

Seasonal food calendar - January

5 delicious things
you should Eat
in January



Salame e burro



Anchovies



Brukselka, ziemniak



Azeite



Parsnips



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/31	24	25	26	27	29	30

January 2022



Erasmus+



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Seasonal food calendar - February

5 delicious things you should Eat in February



Acciughe sotto sale



Cabbages and potatoes



Orzechwloski, marchew



Nabo couve



Mussels



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

February 2022



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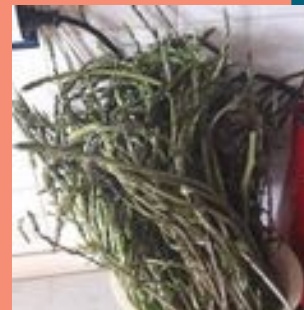
Project code: 2018-1-UK01-KA229-047889_5

Seasonal food calendar - March

5 delicious things
you should Eat
in March



Carote



Wild asparagus



Salata, rzodkiewka



Laranja



Rhubarb



March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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Seasonal food calendar - april



**5 delicious things
you should Eat
in april**



Tarassaco e uova



bacon



pomidor



almonds



Crab brown



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2022



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Seasonal food calendar - May



5 delicious things
you should eat
in May



asparagi



dandelion



fraises



cherries



spinach



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May 2022



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Seasonal food calendar - June



**5 delicious things
you should eat
in June**



Green beans



scallops



cherries



sardines



gooseberries



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

June 2022

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Seasonal food calendar - July



**5 delicious things
you should eat
in July**



bruschetta



cuttlefish



apples



Watermelon Melon



strawberries



July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30



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Seasonal food calendar - August



**5 delicious things
you should eat
in August**



peaches



mussels



rabarbar



Grape



trout



August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



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Seasonal food calendar - September



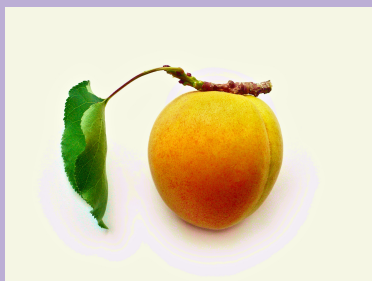
**5 delicious things
you should eat
in September**



courgettes



parsley



apricot



figs



venison



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

September 2022



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Seasonal food calendar - October



5 delicious things you should eat in October



Topinambur



Truffles, Istrian Krostule



Ogorek, Malina



Persim



Apple



October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29



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Seasonal food calendar - November

**5 delicious things
you should eat
in November**



pumpkins



mushrooms



cauliflower



Chestnuts



leeks



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

November 2022



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Seasonal food calendar - December

**5 delicious things
you should eat
in December**



Capon



Cabbage and meat rolls



Burak



Codfish and bolo rei



Goose



December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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