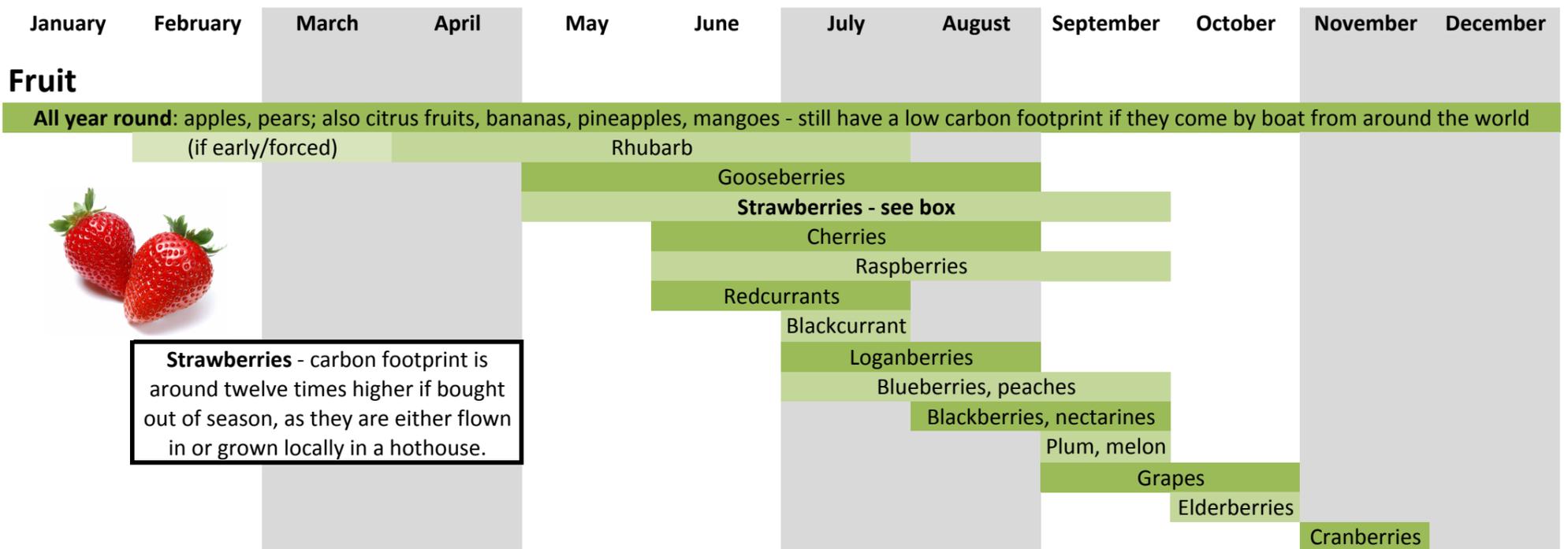


Food seasonality chart for the UK

Reasons to buy and eat food when it is in season:

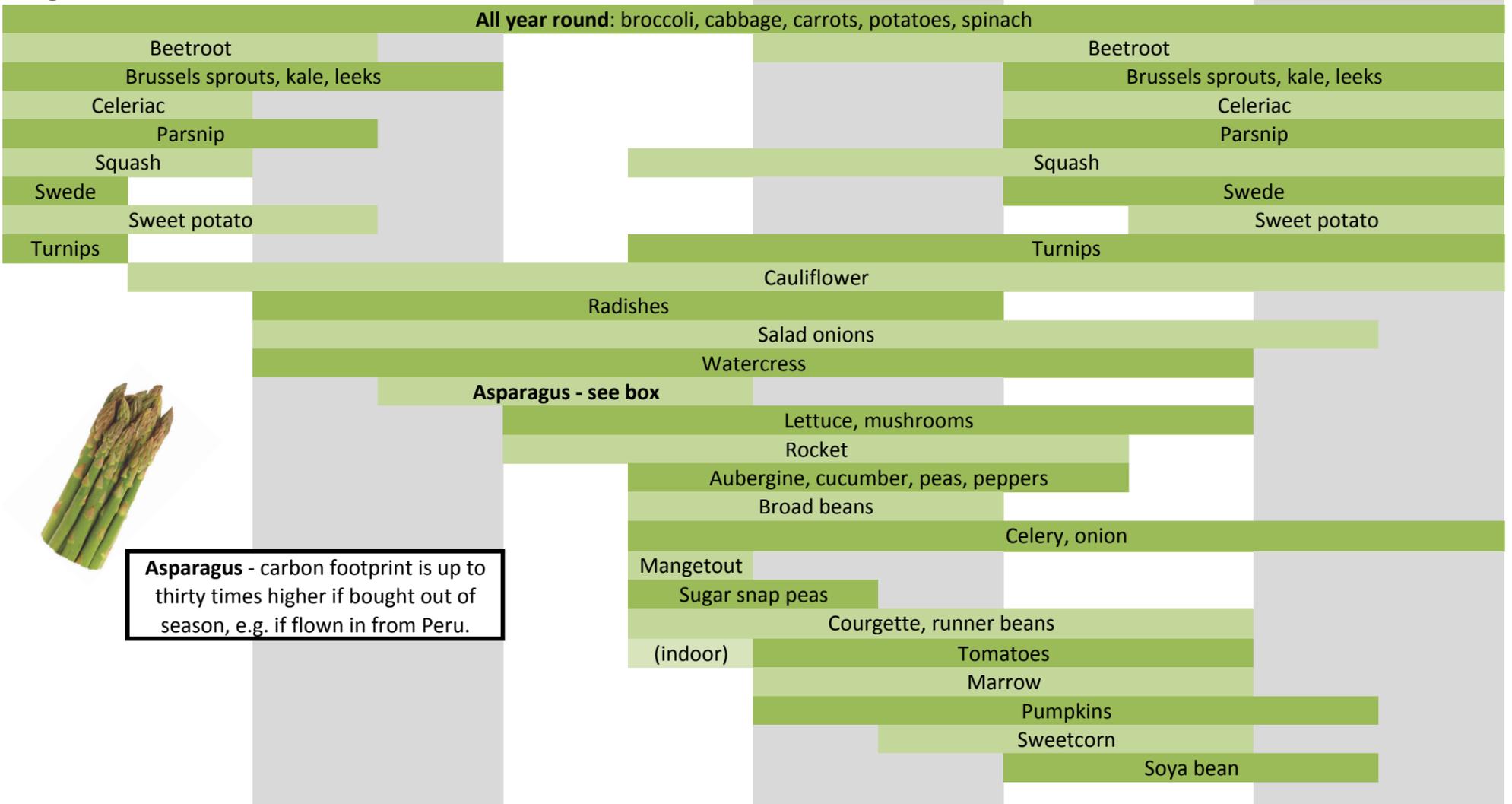
1. It is tastier and often more nutritious
2. It is often cheaper
3. It causes fewer greenhouse gas emissions

Read down the chart for the current month to see what is in season.



Strawberries - carbon footprint is around twelve times higher if bought out of season, as they are either flown in or grown locally in a hothouse.

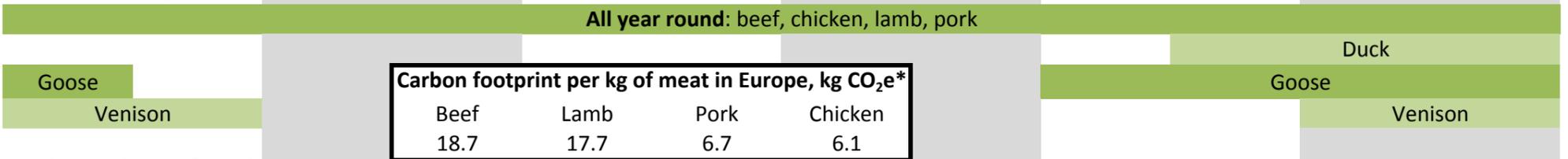
Vegetables and salad



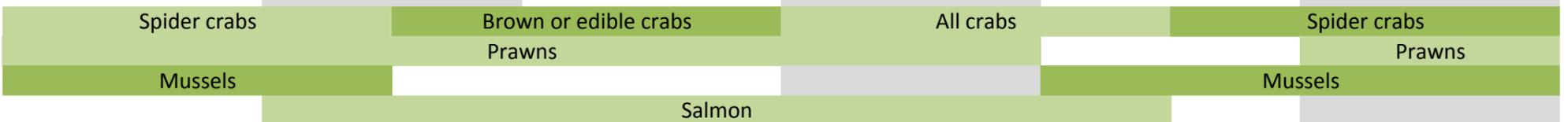
Asparagus - carbon footprint is up to thirty times higher if bought out of season, e.g. if flown in from Peru.

Less common varieties: Chicory: Jan-May, Sep-Dec; Artichoke - 'Jerusalem': Jan, Oct-Dec; 'Globe' - Jul-Sep; Shallots: Jan-Feb, (possibly Jul-Oct), Nov-Dec; Kohlrabi: Jul-Nov (possibly out to Feb); Spring greens: Mar-Dec; Chopsuey greens: May-Oct; French beans: Jun-Oct; Florence fennel: Jul-Oct; Okra: Jul-Oct.

Meat and game



Fish and seafood



All other common fish are excluded as seasonality data are conflicting across a range of sources.

Sources: *How bad are bananas?* by Mike Berners-Lee, ISBN 978 1 84668 891 1
www.bbcgoodfood.com/seasonal-calendar; www.goodfishguide.org

*CO₂e: carbon dioxide, methane and nitrous oxide emissions, expressed as CO₂ equivalent for ease of comparison.

Source: *Tackling Climate Change Through Livestock*, UNFAO, 2013