

# JANUARY 2012

- WHAT'S IN SEASON -  
BROCCOLI-BRUSSELS-SPROUTS  
CABBAGE-CAULIFLOWER  
GRAPEFRUIT-KALE-LEEKs  
LEMONS-ORANGES-PARSNIPS  
RUTABAGAS-TANGELOS  
TANGERINES-TURNIPS



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				

# FEBRUARY 2012

- WHAT'S IN SEASON -  
BROCCOLI-BRUSSELS-SPROUTS  
CABBAGE-CAULIFLOWER  
GRAPEFRUIT-KALE-LEEKs  
LEMONS-ORANGES  
PARSNIPS-RUTABAGAS  
TANGELOS-TURNIPS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# MARCH 2012

- WHAT'S IN SEASON -  
ARTICHOKES - BROCCOLI  
BRUSSELS - SPROUTS  
CAULIFLOWER - LEEKS  
LETTUCE - MUSHROOMS  
PARSNIPS - PINEAPPLES  
RADISHES - RUTABAGS - TURNIPS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

# APRIL 2012

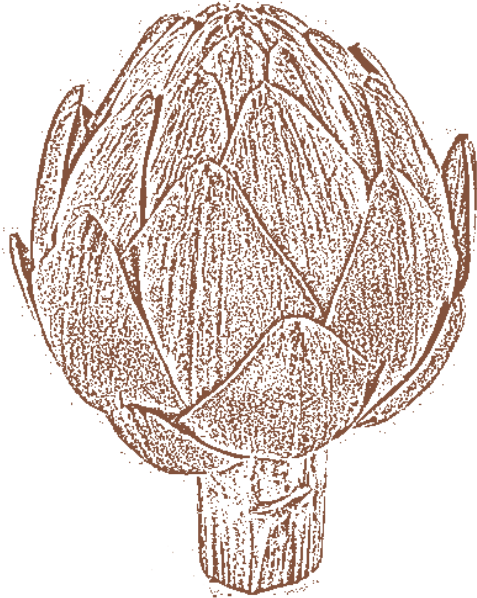
- WHAT'S IN SEASON -  
ARTICHOKES-ASPARAGUS  
BROCCOLI-CAULIFLOWER  
LEEKs-LETTUCE-MUSHROOMS  
PINEAPPLES-RADISHES  
RHUBARB-SPRING-PEAS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# MAY 2012

- WHAT'S IN SEASON -  
APRICOTS - ARTICHOKE  
ASPARAGUS - CHERRIES  
LETTUCE - MANGOES - OKRA  
PINEAPPLES - RADISHES  
RHUBARB - SPRING PEAS  
STRAWBERRIES - SWISS  
CHARD - ZUCCHINI



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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27	28	29	30	31		

# JUNE 2012

- WHAT'S IN SEASON -  
APRICOTS - BLUEBERRIES  
CANTALOUPE - CHERRIES  
CORN - KIWI - LETTUCE  
MANGOES - PEACHES  
STRAWBERRIES  
SWISS - CHARD  
WATERMELON - ZUCCHINI



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# JULY 2012

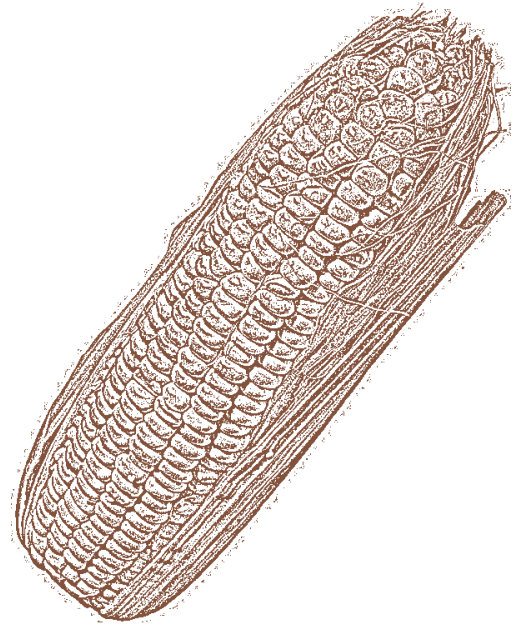
- WHAT'S IN SEASON -  
APRICOTS - BLACKBERRIES  
BLUEBERRIES - CANTALOUPE  
CORN - CUCUMBERS - GREEN BEANS  
KIWI - KOHLRABI - LETTUCE  
MANGOES - OKRA - PEACHES  
PEPPERS - PLUMS - RASPBERRIES  
STRAWBERRIES - SUMMER SQUASH  
SWISS CHARD - TOMATOES  
WATERMELON - ZUCCHINI



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# AUGUST 2012

- WHAT'S IN SEASON -  
 ACORN-SQUASH-APPLES  
 APRICOTS-BLUEBERRIES  
 BUTTERNUT-SQUASH-CANTALOUPE  
 CORN-CUCUMBERS-EGGPLANT  
 FIGS-GREEN-BEANS-KIWI  
 KOHLRABI-LETTUCE-MANGOES  
 OKRA-PEACHES-PEPPERS-PLUMS  
 RASPBERRIES-STRAWBERRIES  
 SUMMER-SQUASH-SWISS-CHARD  
 TOMATOES-WATERMELON-ZUCCHINI



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# SEPTEMBER 2012

- W H A T ' S I N S E A S O N -  
 A C O R N - S Q U A S H - A P P L E S - B E E T S  
 B U T T E R N U T - S Q U A S H - C A N T A L O U P E  
 C A U L I F L O W E R - E G G P L A N T  
 F I G S - G R A P E S - G R E E N - B E A N S  
 L E T T U C E - M A N G O E S  
 M U S H R O O M S - O K R A - P E P P E R S  
 P E R S I M M O N S - P O M E G R A N A T E S  
 P U M P K I N S - S P I N A C H  
 S W E E T - P O T A T O E S  
 S W I S S - C H A R D - T O M A T O E S



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# OCTOBER 2012

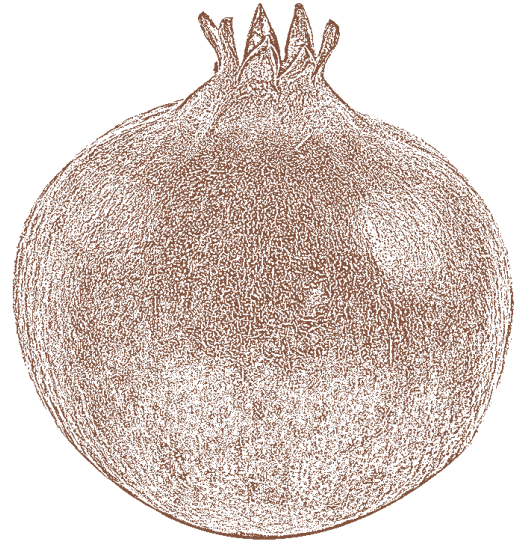
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B R O C C O L I - B R U S S E L S - S P R O U T S  
B U T T E R N U T - S Q U A S H - C A B B A G E  
C A U L I F L O W E R - C R A N B E R R I E S  
G R A P E S - L E E K S - L E T T U C E  
M U S H R O O M S - P A R S N I P S - P E R S I M M O N S  
P O M E G R A N A T E S - P U M P K I N S  
R U T A B A G A S - S P I N A C H  
S W E E T - P O T A T O E S - S W I S S - C H A R D  
T U R N I P S - W I N T E R - S Q U A S H



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# NOVEMBER 2012

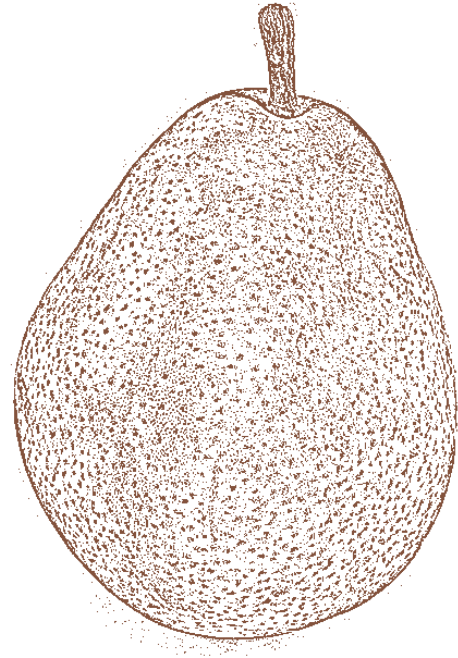
- WHAT'S IN SEASON -  
BEETS - BROCCOLI  
BRUSSELS - SPROUTS  
CABBAGE - CAULIFLOWER  
CRANBERRIES - LEEKS - MUSHROOMS  
ORANGES - PARSNIPS - PEARS  
PERSIMMONS - POMEGRANATES  
PUMPKINS - RUTABAGAS  
SPINACH - SWEET - POTATOES  
TANGERINES - TURNIPS  
WINTER - SQUASH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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11	12	13	14	15	16	17
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# DECEMBER 2012

- WHAT'S IN SEASON -  
BROCCOLI-BRUSSELS-SPROUTS  
CABBAGE-CAULIFLOWER  
GRAPEFRUIT-KALE-LEEKs  
MUSHROOMS-ORANGES  
PAPAYAS-PARSNIPS-PEARS  
POMEGRANATES  
RUTABAGAS-SWEET-POTATOES  
TANGELOS-TURNIPS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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30	31					