

Please note: This is a rough guide. The weather, e.g. a cold winter/spring, dry summer, late/early frost can shift availability by up to one month. Every season is different

Common Name	Alternative Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Alexanders		Low	High	High	High	High	Low						
Beech Leaves						High	Low						
Douglas Fir		High	High	High	High	High	High	High	High	High	High	High	High
Garlic Chives	Chinese Chives		Low	High	High	High	Low						
Garlic Mustard	Jack by the Hedge			High	High	High	Low						
Ground Elder	Dwarf Elder		Low	High	High	High	Low						
Hawthorn Leaves					High	Low							
Hogweed				High	High	High	Low						
Horseradish Leaves					Low	High	High	High	High	Low			
Horseradish Root		Low	Low	Low	Low	Low	Low	Low	Low	Low	Low	Low	Low
Marsh Samphire	Glasswort					Low	High	High	High	Low			
Nettles	Stinging Nettle			Low	High	High	High	High					
Oxeye Daisy Leaves			Low	High	High	High	High	Low					
Rock Samphire					Low	High	High	High	High	High	Low		
Sea Beet	Sea Spinach			Low	High	High	High	High			Low	High	High
Sea Purslane		Low	Low	Low	High	High	High	High	High	High	High	High	High
Sorrel	Common Sorrel		Low	High	High	High	High	High	Low	Low			
Sweet Gale	Bog Myrtle				Low	High	High	High	High	Low			
Wild Chives	Crow Garlic	Low	Low	High	High	High	Low						
Wild Fennel Tops				Low	High	High	High	Low			Low	High	High
Wild Garlic	Ramsons			High	High	High	Low						
Wild Mint	Watermint				Low	High	High	High	High	High	Low		
Wood Sorrel	Cuckoo Sorrel		Low	High	High	High	High	High	High	High	Low		

 **Low Season**  **High Season**

Low season – plants may be scarce, immature, or past their best (bitter or woody etc)

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