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 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

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

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)

Seasonal Foods Key
CS - Coming into Season
ES - End of Season

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!
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

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 an aubergine?

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

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 (GS), 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, Shallots, 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 (GS), 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.