

SEASONAL CALENDAR

SWEDEN

MONTH	FRUIT	VEGETABLES
Jan	Winter apple	Beetroot - black radish - brussels sprout - cabbage - carrot - celeriac - celery - jerusalem artichoke - kale - leek - onion - parsnip - peas - potato - red cabbage - red onion - rutabaga
Feb	Winter apple	Beetroot - brussels sprout - cabbage - sarrot - celeriac - celery - jerusalem artichoke - kale - leek - onion - parsnip - peas - potato - red cabbage - red onion - rutabaga
Mar	Winter apple	Beetroot - brussels sprout - cabbage - carrot - celeriac - celery - cucumber - jerusalem artichoke - kale - onion - parsnip - peas - potato - red cabbage - red onion - rutabaga
Apr		Beetroot - cabbage - carrot - celeriac - cucumber - leek - onion - parsnip - potato - ramson - red cabbage - red onion - rhubarb - rutabaga
May		Beetroot - cabbage - carrot - celeriac - garlic - iceberg lettuce - onion - parsnip - potato - radish - red onion - rhubarb - rutabaga - scallion - spinach - tomato
Jun	Strawberry	Beetroot - cabbage - carrot - celeriac - cucumber - iceberg lettuce - kohlrabi - leek - onion - parsnip - peas - potato - radish - red onion - rhubarb - rutabaga - scallion - spinach - tomato
Jul	Strawberry	Beetroot - cabbage - carrot - celeriac - cucumber - iceberg lettuce - kohlrabi - leek - onion - parsnip - peas - potato - radish - red onion - rhubarb - rutabaga - scallion - spinach - tomato
Aug	Blackberry - blackcurrant - blueberry - cherry - gooseberry - pear - plum - raspberry	Artichoke - asparagus - beetroot - black radish - broad bean - broccoli - cabbage - carrot - cauliflower - celeriac - celery - cucumber - courgette - fennel - kohlrabi - leek - lettuce - onion - parsnip - peas - potato - pumpkin - radish - red cabbage - red onion - rhubarb - rutabaga - spinach - sweet corn - tomato
Sep	Apple - blackberry - blackcurrant - cherry - cloudberry - lingonberry - pear - plum	Artichoke - asparagus - beetroot - black radish - broad bean - broccoli - brussels sprout - cabbage - carrot - cauliflower - celeriac - celery - cucumber - courgette - fennel - jerusalem artichoke - kale - kohlrabi - leek - lettuce - onion - parsnip - peas - potato - pumpkin - red cabbage - red onion - rhubarb - rutabaga - savoy cabbage - snap pea - spinach - sweet corn - tomato
Oct	Apple - pear	Beetroot - black radish - broccoli - brussels sprout - cabbage - carrot - cauliflower - celeriac - celery - chanterelle mushroom - courgette - cucumber - jerusalem artichoke - kale - leek - onion - parsnip - peas - potato - pumpkin - red cabbage - red onion - rutabaga - savoy cabbage - spinach - tomato
Nov	Winter apple	Beetroot - black radish - broccoli - brussels sprout - cabbage - carrot - cauliflower - celeriac - jerusalem artichoke - kale - leek - onion - parsnip - peas - potato - pumpkin - red cabbage - red onion - rutabaga
Dec	Winter apple	Beetroot - black radish - broccoli - brussels sprout - cabbage - carrot - cauliflower - celeriac - endive - jerusalem artichoke - kale - leek - onion - parsnip - peas - potato - pumpkin - red cabbage - red onion - rutabaga