



	JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
<b>Potatoes</b> Baking Potatoes Salad Potatoes King Edward Potatoes	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK
<b>Root Vegetables</b> Carrots Celeriac Parsnips	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK	UK
<b>Mushrooms</b> Button Mushrooms Large Flat Mushrooms		Holland UK/Ireland		Holland UK/Ireland		Holland UK/Ireland		Holland UK/Ireland		Holland UK/Ireland		Holland UK/Ireland
<b>Brassicas</b> Broccoli Savoy Cabbage Red & White Cabbage Cauliflower		Spain		Spain		Spain/UK		UK		UK/Spain		Spain
<b>Squash</b> Butternut Squash Courgettes		South Africa/Argentina		South Africa/Argentina		Spain/UK		UK		UK/Spain		Spain
<b>Alliums</b> Onions Red Onions Leeks		UK		UK		New Zealand/Chile		New Zealand/Chile		UK		UK
<b>Speciality Vegetables</b> Fine Beans Sugar Snap Peas Baby Corn		Kenya/Guatemala		Guatemala		Kenya/Peru		Kenya/Guatemala		Guatemala		Kenya/Guatemala
<b>Salad Lettuce</b> Iceberg Lettuce Lollo Rosso		Spain		Spain		Spain/UK		UK		UK/Spain		Spain
<b>Salad</b> Celery Cucumber		Spain		Spain/Holland		Israel		UK		UK/Spain		Spain
<b>Capsicums</b> Yellow, Red & Green Peppers Red & Green Chili Peppers		Spain		Spain		Holland		Holland		Holland/Spain		Spain
<b>Herbs</b> Curly Parsley Coriander Mint Micro-greens		Spain/Turkey		Spain/Morocco/Turkey/Israel		UK/Spain/Morocco		UK		Spain/Turkey/UK		Spain/Turkey/UK
<b>Tomatoes</b> Beef Tomatoes Tomatoes (M & MM) Cherry Tomatoes on the Vine		Spain		Spain		Canary Islands		Holland		Holland		Spain
<b>Apples &amp; Pears</b> Granny Smith Apples Pears		France		France/South Africa		Holland/Belgium		South Africa		Holland/Belgium		France
<b>Citrus</b> Easy Peelers Lemons Limes		Spain		Spain/Turkey/Uruguay		Argentina		South Africa		Uruguay		Uruguay
<b>Melons</b> Galia Melons Honeydew Melons		Brazil		Guatemala/Honduras		Spain		Spain		Spain		Brazil
<b>Bananas</b> Bananas		Dominican Republic/Costa Rica/Cameroon/Colombia/Brazil				Dominican Republic/Costa Rica/Cameroon/Colombia/Brazil				Dominican Republic/Costa Rica/Cameroon/Colombia/Brazil		
<b>Exotic Fruit</b> Medium Pineapples Passion Fruit				Costa Rica		Costa Rica		Costa Rica		Costa Rica		Costa Rica
<b>Soft Fruit</b> Raspberries Strawberries		Spain		Spain		Spain/UK		UK		UK		UK
<b>Stone Fruit</b> Peaches Plums		Chile/Argentina		Chile		Egypt		Spain		Spain/Italy		Spain
<b>Grapes</b> Red Grapes White Grapes		Chile/South Africa		Chile		Australia/Israel		Egypt		Egypt/Morocco		Spain

For further information contact Wild Harvest or download the produce list from our website.

**KEY**

- Excellent Seasonal Period
- Good Seasonal Period
- Challenging Seasonal Period

To achieve the best quality and availability of produce, we may sometimes need to source from an alternative origin than those mentioned. Photographs for illustrative purposes only.

**020 7498 5397**  
[www.wildharvestuk.com](http://www.wildharvestuk.com)