

Choice Organics - Fresh Organic Produce - Seasonal Availability Guide

Item	Spring	Summer	Autumn	Winter
Vegetables				
Aloe Vera	Spain	Spain	Spain	Spain
Globe Artichokes	Italy / Spain	UK / France	UK / France	Italy / Egypt
Jerusalem Artichokes			UK	UK
Asparagus	Spain / Italy	UK	Chile/ Argentina	Chile/ Argentina
Aubergine	Holland	UK	Holland	Spain
Broad Beans	Spain / France	UK		Spain
French Beans	Egypt / Kenya	UK / Egypt	Spain	Spain / Egypt
Runner Beans		UK	UK	
Beetroot	Spain / Holland	UK	UK	UK / Spain
Beetroot - cooked	UK	UK	UK	UK
Broccoli	Spain / Italy	UK	UK	Italy / Spain
Purple Sprouting Broccoli	Spain			UK
Brussel Sprouts			UK	UK
Cabbage - Green	Italy	UK	UK	UK / France
Cavalo Nero	Spain	UK	UK	UK
Pointed Cabbage	Spain	UK	UK	
Spring Greens	UK	UK	UK	UK
Cabbage - White, Red	Spain / Holland	UK	UK	UK / Holland
Carrots	Italy / Spain	UK	UK	UK
Bunched Carrots	Spain	UK	UK	Italy
Rainbow Carrots			UK	UK
Cauliflower	UK / France	UK	UK	UK / France
Celeriac	Spain	France	UK / Holland	Holland
Celery	Spain	UK	UK	Spain / Italy
Chard - Rainbow, Swiss	Italy / France	UK	UK	Italy / France
Chicory	Holland	Holland	Holland	Holland
Chinese Leaf	Spain	Holland	UK	Holland
Courgette	Spain / Italy	UK	UK / Spain / Italy	Spain / Italy
Cucumbers	Holland / Spain	UK / Holland / Spain	Holland / Spain	Spain
Mini Cucumbers	Spain	UK	UK	Spain
Fennel	Italy / Spain	UK / Holland	UK / Italy	Italy
Garlic	Spain	Spain	Spain	Spain

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Fresh Garlic	Egypt	Spain / France		
Ginger	China	China / Brazil	China / Brazil	China
Kale	Spain	UK	UK	UK
Khol Rabi	Spain	UK	France / Spain	Italy
Leeks	Spain / France	UK / Holland	UK	UK
Lettuce - Batavia, Cos, Oakleaf, Gem	France / Spain / Italy	UK	UK	France / Spain / Italy
Radicchio	Italy	UK	UK	Italy
Rocket	Italy	Italy	Italy	Italy
Marrow		UK		
Mouli	Spain	UK / Holland	UK / Spain	Italy / France / Spain
Mushrooms - Brown, White	UK	UK	UK	UK
Mushrooms - Portobello	UK	UK	UK	UK
Onions - White, Red	Holland	Egypt	UK	UK / Holland
Onions - Spring	Egypt	Germany	Germany	Egypt
Pak Choi	UK	UK	Holland	France
Parsnips	Holland	Spain	UK	UK
Peas - Mangetout	Spain	UK / Spain		Egypt
Garden Peas	Spain / France	UK / France		Spain
Chillis	Spain	Holland	UK / Holland	Spain
Peppers - Red, Green, Yellow	Spain	UK / Holland	UK / Holland / Spain	Spain
Potatoes	Italy / Spain	UK	UK	UK
New Potatoes	Italy / Spain	UK		
Sweet Potatoes	Egypt / USA / Honduras	Egypt / USA	Spain	Spain
Pumpkin			UK	
Radish		UK		
Shallots	France / Holland	UK / France	UK	France / Holland
Spinach	France / Italy	UK / Holland	UK / Holland / France	France / Italy
Baby Spinach	Italy	Italy	Italy	Italy
Squash - Butternut	Argentina / Spain	S.Africa	France / Spain / Italy	Spain / Italy
Squash - Red Kuri, Green Hokaido	Argentina / Spain	Spain	UK	Holland
Swede	UK	Holland	UK	UK
Sweetcorn	Morocco / Spain	Spain	UK	
Tomatoes	UK / Holland	UK / Holland	UK / Holland	Spain

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Cherry Tomatoes	Italy / Holland	UK / Holland	UK / Holland	Italy / Spain
Turmeric	Peru / Brazil	Peru / India / Honduras	Peru	Peru
Turnips	France	France	UK	Spain
Watercress	UK	UK	UK	UK
Fruit				
Name	Spring	Summer	Autumn	Winter
Apples	Argentina, Chile, USA, New Zealand	Argentina, Chile, New Zealand	UK, Europe	UK, Europe, USA
Cooking Apples			UK	
Apricots	Spain	Spain / France		South Africa
Avocado	Mexico / Peru / Chile	Mexico / Peru / Kenya	Spain	Spain
Bananas	West Indies	West Indies	West Indies	West Indies
Blueberries	Spain	UK / Spain / Holland	Spain / Port / Holland / Argentina	Argentina, Chile, South Africa
Cherries	Spain / France	UK		
Clementines (etc)	South Africa	South Africa	Spain / Italy	Spain / Italy
Coconuts	Dominican Republic	Dominican Republic	Dominican Republic	Dominican Republic
Cranberries				Canada / Holland
Dates	Israel	Israel	Israel	Israel
Figs		Spain	France	Spain
Grapefruit	Spain	France / Spain / Italy	France / Spain / Italy	Argentina / Chile / South Africa / Egypt
Grapes	South Africa / Egypt	France / Spain / Italy	France / Spain / Italy	Argentina / Chile / South Africa / Egypt
Kiwi	Italy / Greece	New Zealand / Argentina / Chile	Italy	Italy / France
Golden Kiwi		New Zealand	Italy	Italy
Lemons	Italy / Spain	S. Africa	Italy / Spain	Italy / Spain / Turkey
Limes	Dominican Republic / Mexico / Chile	Dominican Republic / Mexico / Chile	Dominican Republic / Mexico / Chile	Dominican Republic / Mexico / Chile
Mangoes	Peru / Burkina Faso	Burkina Faso / Spain	Africa	Brazil / Peru / Chile
Melons	Morocco	Spain	Spain	Brazil / Peru / Equador
Nectarines, Peaches		Spain / Italy / France		
Nuts, whole				France / Spain
Oranges	Italy / Spain	South Africa	Italy / Spain	Italy / Spain
Blood Oranges		South Africa		Italy
Marmalade Oranges				Spain / Italy
Papaya	Africa / Spain	Africa / Spain	Africa / Spain	Africa / Spain
Passion Fruit	Columbia / Uganda	Columbia / Uganda	Columbia / Uganda	Columbia / Uganda

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Pears	UK / Holland / Italy / Argentina	Argentina / Chile	UK / Holland / Italy	UK / Holland / Italy
Pineapple	Africa / Costa Rica	Africa / Costa Rica	Africa / Costa Rica	Africa / Costa Rica
Plums	Argentina	Spain / France	UK / Spain	South Africa
Pomegranate	Peru	Spain	Spain / Turkey / Greece	Turkey
Quince			Spain	
Raspberry	Spain	UK	UK	Spain
Rhubarb	UK	UK		
Strawberry	Egypt / Spain	UK	UK	Egypt / Spain
Seed & Bean Sprouts				
Name	Spring	Summer	Autumn	Winter
Alfalfa Sprouts	UK	UK	UK	UK
Bean Sprouts	UK	UK	UK	UK
Wheatgrass	UK	UK	UK	UK
Herbs				
Name	Spring	Summer	Autumn	Winter
Basil		UK		
Coriander	Italy	UK	Italy	Italy
Dill	Italy	UK	Italy	Italy
Marjoram	Italy	UK	Italy	Italy
Mint	Italy	UK	Italy	Italy
Oregano	Italy	UK	Italy	Italy
Parsley	Italy	UK	Italy	Italy
Rosemary	Italy	UK	Italy	Italy
Sage	Italy	UK	Italy	Italy
Thyme	Italy	UK	Italy	Italy