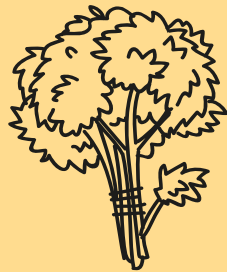


Fruit & Veggie Calendar



These fruit and veggies
are listed by the four
seasons in The Netherlands

SPRING

march - may

Potatoes	Turnip greens
Endive	Radish
Asparagus (white and green, from April)	Daikon
Cauliflower	Savoy cabbage
Kale	Shiitake mushroom
Carrots	String beans
Broccoli	Green beans
Mushrooms	Spinach
Zucchini	Tomatoes
Celeriac	Cress
Cucumber	Onion (shallot, white and red onion)
Kohlrabi	Chicory
Butter lettuce	Winter carrots
Lamb's ear	Sweet potato
Turnip	Apple
Oyster mushroom	Blackberry
Bok choy	Raspberry
Bell pepper	Pear
Leek	

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FALL

september - november

Potatoes (Accent, Bintje, Opperdoeser ronde, Sante, etc.)	Cowpea	Green beans
Endive	Butter lettuce	Spinach
Artichoke	Oyster mushroom	Cabbage
Eggplant	Bok choy	Brussels sprouts
Celery	Bell pepper	Tomatoes
Cauliflower	Parsnip	Onion (shallot, white and red onion)
Kale	Squash/pumpkin	Lamb's lettuce
Carrot	Leek	Fennel
Broccoli	Radish	Winter carrot
Mushroom	Black radish	Chicory
Napa cabbage	Red beet (winter variety, large, without greens)	White cabbage
Zucchini	Red cabbage (winter variety)	Sweet potato
Iceberg lettuce	Savoy cabbage	Apple
Celeriac	Salsify	Blackberry
Cucumber	Shiitake mushroom	Raspberry
Swede	Chard	Pear
	String beans	Plum

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SUMMER

june - august

Potatoes (Accent, Eigenheimer, Opperdoeser ronde and Roseval, etc.)	Lamb's ear	Broad beans
Endive	Oyster mushroom	Cress
Asparagus (white and green, until the end of June)	Bok choy	Onion (shallot, white and red onion)
Artichoke	Bell pepper	Fennel
Eggplant	Snow peas	Watercress
Celery	Purslane (summer variety)	White cabbage
Cauliflower	Leek	Chicory
Broccoli	Rhubarb	Samphire
Carrot	Radish	Sweet potato
Mushroom	Daikon	Strawberry
Napa cabbage	Red beet (summer variety, small, with foliage)	Apple
Zucchini	Red cabbage (summer variety)	Blueberry
Peas	Rocket (Arugula)	Blackberry
Iceberg lettuce	Shiitake mushroom	Raspberry
Cucumber	Chard	Cherry
Kohlrabi	String beans	Peach
Cowpea	Green beans	Plum
Butter lettuce	Spinach	Rhubarb
	Cabbage	Red currant
	Tomatoes	Black currant

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WINTER

december - february

Potatoes (Bintje, Eigenheimer, Nicola, Irene, etc.)	Radish
Jerusalem artichoke (only in December)	Red beet (winter variety, large, without greens)
Kale	Red cabbage (winter variety)
Broccoli	Savoy cabbage
Mushrooms	Salsify
Napa cabbage	Shiitake mushroom
Celeriac	Chard
Swede	Brussels sprouts
Oyster mushroom	Onion (shallot, white and red onion)
Bok choy	Lamb's lettuce
Bell pepper	Chicory
Parsnip	White cabbage
Squash/pumpkin	Winter carrot
Purslane (winter variety)	Sweet potato
Leek	Apple
Black radish	Pear

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