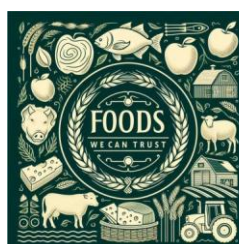


Foods We Can Farm, Catch, Harvest and Grow Locally in and around the UK



FOODS WE CAN TRUST

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Introduction

It's no great wonder that Foods We Can Trust are thought by many to be boring and bland, as well as being expensive and increasingly difficult to buy or access.

The alternatives often taste good. Always seem to be available whenever and wherever we want them, and in terms of the cost of everything we buy today, the most convenient Foods also appear to be the cheapest.

Ask anyone how many natural, locally or UK produced Foods they could find at a shop they regularly use to buy today, and the list will probably be short and at the same time confirm everything that I've just outlined above.

However, the number and variety of Foods We Can Trust that are available across the U.K. and that may be growing on a farm, in an orchard, in someone's allotment, or perhaps are being docked at a fishing harbour near us today is much greater than many of us think.

We will talk about nutritional values, seasonality, production and other really useful things to know about how we make Foods We Can Trust available to everyone as a part of normal life in other posts.

But for now, becoming aware of and understanding the list basic Foods, or Foods that are either available or could become available to us that we can grow, farm, harvest or catch locally across the UK or around our coastline, is a very important place for us to begin.

A Work in Progress

The information that I am about to share is based on what I either know already, or what I have been able to research using sources such as those that I will link later on this page.

One of the reasons that I began Foods We Can Trust is that I hope to share information about Food Production that isn't widely known or acknowledge about the Foods We Can Trust that are already widely available, or could be, if we decide to take a different approach.

As such, I hope that the following Tables will be updated and will in time be accompanied by posts, videos and resources that will come from other contributors.

If you notice any errors, glaring omissions or would like to add something yourself, please get in touch!

For now, the Foods We Can Farm, Catch, Harvest and Grow Locally in and around The UK will be broken down into the following groups, with a little detail to help with each:

- Fruits
- Vegetables
- Crops
- Livestock

- Wild Livestock & Game
- Natural Fish and Seafood Landed at UK Ports
- Natural Fish that can be Line Caught from UK Rivers etc.
- Dairy Products that can be made from UK produced Milk

Please note that the inclusion or exclusion of anything may not be deliberate and anything you are aware of may be added later.

Equally, inclusion is not making any statement upon the views and perspectives of any individual or group that believe certain foods should be included or excluded for ideological, religious or other reasons. This is about being practical and realistic about the food that we can grow, produce and that is otherwise available across the UK.

Table 1: Fruits that grow or can be grown in the UK

	Monthly Availability											
	J	F	M	A	M	J	J	A	S	O	N	D
Apricots												
Blackberries												
Blackcurrants												
Blueberries												
Cherries												
Gooseberries												
Pears												
Plums												
Raspberries												
Redcurrants												
Rhubarb												
Strawberries												

Table 2: Vegetables that grow or can be grown in the UK

		Monthly Availability											
		J	F	M	A	M	J	J	A	S	O	N	D
Apples													
Asparagus													
Aubergines													
Beetroot													
Broad Beans													
Broccoli													
Brussels Sprouts													
Butternut Squash													
Cabbages													
Carrots													
Cauliflowers													
Celeriac													
Celery													
Chestnuts													
Chicory													
Courgettes													
Cucumbers													
Fennel													
Jerusalem Artichokes													
Leeks													
Lettuce													
Mangetout													
Marrows													
Mushrooms													
New Potatoes													
Onions													
Parsnips													
Peas													
Peppers													
Potatoes													
Pumpkins													
Purple Sprouting Broccoli													
Radishes													
Rocket													
Runner Beans													
Sorrel													
Spinach													
Spring Onions													
Swedes													
Sweetcorn													
Tomatoes													

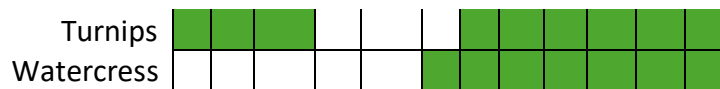


Table 3: Crop Types that grow or can be grown in the UK

UK Crops			
	<u>AKA</u>	<u>Food Use</u>	<u>Other Uses</u>
Barley		Bread, Soups, Stews, Ingredients	Brewing, Distilling, Animal Feed
Beans (Faba)			Animal Feed, Green Manure
Linseed	Flaxseed	Bread, Biscuits, Cakes, Snack Bars, Porridges, Curries, Stews	Oil
Oats		Porridge, Overnight Oats, Granola, Flapjacks, Flour	
Oilseed Rape	Canola Oil	Cooking Oil, Mayonnaise, Margarine, Food Ingredient	Biodiesel
Peas		Soups, Casseroles, Pasties, Curry	Animal Feed,
Rye		Flour, Bread	Animal Feed, Cover Crop
Sugar Beet		Sugar	
Wheat		Bread, Cakes, Biscuits, Flour	

Table 4: Livestock that is Farmed or can be Farmed in the UK

UK Livestock (Farm Produced)			
	<u>Food Use</u>	<u>Food Produced</u>	<u>Other Goods</u>
Chickens	Chicken, Breast, Fillet, Thighs, Drumsticks, Burgers, Cold Meat,	Eggs	Feathers
Cattle (Cows)	Beef, Joints, Ribs, Steak, Burgers, Sausages, Cold Meat, Dripping	Milk (All Dairy)	Leather
Deer	Venison, Burgers		
Ducks	Duck		Feathers
Geese	Goose, Goose Fat		Feathers
Pigs	Pork, Chops, Sausages, Sausage Rolls, Burgers, Ribs, Hams, Crackling		
Sheep	Lamb, Mutton, Joints, Chops, Burgers		Wool
Turkeys	Turkey, Burgers, Cold Meat		Feathers

Table 5: Wild Livestock & Game found in the UK

UK Livestock & Game (Wild)	
	<u>Food Use</u>
Boar	Boar
Deer	Venison
Grouse	Grouse
Hares	Hare
Rabbits	Rabbit
Wood Pigeon	Pigeon
Pheasant	Pheasant

Table 6: Natural Fish and Seafood that is or can be landed at UK Fishing Ports

<u>UK Landed Fish (Seafood)</u>	
	<u>AKA</u>
Anglerfishes	
Atlantic Cod	
Atlantic Halibut	
Atlantic Herring	
Atlantic Horse Mackerel	
Atlantic Mackerel	
Ballan Wrasse	
Black Seabream	
Blonde Ray	
Brill	
Catsharks	Nursehounds
Clams	
Common Cuttlefish	
Common Dab	
Common Edible Cockle	
Common Octopus	
Common Prawn	
Common Shrimp	
Common Sole	
Cuckoo Ray	
Cuttlefish	Bobtail Squid
Dogfishes and Hounds	
Edible Crab	
European Anchovy	
European Conger	

European Flat Oyster	
European Flounder	
European Hake	
European Lobster	
European Pilchard	Sardines
European Plaice	
European Seabass	
European Smelt	
European Sprat	
European Squid	
Garfish	
Gilthead Seabream	
Great Atlantic Scallop	
Green Crab	
Grey Gurnard	
Haddock	
John Dory	
Lemon Sole	
Ling	
Lumpfish	Lumpsucker
Manila Clam	
Megrim	
Megrim	
Mullet	
Norway Lobster	
Pacific Cupped Oyster	
Periwinkles	
Pollack	
Pouting	Bib
Queen Scallop	
Rabbit Fish	
Red Gurnard	
Saithe	Coalfish
Sand Sole	
Sandeels	Sandlances
Sea Trout	
Shortfin Squids	
Small-Eyed Ray	
Small-Spotted Catshark	
Smooth-Hound	
Solen Razor Clams	
Spinous Spider Crab	
Spotted Ray	
Starry Smooth-Hound	
Thornback Ray	

Tope Shark	
Tub Gurnard	
Turbot	
Undulate Ray	
Velvet Swimming Crab	
Whelk	
Whiting	

Table 7: Natural Fish that is or can be line caught from UK Rivers and Watercourses

<u>UK Fish (Wild/River)</u>
Barbel
Bream
Chub
Common Bream
Common Carp
Crucian Carp
Dace
Grayling
Gudgeon
Perch
Pike
Roach
Rudd
Salmon
Silver Bream
Smelt
Tench
Trout

Please note that whilst links to information sources used to create this page are listed later under ‘Worth a Look’, I have added a link here to [Gov.UK – Freshwater rod fishing rules](#), as there are clearly stipulated fishing allowances for anyone wishing to catch fish with a line from UK Rivers and Watercourses.

Table 8: Fish that is or can be Farmed in the UK

<u>UK Farmed Fish (Aquaculture)</u>
Atlantic Salmon
Lobsters
Mussels
Oysters
Rainbow Trout
Sea Bass

Table 9: Dairy Products that are or can be produced from UK Milk

<u>UK Dairy Products</u>
Butter
Cheese
Cream
Milk
Yoghurt

Worth a Look

I researched the content for the 9 tables listed above on 9 May 2025 using mostly Google Searches made from Cheltenham.

There are a number of very useful websites that will follow from where I sourced most of the information that I have pooled together to construct these Tables. There are others and these have been used because the information they offer is easy to use.

Please note that whilst there is every reason to believe the information linked below is both credible and from organisations considered the same, the inclusion of these links is neither an endorsement nor recommendation of the information these organisations provide. Their referencing here makes no suggestion of there being shared views or objectives, even if there are areas relevant to this page which are aligned.

[The NFU \(National Farmers Union\) Seasonal Guide to British Fruit and Vegetables](#)

[The Vegetarian Society – Seasonal UK Grown Produce](#)

[The National Trust – Guide to Seasonal Food](#)

[DEFRA Accredited Official Statistics – Chapter 7: Crops](#)

[DEFRA Accredited Official Statistics – Chapter 8: Livestock](#)

[Marine Management Organisation – List of common species codes for Fish Landed in the United Kingdom](#)

[Gov.UK – Freshwater rod fishing rules](#)

Overview on 'Foods We Can Farm, Catch, Harvest and Grow Locally in and around the UK'

The information contained on this page is likely to be one of the most important parts of the Foods We Can Trust initiative.

When we remove all the noise and all the agenda-led information available about what Foods and Ingredients can be brought in from Overseas; what can be manufactured or produced in factories, and why these are the Food Sources that we can and must rely on, the reality is that it is only the Foods and the Ingredients for Meals that come from them that we can grow, catch, harvest and create from these, that have the potential to be classed as genuine Foods We Can Trust.

As this work progresses, I expect to reference this topic frequently, especially as we begin to look at different aspects of UK Food Production more closely, and at Grow Your Own and Home Growing in particular.

I am very keen to add as much information as I can in these important subject areas and will be very pleased to hear from anyone who can add to what is already here in ways that will promote awareness and understanding of the information and processes that will help everyone to have access to Food We Can Trust.

Further Information

The published blog form of this PDF can be found by visiting www.foodswecantrust.org

If you would like to read more of Adam's work, his website can be found at www.adamtugwell.blog

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PLEASE NOTE

Food Information and Advice

The information shared in this work does not constitute dietary advice.

Foods We Can Trust does not provide a food assurance scheme.

Foods We Can Trust does not endorse or recommend any of the existing food assurance schemes in the UK or elsewhere.

Anyone currently under the dietary advice of a doctor, dietitian or other relevant specialist should not make any changes to dietary plans without consulting those advising them further.