

Month	U.R.G.E. Produce	
January	Veg:	Brussels sprouts, kale, cabbage, rocket, spinach, carrots.
	Herbs:	Parsley.
February	Veg:	Brussels sprouts, kale, cabbage, rocket, spinach, carrots.
	Herbs:	Parsley.
March	Veg:	Spring onions, salad leaves, rocket, kale.
	Herbs:	Parsley.
April	Veg:	Spring onions, salad leaves, rocket, parsley.
	Herbs:	Parsley.
May	Veg:	Spring onions, salad leaves, rocket.
	Herbs:	Parsley, thyme, rosemary.
June	Veg:	Baby turnips, baby beetroot, salad leaves, rocket, swiss chard, spinach, mange-tout, lollo rosso lettuce, radishes, courgettes, tomatoes, cucumbers, kale, broad beans, peppers, chillies.
	Herbs:	Parsley, chives, rosemary, thyme, oregano, basil, sage, tarragon.
	Fruit:	Raspberries, strawberries.
July	Veg:	Salad leaves, rocket, swiss chard, spinach, mange-tout, lollo rosso lettuce, cauliflowers, baby carrots, radish, courgettes, tomatoes, cucumbers, kale, broad beans, peppers, chillies.
	Herbs:	Parsley, chives, rosemary, thyme, oregano, basil, sage, tarragon.
	Fruit:	Raspberries, strawberries.
August	Veg:	Salad leaves, rocket, swiss chard, spinach, mange-tout, lollo rosso lettuce, cauliflowers, baby carrots, radish, courgettes, tomatoes, cucumbers, kale, broad beans, peppers, chillies.
	Herbs:	Parsley, chives, rosemary, thyme, oregano, basil, sage, tarragon.
	Fruit:	Raspberries, strawberries.
September	Veg:	Salad leaves, rocket, swiss chard, spinach, mange-tout, lollo rosso lettuce, radish, courgettes, tomatoes, cucumbers, kale, broad beans, peppers, chillies, purple sprouting broccoli, carrots, parsnips, potatoes.
	Herbs:	Parsley, chives, rosemary, thyme, oregano, basil, sage, tarragon.
	Fruit:	Raspberries, strawberries, Golden Delicious & Red Devil apples.
October	Veg:	Salad leaves, rocket, spinach, lollo rosso lettuce, kale, broad beans, purple sprouting broccoli, carrots, parsnips, potatoes, garlic.
	Herbs:	Parsley, chives, rosemary, thyme, oregano, sage.
	Fruit:	Golden Delicious & Red Devil apples, plums.
November	Veg:	Kale, purple sprouting broccoli, carrots, parsnips, garlic, cabbage, Brussels sprouts.
	Herbs:	Parsley.
	Fruit:	Golden Delicious & Red Devil apples.
December	Veg:	Kale, purple sprouting broccoli, carrots, parsnips, cabbage, Brussels sprouts.
	Herbs:	Parsley.
	Fruit:	-