

By Will Stahl-Timmins

INSTRUCTIONS

Mount the resulting disc on the wall, using a single nail or pin in the centre.

Rotate the calendar throughout the year, so that you can always see which foods are in season, without having to crane your head to the side too much.

The calendar shows a selection of UK favourites, but is not exhaustive. Onions and garlic are not included as they are so essential to many dishes. Only the peak season for the fruit and vegetables are shown. UK-grown produce may be available outside these times, and should definitely not be overlooked :) Data source: <http://www.eattheseasons.co.uk/>

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