	VEGETABLES
Jan	Apple (Cox Orange - Elstar - Rød Ingrid Marie, Rød Jonagold) - Orange - Blood orange - Lemon - grapefruit - Pomegranate - Clementine - Tangerine	Heirloom beets - Butternut squash - Carrot Kale - Hokkaido - White cabbage - Jerusalem artichoke Endive - Turnip - Celeriac - Parsnip - horseradish Red kale - Beetroot - Red cabbage - Brussel sprouts Savoy cabbage - Winter leek
Feb	Apple (Elstar, Rød Ingrid Marie, Rød Jonagold) - Orange - Blood orange - Lemon - grapefruit - Pomegranate - Clementine - Tangerine	Heirloom beets - Butternut squash - Carrot Kale - Hokkaido - White cabbage - Jerusalem artichoke Endive - Turnip - Celeriac - Parsnip - horseradish Red kale - Beetroot - Red cabbage - Savoy cabbage - Winter leek
Mar	Apple (Elstar, Rød Jonagold) - Orange - Blood orange - Lemon - grapefruit	beetroot - white cabbage - carrot - celeriac - emperor mushroom - horseradish - jerusalem artichoke - kale - kohlrabi - leek - mushroom - onion - oyster mushroom - parsnip - red cabbage - cress - Celeriac - Parsley root - Radish - Lamb's lettuce
Apr	rhubarb	Asparagus - beetroot - carrot - cucumber - horseradish - jerusalem artichoke - mushroom - onion - parsnip - radish - - rucola - Chives - spinach - wild garlic - cress
May	Rhubarb	Asparagus - cucumber - horseradish lettuce - mushroom - onion - radish - romaine lettuce - rucola - shallot - spinach - white asparagus - peas - pea shoots - hispi cabbage - pak choi - lovage
Jun	raspberry - strawberry - melon - Rhubarb	Cucumber - Celery - Cauliflower - Watercress - Fennel - Frisée salad - Kohlrabi - Green asparagus - Gem lettuce - Lovage - Turnip - New potatoes - New onions - Pak Choi - Rucola - Summer leek - Hispi cabbage - carrots - Spinach - Peas - Pea shoots - White asparagus
Jul	Blueberry - Peach - Raspberry - Strawberry Cherry - Melon - Nectarine - Red Currants - Black Currant - Gooseberry	Cucumber - Basil - Chard - Celery - Cauliflower - Watercress Fennel - Kohlrabi - Green beans - Iceberg salad - Lovage - Corn - Turnip - New potatoes - New onions - Pak Choi - Bell pepper - Romaine lettuce - Summer cabbage - Summer leek Hispi cabbage - Squash - carrots - Tomato
Aug	Summer apples (Discovery, Guldborg) - Apricot - Plum - Blueberry - Blackberry - Peach - Raspberry Melon - Nectarine - Rhubarb - Red Currants - Black Currant - Gooseberry	Cucumber - Aubergine - Chard - Celery Basil - Cauliflower - Broccoli - Fennel - Kohlrabi - Green beans - Lettuce - Lovage - Corn - Turnip - New onions - Pak Choi - Bell pepper - Radicchio - Romaine lettuce - Beetroot - Hispi Cabbage - Squash - Tomato
Sep	Apple (Discovery, Guldborg, Rød Gråsten, Sunrise) - Plum - Blueberry - Blackberry - Fig - Raspberry - Quince - Melon - Pear - Grapes	Cucumber - Aubergine - Chard - Celery - Cauliflower Heirloom beets - Broccoli - Butternut squash - Fennel Green beans - Hokkaido - Jerusalem artichoke - Corn Turnip - celeriac Cavolo Nero - Bell pepper - Parsley root - Leek Beetroot - Spinach - Mushrooms - Squash - Tomato
Oct	Apple (Gala Must, Rød Aroma) - Plum - Fig - Quince - Melon - Pear - Grapes	Aubergine - Chard - Celery - Cauliflower - Heirloom beets - Broccoli - Butternut squash - Fennel - Kohlrabi Kale - Green tomatoes - Hokkaido pumpkin - White cabbage - Jerusalem artichoke - Celeriac Turnip - Corn - Parsnip - Cavolo nero - Parsley root Leek - Romanesco - Beetroot - Red cabbage - Savoy cabbage - Spinach - Mushrooms - Tomato
Nov	Apple (Holsteiner Cox, Ingrid Marie) - Pear - Plum	Heirloom beets - Butternut squash Kohlrabi - Carrot - Kale - Hokkaido pumpkin - White cabbage - Jerusalem artichokes - Endive - Turnip Celeriac - Cavolo nero - Parsnip - horseradish - Parsley root Leek - Beetroot - Romanesco - Brussel sprouts - Red cabbage Savoy cabbage
Dec	Apple (Belle de Boskoop, Ingrid Marie, Pigeon) Orange - Pomegranete - Clementine - Tangerine - Pear	Heirloom beets - Butternut squash - Carrot - Kale - Hokkaido White cabbage - Jerusalem artichoke - Endive - Turnip Celeriac - Parsnip - horseradish - Parsley root - Red kale Beetroot - Red cabbage Romanesco - Brussel sprouts Savoy cabbage - winter leek