

Fruit in Season in January

Apples

Pears



Vegetables in Season in January

Beetroot

Brussels Sprouts

Cabbage (Savoy and Spring Green)

Carrots

Cauliflower

Celeriac

Celery

Chicory

Horseradish

Jerusalem Artichoke

Kale

Kohlrabi

Leeks

Parsnips

Potatoes (maincrop)

Salsify

Shallots

Swede

Turnips

Wild Mushrooms

Recipe Ideas / Notes

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