## Seasonal Negetables Table

The nation's favourite vegetables and their availability in the UK & Ireland



Aug Mar Apr Jan Feb May Jun Jul Sep Oct Nov Dec Available 365 days Available 365 days **Available 365 days** Travels 1119 miles min. when out of season Travels 1119 miles min. when out of season s 6263 miles min. May-Aug, 3355 miles min. Sep-Apr

Based on the UK's top 10 vegetables

Brought to you by



mushroommiles.com

f o mushroom.miles



\*Source: Nielsen data 2019