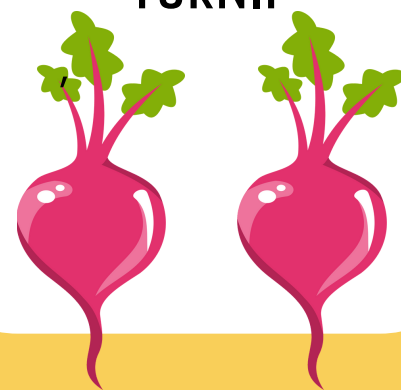


SEASONALITY CALENDAR

Write your
Recipe Ideas here:

JANUARY

BEETROOT
CABBAGE
CELERIAC
CHICORY
KALE
LEEK
ONION
PAK CHOI
RHUBARB
SHALLOTS
SWEDE
TURNIP



FEBRUARY



BRUSSEL SPROUTS
CAULIFLOWER
CELERY
CHICORY
KALE
LEEK
ONION
PAK CHOI
PEPPERS
RHUBARB
SPRING ONION
TURNIP

MARCH

BRUSSEL SPROUTS
CABBAGE
CAULIFLOWER
CHICORY
LEEK
ONION
PAK CHOI
PEPPERS
RHUBARB,
SHALLOTS
SPRING ONION



APRIL

CABBAGE
CAULIFLOWER
CELERIAC
LETTUCE
ONION
PEAS
PEPPERS
RADISH
RHUBARB
SPINACH
SPRING ONION
WATERCRESS



MAY

ASPARAGUS
AUBERGINE
CABBAGE
CARROT
LETTUCE
ONION
PEAS
PEPPERS
RADISH
RHUBARB
SPINACH
SPRING ONION
WATERCRESS



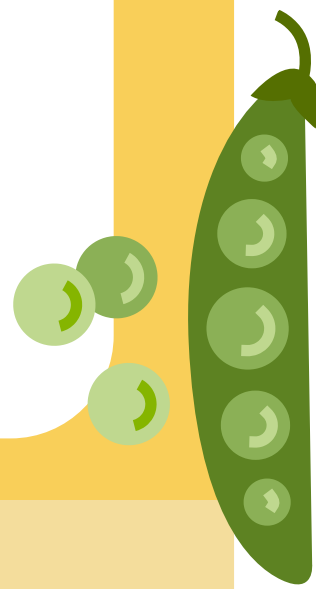
JUNE

AUBERGINE
BROAD BEANS
BROCCOLI
CARROT
COURGETTE
LETTUCE
MANGETOUT
PEAS
PEPPERS
RADISH
RUNNER BEANS
SPINACH
SPRING ONION
WATERCRESS

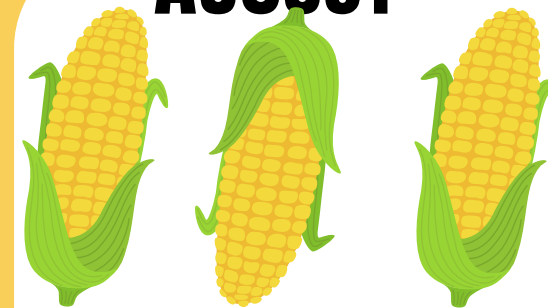


JULY

AUBERGINE
BEETROOT
BROAD BEANS
CAVOLO NERO
CELERY
KOHLRABI
LETTUCE
MANGETOUT
MARROW
PEAS
PEPPERS
RADISH
RUNNER BEANS
SPINACH
SWISS CHARD
WATERCRESS



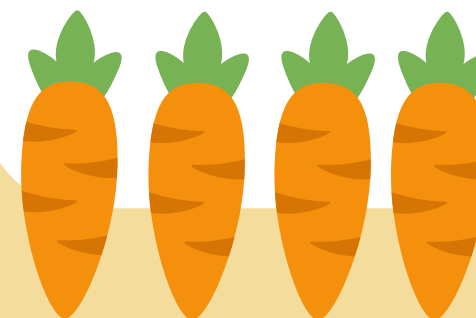
AUGUST



BROCCOLI
CARROT
KOHLRABI
LETTUCE
MANGETOUT
ONION
PEAS
PEPPERS
RADISH
RUNNER BEANS
SWEETCORN
SWISS CHARD
WATERCRESS

SEPTEMBER

BEETROOT
BROAD BEANS
CABBAGE
CELERIAC
KALE
LEEK
ONION
PUMPKIN
RUNNER BEANS
SPINACH
SPRING ONION
SWEETCORN
SWISS CHARD

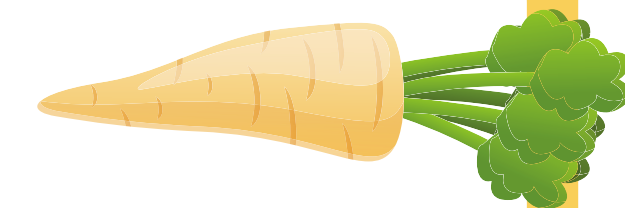


OCTOBER

AUBERGINE
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CELERY
KALE
LEEK
ONION
PEAS
PUMPKIN
RADISH
RUNNER BEANS
SWEDE
TURNIP



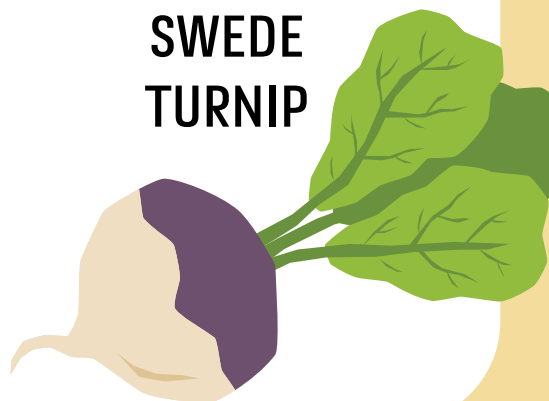
NOVEMBER



BRUSSEL SPROUTS
CELERIAC
CELERY
KALE
LETTUCE
ONION
PEAS
PUMPKIN
RUNNER BEANS
SPRING ONION
SWEDE
SWISS CHARD
TURNIP

DECEMBER

BRUSSEL SPROUTS
CABBAGE
CAULIFLOWER
CELERIAC
CELERY
KALE
LEEK
LETTUCE
ONION
PAK CHOI
SPRING ONION
SWEDE
TURNIP



Just
One
More

IN PARTNERSHIP WITH

food
wise
leeds

ONE YOU LEEDS

Leeds
CITY COUNCIL