

"Eating with the Seasons"

Meadowside Nursery

Eating local fresh, nutritious, seasonal produce is environmentally friendly (less food miles) and supports local businesses.

This (rough) guide will help you plan your meals.

Note: Weather conditions can sometimes affect availability.

PRODUCE	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Cauliflower	●	●	●						●	●	●	●
Calabrese								●	●			
Cabbage	●	●	●					●	●	●	●	●
Savoy	●	●							●	●	●	●
Kale	●	●	●				●	●	●	●	●	●
Sprouting Broccoli	●	●	●	●					●	●	●	●
Swede	●	●	●						●	●	●	●
Carrots	●	●	●	●	●	●	●	●	●	●	●	●
Parsnips	●	●							●	●	●	●
Leeks	●	●	●						●	●	●	●
Chard				●	●	●	●					
Rhubarb				●								
Parsley	●	●	●	●					●	●	●	●
Broad Beans					●	●						
Runner Beans							●	●	●			
Sprouts	●										●	●
Tomatoes						●	●	●	●			
Sweetcorn								●	●	●		
Pumpkin											●	
Squash										●	●	●
Courgette						●	●	●	●			
Salad Leaves				●	●	●	●	●	●			
Radish				●	●	●	●	●				
Cucumber							●	●	●			
Beetroot	●	●	●				●	●	●	●	●	●
French Beans						●	●					
Fennel									●	●	●	●
<i>Other Local Produce</i>												
Potatoes (F Pryor, Perranwell)	●	●	●	●	●	●	●	●	●	●	●	●
Asparagus (Grow Fair, St Erme)				●	●	●						

Quenchwell, Carnon Downs, Truro TR3 6LN <https://meadowsidenursery.com>

in association with Transition Truro (www.transitiontruro.org.uk)
and Transition Falmouth (www.transitionfalmouth.org.uk)