

SEASONAL CALENDAR

SPAIN

MONTH	FRUIT	VEGETABLES
Jan	Avocado - banana - grapefruit - kiwi - mandarin - lemon - orange	Artichoke - beetroot - broad bean - broccoli - cabbage - carrot - cauliflower - celery - chard - curly endive - endive - fennel - garlic - green garlic - leek - lettuce - onion - parsnip - radish - red cabbage - savoy cabbage - spinach - squash -
Feb	Avocado - banana - grapefruit - kiwi - mandarin - lemon - orange	Artichoke - asparagus - beetroot - broad bean - broccoli - cabbage - carrot - cauliflower - celery - chard - curly endive - endive - fennel - garlic - green garlic - leek - lettuce - onion - parsnip - radish - red cabbage - savoy cabbage - spinach - squash -
Mar	Avocado - banana - grapefruit - kiwi - mandarin - lemon - orange - strawberry	Artichoke - asparagus - bell pepper - broad bean - broccoli - cabbage - carrot - cauliflower - celery - chard - curly endive - fennel - endive - garlic - green garlic - leek - lettuce - onion - parsnip - pea - radish - red cabbage - savoy cabbage - spinach - squash -
Apr	Avocado - banana - cherry - grapefruit - mandarin - medlar - lemon - orange - strawberry	Artichoke - asparagus - beetroot - bell pepper - broad bean - broccoli - cabbage - carrot - cauliflower - celery - chard - garlic - green bean - green garlic - leek - lettuce - onion - parsnip - pea - radish - savoy cabbage -
May	raspberry - Apricot - Avocado - banana - cherry - donut peach - grapefruit - lemon - medlar - nectarine - peach - plum - orange - strawberry	Artichoke - asparagus - beetroot - bell pepper - broad bean - broccoli - cabbage - carrot - cauliflower - chard - courgette - cucumber - garlic - green bean - kohlrabi - leek - lettuce - onion - pea - radish - savoy cabbage - tomato -
Jun	raspberry - Apricot - banana - cherry - donut peach - early fig - lemon - medlar - melon - nectarine - peach - pear - plum - orange - strawberry - watermelon	Aubergine - Asparagus - beetroot - bell pepper - carrot - cauliflower - cucumber - courgette - garlic - kohlrabi - green bean - leek - lettuce - onion - radish - tomato -
Jul	Raspberry - apple - Apricot - banana - donut peach - grape - lemon - melon - nectarine - peach - pear - plum - strawberry - watermelon	Aubergine - beetroot - bell pepper - carrot - courgette - cucumber - garlic - green bean - kohlrabi - lettuce - onion - tomato -
Aug	raspberry - apple - Apricot - banana - donut peach - grape - fig - melon - nectarine - peach - pear - plum - strawberry - watermelon	Aubergine - beetroot - bell pepper - carrot - courgette - cucumber - garlic - green bean - kohlrabi - lettuce - onion - squash - tomato -
Sep	raspberry - Apple - banana - Date - fig - grape - mandarin - mango - melon - Peach - pear - persimmon - plum - pomegranate - nectarine - quince - watermelon	Aubergine - beetroot - bell pepper - carrot - cauliflower - chard - courgette - cucumber - garlic - green bean - leek - lettuce - onion - squash - tomato -
Oct	Apple - Avocado - banana - custard apple - date - fig - grape - grapefruit - kiwi - mango - melon - lemon - pear - persimmon - pomegranate - orange - quince	Aubergine - Artichoke - beetroot - bell pepper - broccoli - cabbage - carrot - cauliflower - celery - chard - curly endive - endive - garlic - green bean - green garlic - leek - lettuce - onion - radish - red cabbage - savoy cabbage - spinach - squash - tomato - turnip
Nov	Apple - Avocado - banana - custard apple - date - grape - grapefruit - kiwi - mandarin - mango - melon - lemon - pear - persimmon - pomegranate - orange - quince	Aubergine - Artichoke - beetroot - bell pepper - broad bean - broccoli - cabbage - carrot - cauliflower - celery - chard - curly endive - endive - garlic - green garlic - leek - lettuce - onion - radish - red cabbage - savoy cabbage - spinach - squash - tomato - turnip
Dec	Apple - Avocado - banana - custard apple - date - grape - grapefruit - kiwi - mandarin - mango - lemon - pear - persimmon - orange - quince	Artichoke - beetroot - broad bean - broccoli - cabbage - carrot - cauliflower - celery - chard - curly endive - endive - garlic - fennel - green garlic - leek - lettuce - onion - radish - red cabbage - savoy cabbage - spinach - squash - turnip