

Scottish Food in Season

	January	February	March	April	May	June	July	August	September	October	November	December
Vegetables	Beetroot Broccoli Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Parsnips Potatoes Turnips	Beetroot Broccoli Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Potatoes	Broccoli Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Potatoes Radishes	Broccoli Cabbage Carrots Chicory Leeks Mushrooms Potatoes Radishes	Asparagus Broccoli Cabbage Carrots Chicory Cauliflower Lettuce Mushrooms Potatoes	Asparagus Broad beans Cauliflower Cabbage Carrots Celery Courgettes Lettuce Mushrooms Onions Potatoes Runner beans	Beetroot Broad beans Broccoli Cauliflower Cabbage Carrots Celery Courgettes French beans Lettuce Mushrooms Onions Peas (shell) Peas (sugar snaps) Potatoes Runner beans Shallots	Aubergines Beetroot Broccoli Cauliflower Cabbage Carrots Celery Courgettes French beans Lettuce Mushrooms Onions Peas (shell) Peas (sugar snaps) Potatoes Runner beans Shallots	Beetroot Broccoli Cabbage Carrots Cauliflower Celery Chicory French beans Leeks Lettuce Mushrooms Onions Parsnips Potatoes Shallots Summer squash Turnips	Beetroot Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celeriac Celery Chicory Leeks Chicory Courgettes Kale Lettuce Mushrooms Onions Potatoes	Beetroot Brussels sprouts Cabbage Carrots Celery Chestnuts Chicory Leeks Mushrooms Parsnips Potatoes Pumpkin Squash	Beetroot Brussels sprouts Cabbage Carrots Chicory Leeks Mushrooms Parsnips Squash Turnips
Fruit	Foced Rhubarb Pears			Rhubarb	Rhubarb Strawberries	Gooseberries Raspberries Strawberries Tayberries Khubarb Redcurrants	Blackcurrants Gooseberries Loganberries Raspberries Redcurrants Strawberries Tomatoes Khubarb Blueberries	Blackberries Blueberries Gooseberries Raspberries Strawberries	Blackberries Blueberries Damsons Plums Pears Raspberries Strawberries	Apples Elderberries Pears	Apples Pears	Apples Pears
Meat	Beef, Lamb, Pork Partridge, Duck, Pheasant, Rabbit, Red Deer Hare Guinea Fowl, Venison Farmed Venison	Beef, Lamb, Pork Chicken, Partridge, Duck, Pheasant Guinea Fowl Red Deer, Rabbit Venison, Hare, Farmed Venison	Beef, Lamb Pork, Chicken Hare Venison Red Deer Farmed Venison	Beef Lamb Pork Chicken Venison Red Deer Farmed Venison	Beef Lamb Pork Chicken Venison Red Deer Farmed Venison	Beef Lamb Pork Chicken Duck Venison Red Deer Farmed Venison	Beef Lamb Pork Chicken Red Deer Farmed Venison	Beef Lamb Por Chicken Red Deer Rabbit Other Game birds Farmed venison	Beef, Lamb, Pork Chicken, Duck Grouse, Partridge Hare, Red Deer Rabbit, Guinea Fowl Other, Game Birds Farmed Venison	Beef, Lamb, Pork Chicken, Grouse Guinea Fowl Partridge, Duck Red Deer, Hare Rabbit Farmed Venison	Beef, Lamb, Pork, Chicken, Partridge Duck, Grouse Hare, Guinea Fowl Red Deer, Farmed Venison, Pheasant	Beef, Lamb, Pork, Chicken Partridge, Duck Pheasant, Hare Guinea fowl Red Deer Rabbit, Farmed Venison
Herbs			Mint Parsley, Sorrel Watercress, Wild Garlic	Rosemary Watercress Wild Garlic	Mint Parsley Watercress Garlic	Parsley Watercress Garlic	Fennel Garlic Sage Watercress Parsley	Basil Garlic Watercress Parsley	Garlic Watercress Parsley Basil	Garlic Parsley		
Fish	Langoustine Oysters Mussels Halibut Sardines Cockles	Langoustine Mussels Halibut Salmon Sardines Cockles	Langoustine Mussels Halibut Salmon Cockles Lemon Sole	Langoustine Salmon Cockles Grey Mullet Trout Razor	Salmon Grey Mullet Trout John Dory Farmed Salmon	Salmon Grey Mullet Trout John Dory Farmed Salmon	Halibut Salmon Sardines Crab Pike Trout	Langoustine Scallops Halibut Salmon Crab Pike	Langoustine Scallops Oysters Mussels Halibut Salmon	Scallops Oysters Mussels Halibut Sardines Cockles	Scallops Oysters Mussels Halibut Sardines Cockles	Scallops Oysters Mussels Halibut Sardines Cockles