

Seasonal Calendar

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



STOPFoodWaste.ie

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 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 will 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.



January

Seasonal Calendar



BEETROOT



BROCCOLI



BRUSSELS SPROUTS



CARROTS



CABBAGE



CAULIFLOWER



CELERY



CELERIAC



KALE



LEEKS



MUSHROOMS



PARSNIPS



POTATOES



PAK CHOI



LETTUCE



TURNIPS



MINT



PARSLEY



SAGE



THYME

February

Seasonal Calendar



BEETROOT



PURPLE SPROUTING
BROCCOLI



BRUSSELS SPROUTS



CABBAGE



CAULIFLOWER



ROUND LETTUCE



KALE



LEEKS



MUSHROOMS



CARROTS



CELERIAC



PARSNIPS

March

Seasonal Calendar



PURPLE SPROUTING
BROCCOLI



BRUSSELS SPROUTS



CARROTS



CAULIFLOWER



ROUND LETTUCE



CELERIAC



LEEKS



MUSHROOMS



PARSNIPS



CABBAGE



KALE

April

Seasonal Calendar



CABBAGE



CAULIFLOWER



ROUND LETTUCE



MINT



MUSHROOMS



RHUBARB

May

Seasonal Calendar



ASPARAGUS



AUBERGINES



CABBAGE



CAULIFLOWER



MUSHROOMS



PAK CHOI



RHUBARB



SPINACH



CUCUMBERS



LETTUCE



PEPPERS



RADISHES



SCALLIONS



TOMATOES



MINT



PARSLEY



SAGE



THYME

June

Seasonal Calendar



ASPARAGUS



AUBERGINES



BEETROOT



BROAD BEANS



BROCCOLI



CABBAGE



CAULIFLOWER



FRENCH BEANS



MUSHROOMS



PAK CHOI



NEW SEASON
POTATOES



RHUBARB



SHALLOTS



SPINACH



TURNIPS



STRAWBERRIES



CUCUMBERS



LETTUCE



PEPPERS



RADISHES



SCALLIONS



TOMATOES



BASIL



CHIVES



CORIANDER



DILL



MINT



PARSLEY



SAGE



THYME

July

Seasonal Calendar



AUBERGINES



BEETROOT



BROAD BEANS



BROCCOLI



CABBAGE



CARROTS



CAULIFLOWER



FRENCH BEANS



MUSHROOMS



PAK CHOI



PEAS



NEW SEASON
POTATOES



RHUBARB



SHALLOTS



RUNNER BEANS



SPINACH



TURNIPS



BLACKBERRIES



RASPBERRIES



STRAWBERRIES



CELERY



COURGETTES



CUCUMBERS



LETTUCE



PEPPERS



RADISHES



SCALLIONS



TOMATOES



FENNEL



CHIVES



CORIANDER



DILL



BASIL



MINT



PARSLEY



SAGE



THYME

August

Seasonal Calendar



AUBERGINES



BEETROOT



BROAD BEANS



BROCCOLI



CABBAGE



CARROTS



CAULIFLOWER



FRENCH BEANS



MUSHROOMS



MARROWS



ONIONS



PAK CHOI



PARSNIPS



PEAS



RHUBARB



SHALLOTS



RUNNER BEANS



SPINACH



SWEETCORN



TURNIPS



BLACKBERRIES



BLUEBERRIES



RASPBERRIES



STRAWBERRIES



CELERY



COURGETTES



CUCUMBERS



LETTUCE



PEPPERS



RADISHES



SCALLIONS



TOMATOES



FENNEL



CHIVES



CORIANDER



DILL



BASIL



MINT



PARSLEY



SAGE



THYME

September

Seasonal Calendar



APPLES



BEETROOT



BROCCOLI



BRUSSELS SPROUTS



CABBAGE



CARROTS



CAULIFLOWER



FRENCH BEANS



KALE



LEEKs



MARROWS



MUSHROOMS



ONIONS



PAK CHOI



PARSNIPS



PEAS



POTATOES



RHUBARB



RUNNER BEANS



SPINACH



SWEETCORN



TURNIPS



BLACKBERRIES



BLUEBERRIES



RASPBERRIES



STRAWBERRIES



CELERY



COURGETTES



CUCUMBERS



LETTUCE



PEPPERS



RADISHES



SCALLIONS



TOMATOES



FENNEL



CHIVES



CORIANDER



DILL



BASIL



MINT



PARSLEY



SAGE



THYME

October

Seasonal Calendar



APPLES



BEETROOT



BROCCOLI



BRUSSELS SPROUTS



CABBAGE



CARROTS



CAULIFLOWER



CELERIAC



KALE



LEEKS



MUSHROOMS



ONIONS



PAK CHOI



PARSNIPS



POTATOES



SPINACH



TURNIPS



BLACKBERRIES



BLUEBERRIES



RASPBERRIES



STRAWBERRIES



CELERY



LETTUCE



PEPPERS



RADISHES



SCALLIONS



TOMATOES



FENNEL



CHIVES



DILL



BASIL



MINT



PARSLEY



SAGE



THYME

November

Seasonal Calendar



BEETROOT



BROCCOLI



BRUSSELS SPROUTS



CARROTS



CABBAGE



CAULIFLOWER



CELERY



CELERIAC



KALE



LEEKS



MUSHROOMS



PARSNIPS



POTATOES



PAK CHOI



LETTUCE



TURNIPS



MINT



PARSLEY



SAGE



THYME

December

Seasonal Calendar



BEETROOT



BROCCOLI



BRUSSELS SPROUTS



CARROTS



CABBAGE



CAULIFLOWER



CELERY



CELERIAC



KALE



LEEKS



MUSHROOMS



PARSNIPS



POTATOES



PAK CHOI



LETTUCE



TURNIPS



MINT



PARSLEY



SAGE



THYME