

# Your Guide to Seasonal Produce and Proteins

At Air Culinaire Worldwide, we view flight attendants as the heart of the crew. We work closely with the flight attendant community to develop training classes as well as tools and resources that you can use to elevate your level of service.

## Seasonal Foods (Northern Hemisphere)

In today's world, you can purchase almost any food, year-round, whether it is in season or not. However, electing to serve your passengers food that incorporates seasonal ingredients will provide an enhanced flavor experience, as well as the added nutritional benefit of products that are at their peak freshness. We all know that taste buds are affected at altitude, so delight your passengers and crew with the best tasting, seasonal dishes.

This guide will help you select the best products while eliminating the risk of a product you require being unavailable. Remember: different regions have different seasons for fruits and vegetables, so think of this guide as a resource for what you can expect to be in season in the Northern Hemisphere.

### Benefits of Eating Seasonal Products:

- Your fruits and vegetables will taste better
- Price of the product will be less expensive
- Nutritional value is greater
- Less impact on environment
- Support local economy



Contact John Detloff, Vice President of Flight Attendant Services at [jdetloff@airculinaire.com](mailto:jdetloff@airculinaire.com) for more details.

## January

### Fruit

Apples, Clementines, Kiwi fruit, Lemons (CS), Oranges (CS), Passion fruit, Pears, Pomegranate

### Vegetables

Beetroot (ES), Brussel sprouts, Cauliflower, Celery (ES), Celeriac, Kale, Leeks, Mushrooms, Parsnips, Potatoes, Rhubarb (CS), Shallots, Swedes, Turnips

### Proteins

Duck (ES), Goose (ES), Turkey, Venison, Rabbit (available, but best July-Dec.), Haddock, Mussels, Oysters, Salmon (CS)

## February

### Fruit

Apples (ES), Clementines (ES), Kiwi fruit, Lemons, Oranges, Passion fruit, Pears (ES), Pomegranates

### Vegetables

Brussel sprouts (ES), Cauliflower, Celeriac, Kale (ES), Leeks, Mushrooms (ES), Parsnips (ES), Potatoes (ES), Purple sprouting broccoli (CS), Rhubarb, Shallots, Swedes (ES), Turnips (ES)

### Proteins

Rabbit (available, but best July-Dec.), Turkey (ES), Venison (ES), Haddock (ES), Mussels (ES), Oysters, Salmon

### Seasonal Foods Key

CS - Coming into Season

ES - End of Season

## March

### Fruit

Kiwi fruit, Lemons (ES), Oranges (ES), Passion fruit (ES), Pomegranates (ES)

### Vegetables

Cauliflower, Celeriac (ES), Leeks (ES), Peppers (CS), Purple sprouting broccoli, Rhubarb, Shallots (ES), Spinach, Spring onions (CS)

### Proteins

Rabbit (still available), Turkey (still available), Mussels (ES), Oysters (ES), Salmon

### DID YOU KNOW?

Kiwi fruit contains twice as much Vitamin C as an orange. Oranges, while nutritious, don't even make the top ten list of common foods when it comes to Vitamin C levels!

## April

### Fruit

Apricot (CS), Kiwi fruit

### Vegetables

Asparagus (CS), Cauliflower (ES), Peppers, Purple sprouting broccoli (ES), Rhubarb, Spinach, Spring onions

### Proteins

Lamb (CS), Crab (CS), Salmon, Tuna (CS)



## May

### Fruit

Apricots, Cherries (CS), Kiwi fruit

### Vegetables

Asparagus, Aubergines, Carrots, New potatoes (CS), Peas (CS), Peppers, Rhubarb (ES), Rocket (CS), Spinach, Spring onions, Watercress (CS)

### Proteins

Lamb, Rabbit (available, but best July-Dec.), Crab, Pollock, Salmon, Sardines, Tuna

## June

### Fruit

Apricots, Blueberries (CS), Cherries, Kiwi fruit, Raspberries (CS), Strawberries (CS), Tomatoes (CS)

### Vegetables

Artichokes (CS), Asparagus, Aubergines, Broad beans, Carrots, Courgettes (CS), Fennel (CS), New potatoes, Pak choi (CS), Peas, Peppers, Rocket, Spinach (ES), Spring onions, Turnips, Watercress

### Proteins

Lamb, Rabbit (available but best July-Dec.), Crab, Haddock (CS), Mackerel (CS), Pollock, Salmon, Sardines, Tuna

#### What is an aubergine?

Aubergine, more commonly known as a dark purple color, is also the French name for eggplant.

## July

### Fruits

Apricots, Blackberries (CS), Blueberries, Cherries, Kiwi fruit, Melon (CS), Peaches (CS), Raspberries, Strawberries, Tomatoes

### Vegetables

Artichokes, Asparagus (ES), Aubergines, Beetroot (CS), Broad beans, Broccoli, Carrots, Courgettes, Cucumber (CS), Fennel, New potatoes (ES), Pak choi, Peas, Peppers, Potatoes (CS), Rocket, Spring onions (ES), Sweet corn (CS), Turnips, Watercress

### Proteins

Lamb, Rabbit (season begins) Crab, Haddock, Mackerel, Pollock, Prawns, Salmon, Sardines, Scallops (from mid-July), Tuna

## August

### Fruit

Apricots, Blackberries, Blueberries, Cherries (ES), Kiwi fruit (ES), Melon, Nectarines (CS), Peaches, Raspberries, Strawberries (ES), Tomatoes

### Vegetables

Artichokes, Aubergines, Beetroot, Broad beans, Broccoli, Carrots, Celery (CS), Courgettes, Cucumber, Fennel, Pak choi, Peas, Peppers, Potatoes, Rocket, Sweet corn, Watercress

### Proteins

Lamb, Rabbit, Crab, Haddock, Mackerel, Pollock, Salmon, Sardines, Scallops, Tuna

#### What is a courgette?

Courgette is another name for zucchini. You will hear this term in the UK, Ireland, Netherlands, and South Africa.



## September

### Fruit

Apples (CS), Apricots (ES), Blackberries, Blueberries (ES), Grapes (short season to Oct.), Figs (CS), Melon, Nectarines, Peaches (ES), Pears (CS), Plums (CS), Raspberries (ES), Tomatoes

### Vegetables

Artichokes, Aubergines, Beetroot, Broad beans, Broccoli, Butternut squash (CS), Carrots, Celery, Celeriac (CS), Courgettes, Cucumber (ES), Fennel, Kale (CS), Leeks (CS), Pak choi (ES), Peas, Peppers, Potatoes, Pumpkin (CS), Rocket, Sweet corn, Watercress

### Proteins

Duck (CS), Goose (CS), Lamb, Rabbit, Venison (CS), Crab, Haddock, Mackerel, Mussels (CS), Pollock, Salmon, Sardines, Scallops, Tuna (until late Sept.)

## October

### Fruit

Apples, Blackberries (ES), Cranberries (CS), Grapes (ES), Figs, Melon (ES), Nectarines (ES), Pears, Plums (ES), Tomatoes (ES)

### Vegetables

Artichokes, Aubergines (until mid-Oct), Beetroot, Broccoli (ES), Butternut squash, Carrots (ES), Celery, Celeriac, Courgettes (ES), Fennel (ES), Kale, Leeks, Mushrooms (CS), Parsnips, Peas (ES), Peppers (ES), Potatoes, Pumpkin, Rocket (ES) Shallots (CS), Sweet corn (ES), Swedes, Turnips (CS) Watercress

### Proteins

Duck, Goose, Lamb (ES), Rabbit, Turkey (CS), Venison, Crab, Haddock, Mackerel, Mussels, Oysters (CS), Pollock, Prawns (ES), Salmon (ES), Scallops

## November

### Fruit

Apples, Clementines, Cranberries, Figs (ES), Passion fruit (CS), Pears

### Vegetables

Artichokes (ES), Beetroot, Brussel sprouts, Butternut squash (ES), Celery, Celeriac, Kale, Leeks, Mushrooms, Parsnips, Pumpkin, Shallots, Swedes, Turnips, Watercress (ES)

### Proteins

Duck, Goose, Rabbit, Turkey, Venison, Crab (ES), Haddock, Mussels, Oysters, Pollock, Scallops

## December

### Fruit

Apples, Clementines, Cranberries (ES), Passion fruit, Pears, Pomegranate (CS)

### Vegetables

Beetroot, Brussel sprouts, Cauliflower, Celery, Celeriac, Kale, Leeks, Mushrooms, Parsnips, Potatoes, Pumpkin, Shallots, Swedes, Turnips

### Proteins

Duck, Goose, Rabbit, Turkey, Venison, Haddock, Mussels, Oysters, Pollock, Scallops

#### Prawn vs. Shrimp. What's the difference?

Prawns and shrimp have near identical taste, but prawns tend to be larger than most shrimp. In the Northern Hemisphere, "shrimp" and "prawn" are used interchangeably. You will see "prawn" loosely used to describe any large shrimp.



5830 West Cypress Street, Suites B & C, Tampa, FL 33607 • USA  
N. America +1 (800) 247-2433 • Worldwide +1 (813) 449-6000 • [www.airculinaireworldwide.com](http://www.airculinaireworldwide.com)