

www.wellseasoned.co.uk

		winter			spring			summer			autumn		
		Dec.	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.
ARTICHOKE: Globe													
Jerusalem													
ASPARAGUS													
AUBERGINE													
BEETROOT													
BORLOTTI BEANS													
BROAD BEANS													
BROCCOLI													
BRUSSEL SPROUTS													
CABBAGES: Cavalo Nero													
Chinese Leaf													
January King													
Kale													
Red Cabbage													
Savoy													
Spring Greens													
White													
CARROTS													
CAULIFLOWER													
CELERIAC													
CELERY													
CHARD													
CHICORY													
CHILLI													
COURGETTES													
COURGETTE FLOWERS													
CUCUMBERS													
FENNEL													
FRENCH BEANS													

Our seasonal colours - At Well Seasoned we are passionate about the rich variety of our seasonal produce. Our seasonal colour bars are designed to convey the vibrancy of every season and the foods they bring us!



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GARLIC (cultivated)								█	█	█	█	█	
HORSERADISH		█	█	█							█	█	█
KOHLRABI		█	█	█					█	█	█	█	█
LEEKS		█	█	█	█					█			
LETTUCES & LEAVES: Cos						█	█	█	█	█	█	█	█
Crisp						█	█	█	█	█	█	█	█
Gem						█	█	█	█	█	█	█	█
Iceberg						█	█	█	█	█	█	█	█
Rosso						█	█	█	█	█	█	█	█
Rocket						█	█	█	█	█	█	█	█
Round						█	█	█	█	█	█	█	█
MANGETOUT							█	█	█	█			
MARROW										█	█	█	█
ONIONS		█	█	█	█	█	█	█	█	█	█	█	█
PAK CHOY								█	█	█	█	█	█
PARSNIPS		█	█	█	█						█	█	█
PEAS							█	█	█	█	█	█	█
PEPPERS									█	█	█	█	█
POTATOES: EARLY		A selection of new early and second early potatoes...											
Duke of York (roast)							█	█	█	█			
Jersey Royals (boil)							█	█	█	█			
Maris Bard (boil/chip)							█	█	█	█			
Maris Peer (boil)									█	█	█	█	█
Osprey (salad)									█	█	█	█	█
Pentland Javelin (salad)							█	█	█	█			
POTATOES: MAIN CROP		A selection of main crop potatoes...											
Anya (salad)		█	█	█	█	█	█	█	█	█	█	█	█
King Edward (mash)		█	█	█	█	█	█	█	█	█	█	█	█
Marfona (jacket)		█	█	█	█	█	█	█	█	█	█	█	█

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Maris Piper (roast)	🛒	█	█	█	█	█	█	█	█	█	█	█	█
Pink Fir Apple (boil)	🍷	█	█	█	█	█	█	█	█	█	█	█	█
Rooster (chip)	🛒	█	█	█	█	█	█	█	█	█	█	█	█
PURPLE SPROUTING BROCOLLI	🛒			█	█	█	█						
RADISH	🛒					█	█	█	█	█	█	█	█
RHUBARB: Forced	🛒		█	█	█								
Field	🛒					█	█	█	█	█			
RUNNER BEANS	🛒							█	█	█	█	█	█
SALSIFY	🍷	█	█	█	█							█	█
SAMPHIRE: Marsh	🍷							█	█	█	█		
Rock	🍷					█	█	█	█				
SHALLOT	🛒	█	█	█	█							█	█
SPINACH	🛒	█	█	█	█	█	█	█	█	█	█	█	█
SPRING ONIONS	🛒					█	█	█	█	█	█	█	█
SQUASHES* (pumpkins & others)	🛒	█	█								█	█	█
SWEDE	🛒	█	█	█							█	█	█
SWEETCORN	🛒									█	█	█	█
SWISS CHARD	🍷								█	█	█	█	█
TOMATOES*	🛒							█	█	█	█	█	█
TURNIPS: Baby	🛒							█	█	█	█	█	█
Mature	🛒	█	█							█	█	█	█
WATERCRESS	🛒					█	█	█	█	█	█	█	█

* Strictly, these are fruits!

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