

Seasonal Food Calendar

*There is good reason
to buy foods in season!*



STOPFoodWaste.ie

Seasonal Food

Eating foods that are locally produced and in season is a great way to reduce the overall environmental impact of what we eat. These days, large food producers can grow food all year round which makes supermarket shelves not a very good indicator of what's in season. The Stop Food Waste Seasonal Food Calendar tracks the growing season so you'll know when it's best to buy Irish produce.

Why it's good to buy foods that are in season

Resources

Energy and resources are needed to grow, package and transport food across a global food system. Keeping it local can reduce the amount of energy used.

Food Quality

Fruit and veg that are transported from around the world are often picked before they are fully ripe and can lose nutrients by the time we buy them. Local sourcing will keep this to a minimum.

Money

Money spent on locally produced food goes back into the local economy. Although Irish produce can be more expensive, buying in season means that you are investing in your local community and getting the best price for food in its prime.

Waste

Food produced and enjoyed locally shortens the supply chain and limits the likelihood of spoilage during transit. Much food is wasted because it fails to meet cosmetic standards. By shopping local and buying directly from the producer, you have an opportunity to buy products which retailers may not stock such as "wonky fruit and vegetables".

Make the most of local foods by preserving!

In Ireland, we are lucky enough to be able to buy locally grown fresh food all year round. Enjoying food in season gives us a greater appreciation for the produce. Who doesn't love a Wexford strawberry in June?

MAKE THE MOST OF LOCAL SEASONAL FOOD USING THE TECHNIQUES IN THE PRESERVING SECTION OF OUR WEBSITE STOPFOODWASTE.IE

As you will notice, there's a whole lot more available in the summer and the autumn than during the month of April when many plants are at the beginning of their growth cycle. It's during these points in the year that you will most appreciate the food that's been preserved.

Important to note

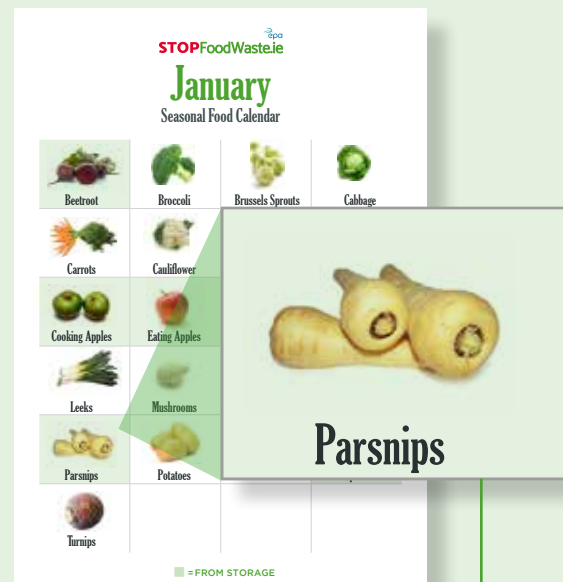
Wasted food, wherever it comes from, is a waste of resources.



Food from storage

Within the food production system, some fresh fruit and vegetables can be stored for months at a time through control of temperature, relative humidity and other conditions.

This makes it possible for Irish produce to be available for a longer period of time though it is not actually in season. This updated calendar shows you exactly what foods are likely to be available from storage as well as what's in season.



Any foods available from storage will be indicated by a light green box.

January

Seasonal Food Calendar

			
Beetroot	Broccoli	Brussels Sprouts	Cabbage
			
Carrots	Cauliflower	Celeriac	Celery
			
Cooking Apples	Eating Apples	Garlic	Kale
			
Leeks	Mushrooms	Onions	Pak Choi
			
Parsnips	Potatoes	Rocket	Spinach
			
Turnips			

February

Seasonal Food Calendar



Beetroot



Brussels Sprouts



Cabbage



Carrots



Cauliflower



Celeriac



Cooking Apples



Eating Apples



Kale



Leeks



Mushrooms



Onions



Parsnips



Potatoes



Purple Broccoli



Spinach



Turnips

March

Seasonal Food Calendar



Brussels Sprouts



Cabbage



Carrots



Cauliflower



Celeriac



Cooking Apples



Kale



Leeks



Mushrooms



Onions



Parsnips



Potatoes



Purple Broccoli



Round Lettuce



Spinach

April

Seasonal Food Calendar



Asparagus



Cabbage



Cauliflower



Chard



Cooking Apples



Kale



Leeks



Mushrooms



Parsnips



Rhubarb



Round Lettuce

 = FROM STORAGE

May

Seasonal Food Calendar



Asparagus



Cabbage



Cauliflower



Celery



Cooking Apples



Lettuce



Mushrooms



Pak Choi



Radishes



Rhubarb



Scallions



Spinach



Strawberries



White Turnip

June

Seasonal Food Calendar



Asparagus



**Blackcurrants &
Redcurrants**



Broad Beans



Broccoli



Cabbage



Cauliflower



Celery



Cucumbers



Fennel



Garlic



Green Beans



Lettuce



Mushrooms



New Season Onions



New Season Potatoes



Peas



Radishes



Rhubarb



Scallions



Shallots



Spinach



Strawberries



Tomatoes

July

Seasonal Food Calendar



Beetroot



Blackberries



Broccoli



Cabbage



Carrots



Cauliflower



Celery



Courgettes



Cucumbers



Garlic



Gooseberries



Green Beans



Kale



Lettuce



Mushrooms



**New Season
Potatoes**



Peas



Peppers



Radishes



Raspberries



Rhubarb



Scallions



Shallots



Spinach



Strawberries



Tomatoes



Turnips

August

Seasonal Food Calendar



Aubergines



Beetroot



Blackberries



Blueberries



Broccoli



Cabbage



Carrots



Cauliflower



Celery



Courgettes



Cucumbers



Fennel



Green Beans



Lettuce



Mushrooms



Onions



Pak Choi



Parsnips



Peas



Peppers



Radishes



Raspberries



Rhubarb



Runner Beans



Scallions



Shallots



Spinach



Strawberries



Sweetcorn



Tomatoes



Turnips

September

Seasonal Food Calendar



Beetroot



Blackberries



Blueberries



Broccoli



Brussels sprouts



Cabbage



Carrots



Cauliflower



Celery



Courgettes



Cucumbers



Eating Apples



Fennel



French Beans



Kale



Lettuce



Mushrooms



Onions



Pak Choi



Parsnips



Peas



Peppers



Potatoes



Radishes



Raspberries



Rhubarb



Runner Beans



Scallions



Spinach



Strawberries



Sweetcorn
































Tomatoes



Turnips

October

Seasonal Food Calendar

				
Beetroot	Blackberries	Broccoli	Brussels Sprouts	Cabbage
				
Carrots	Cauliflower	Celeriac	Celery	Cooking Apples
				
Eating Apples	Fennel	Garlic	Kale	Leeks
				
Lettuce	Mushrooms	Onions	Pak Choi	Parsnips
				
Peppers	Potatoes	Radishes	Raspberries	Scallions
				
Spinach	Squash	Pumpkins	Tomatoes	Turnips

 = FROM STORAGE

November

Seasonal Food Calendar



Beetroot



Broccoli



Brussels Sprouts



Cabbage



Carrots



Cauliflower



Celeriac



Celery



Cooking Apples



Eating Apples



Garlic



Kale



Leeks



Mushrooms



Onions



Pak Choi



Parsnips



Potatoes





Rocket



Turnips

December

Seasonal Food Calendar

			
Beetroot	Brussels Sprouts	Cabbage	Carrots
			
Cauliflower	Celeriac	Cooking apples	Eating apples
			
Garlic	Kale	Leeks	Mushrooms
			
Onions	Pak Choi	Parsnips	Potatoes
			
Rocket	Turnips		

 = FROM STORAGE

Herbs

Fresh or dried herbs are very useful in any kitchen. If you're rustling up a meal using leftovers, adding some herbs is a handy way to boost flavour. You will notice that imported herbs are available in the year round. However, Irish grown herbs can be purchased at different times. Irish grown basil, coriander, chives, dill and parsley can be found during the summer months and in early autumn. Thyme, sage, mint and rosemary have an extended growing season so those may be available for most of the year.

Drying herbs is a good way to preserve them. Air dry herbs in bundles in a well-ventilated place or use a cooling oven. Experiment at home and find what works for you. Herbs also keep well in the freezer. Chop them up and mix into oil or butter and freeze this mixture to use in your cooking.

Why not take the plunge and grow some yourself? Even in a small garden or on a balcony, it is possible to grow herbs. While many herbs need to be replanted every year, some such as rosemary and thyme will survive the winter, and keep thriving for years.



Basil



Chives



Coriander



Dill



Mint



Parsley



Sage



Thyme