



2020



Abel & Cole







Painting with all the colours of the veg



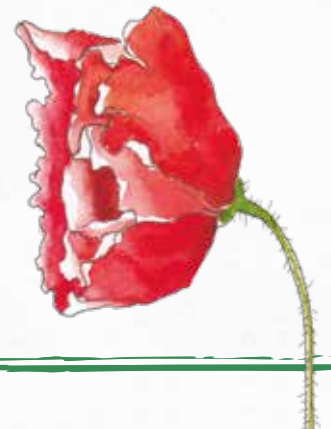
We'd like to wish you a happy, healthy and fun-filled
New Year, from everyone here at Veg HQ.

We've been thinking, talking and shouting from the rooftops about
community, sustainability and seasonality this year. There's an
inspirational story behind all of our organic partners, and to help tell
it, we've brought on board the incredibly talented **Jennie Webber**.
Like us, she's passionate about conservation, and even runs drawing
classes to help reconnect city-folk to the natural world.

She's just the person to bring the tales of our makers, bakers,
farmers and shakers to life. The result? Our most beautiful
calendar yet. Even if we do say so ourselves...

Here's to an organic 2020,

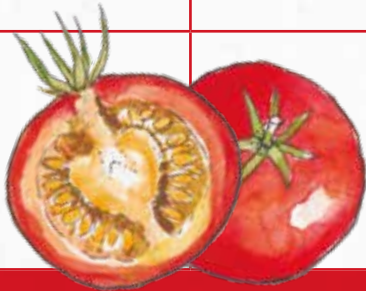
The Veg Heads





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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1 New Year's Day (Hello 2020!) Veganuary begins	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Burns Night	26
27	28	29	30	31	1	2



Passata, Alba Bio. Every tomato has a sweet spot, and there's a bit of an art to making sure they land on your doorstep at just the right ripeness. Waste isn't an option for Vittorio and the gang at Alba Bio in Sicily though. As well as being vine whisperers, they're the brains behind our brilliant passata. Should even a single one of their organic tomatoes grow up too quickly, it's squashed into the sweetest sauce to ever grace a bowl of pasta.

January

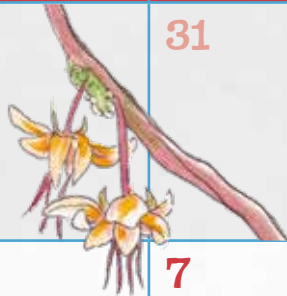
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	1

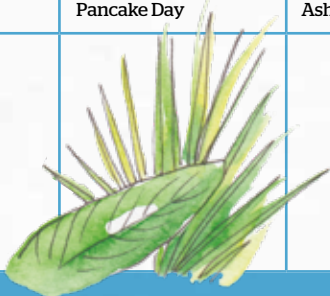


Valentine's Day

Fairtrade
Fortnight begins

Pancake Day

Ash Wednesday





Chocolate, Cocoa Loco. Sarah and Rory Payne are our kind of bean counters. Every bite of Cocoa Loco's chocolate is packed with organic and fairly-traded cocoa from a community of small-scale growers in the Dominican Republic. They're guaranteed a fair price for a quality product; because knowing that the environment and the workers involved are in good hands makes these moments of chocolatey indulgence all the sweeter.





jw.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24 	25	26	27	28	29	1 St David's Day
2	3 World Wildlife Day	4	5	6	7 Plant Power Day	8 International Women's Day
9	10	11	12	13	14	15
16	17 St Patrick's Day	18	19	20 Spring Equinox	21	22 Mother's Day
23	24	25	26	27	28	29 Daylight Saving Time begins
30	31 	<p>Organic herbs, Turf Croft Herbs. We all love the New Forest, but Simon Weir's corner of it must smell the sweetest. He's grown herbs at Turf Croft Farm for going on thirty years now, and he's learned a thing or two about sustainability along the way. His favourites are the perennials like bay and rosemary; hardy plants that grow from the same deep roots year after year. This keeps the soil structure intact and retains water, helping to reduce flooding.</p>				

March



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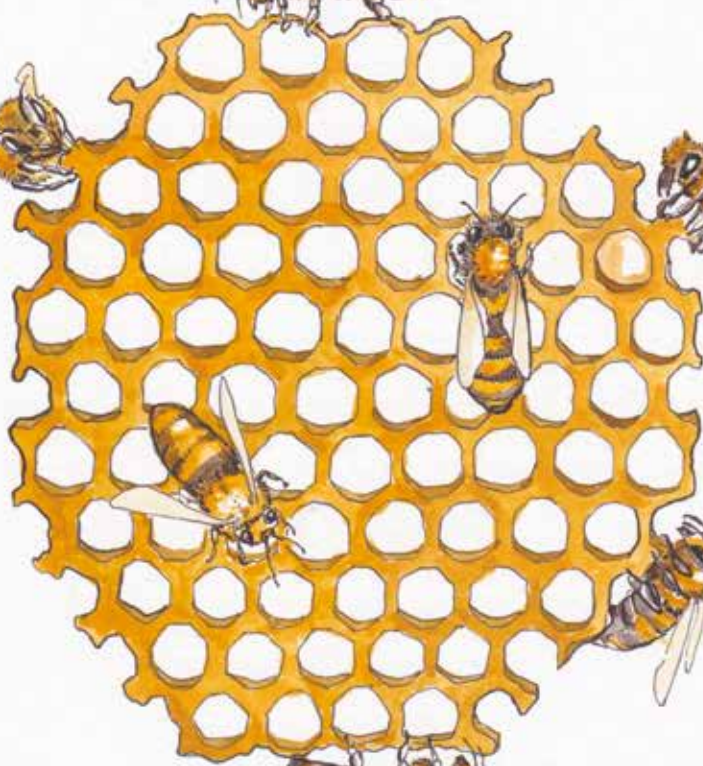
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1 April Fool's Day	2	3	4	5
6	7	8 Passover	9	10 Good Friday	11	12 Easter Sunday
13 Easter Monday	14	15	16	17	18	19
20	21	22 Earth Day	23 St George's Day Ramadan begins	24	25	26
27	28	29	30	1	2	3

Nourishing muesli, Alara Wholefoods. The first food company to send zero waste to landfill in the UK, Alara know what it takes to start your day sustainably. Their packaging is plastic-free and fully compostable, and their success has allowed them to dig into their very own educational permaculture garden near King's Cross in London. Once a derelict urban plot, this little oasis is now blooming with vines, fruit trees and organic vegetables.

April




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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	1	2	3
4	5	6	7	8	9	10
May the Fourth be with You				Early May Bank Holiday	World Fairtrade Day	
11	12	13	14	15	16	17
18	19	20	21	22	23	24
		World Bee Day			Eid al-Fitr begins	
25	26	27	28	29	30	31
Spring Bank Holiday						



Plastic-free food savers, BeeBee Wraps. If you're cutting down on your single-use plastic in 2020, Kath Austen's BeeBee Wraps are just the ticket this picnic season. These reusable cotton and beeswax sheets create a stretchy, airtight seal and keep your food fresh as a daisy. That's less plastic sitting in landfill and less good food going to waste to boot. Oh and they're absolutely bee-autiful looking too, which never hurts...

May

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 World Milk Day	2	3	4	5 World Environment Day	6	7 Open Farm Sunday <i>Find your local farm to visit online</i>
8 World Ocean's Day	9	10	11	12	13	14
15	16	17	18	19	20 Summer Solstice	21 Father's Day
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Foraged fancies, Totally Wild Food. James spent his childhood playing in what he called the "Chicken Kiev Woods." When he'd grown up a little, he realised that familiar pong was, in fact, a dense carpet of wild garlic. One taste and a new foraging fanatic was born. These days he gets his hands dirty while rambling around the woods, hillsides and windswept coasts of the UK, collecting adventurous ingredients in a sustainable and responsible way.

June



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4 International Co-operative Day	5
6	7 World Chocolate Day	8	9	10	11	12
13	14	15	16 National Cherry Day	17	18	19
20	21	22	23	24	25	26
27	28	29	30 Eid al-Adha begins	31	1	2
<p>Organic berries, cherries, currants, apples and pears, Martin Soble. Whitethorne Farm in rural Herefordshire has been free of chemical inputs for decades, and our Martin wouldn't have it any other way. Where others see weeds, he sees plants which attract the insects his fruit trees rely on for pollination. "It's a bit like looking after kids really" he says, "If you give them light, plenty of fresh air and don't push them too hard, they come on wonders."</p>						



July



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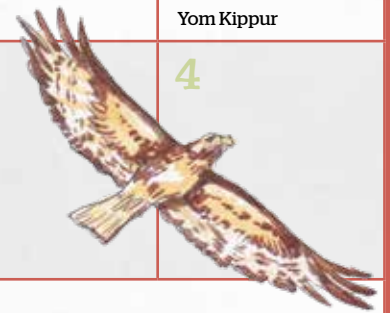
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
3	4	5	6	7 International Beer Day	8	9
10 National Allotments Week begins	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Summer Bank Holiday		<p>Cut flowers, plug plants and more, Organic Blooms. For Jo Wright, there's nothing more therapeutic than putting your hands to the earth, planting a seed and watching it grow. That's what inspired her to start Organic Blooms; a social enterprise providing valuable work experience to people with varying support needs. Her UK-grown, organic plants and flowers even support local ecosystems by being pesticide-free and 100% bee-friendly too.</p>				

August

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1 Organic September begins	2	3	4	5	6
7 Zero Waste Week begins	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Autumn Equinox	23	24	25	26	27 Yom Kippur
28	29	30	1	2	3	4
<p>Organic UK walnuts, Hermitage Farm. Jen and Alan Kinch grow seven different varieties of apple on their little slice of Herefordshire. They're also the proud owners of a beautiful organic walnut grove. Usually these trees are chopped down in their prime for timber, but Jen and Alan are keeping them (and their soil-saving roots) in place. We might need to share the nuts with some cheeky local squirrels, but luckily, there's plenty to go round.</p>						



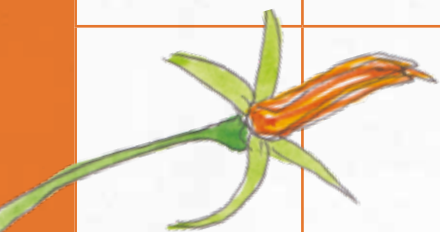
September

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
			World Vegetarian Day			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
				World Food Day		
19	20	21	22	23	24	25
						Daylight Savings Time ends
26	27	28	29	30	31	1
					Hallowe'en	

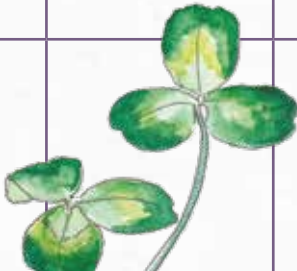


Sensational squash, Bedlam Farm. Despite the name, Clive Martin's fenland farm is actually a rather serene kind of place. At this time of year (unless you've skipped ahead) the fields are dotted with squash of all shapes, sizes and colours. They grow fast here in the rich Cambridgeshire soil, and herald the start of autumnal eating. So too, do the thriving wildflowers, which blanket the fields that have been herbicide-free for years.

October

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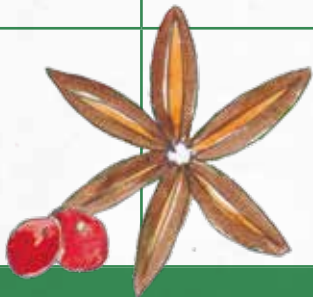
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1 World Vegan Day
2	3	4	5 Guy Fawkes Night	6	7	8
9	10	11 Remembrance Day	12	13	14 Diwali	15
16	17	18	19	20	21	22 Stir-up Sunday
23	24	25	26	27	28	29 Advent begins
30 St Andrew's Day	 <p>Vin d'Angleterre, Davenport Wine. On two sites in the High Wealds, Will Davenport has been tending his English grape vines since 1991. As one of the UK's only three organic vineyards, he's making waves in an industry that now relies on huge volumes of chemical inputs to thrive. He can't find soil fertility in a bag, so Will has to know his land inside and out. He takes a more holistic, yet scientific approach that more than pays off in the glass.</p>					

November

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5 World Soil Day	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 Winter Solstice	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27
28	29	30	31 New Year's Eve	1	2	3



Mountains of mince pies, The Authentic Bread Company. Season's eating starts with the first mince pie of the year and that makes The Davis Family holiday heroes here at Veg HQ. Key to their success has been learning the artisanal way from the masters of the craft. They accept only the finest ingredients around, and their commitment to sustainability has made them an example for carbon-cutting bakers the country over.

December

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2020 at a glance

January

M	T	W	T	F	S	S
		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

M	T	W	T	F	S	S
					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	

March

M	T	W	T	F	S	S
						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					

April

M	T	W	T	F	S	S
		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			

May

M	T	W	T	F	S	S
					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

June

M	T	W	T	F	S	S
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					

July

M	T	W	T	F	S	S
		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		

August

M	T	W	T	F	S	S
						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					

September

M	T	W	T	F	S	S
	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				

October

M	T	W	T	F	S	S
			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	

November

M	T	W	T	F	S	S
						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						

December

M	T	W	T	F	S	S
	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			

The cup & spoons guide to kitchen measurements

SPOONS	METRIC
¼ teaspoon	1ml
½ teaspoon	2.5ml
¾ teaspoon	4ml
1 teaspoon	5ml
1 dessert spoon	10ml
1 tablespoon	15ml

IMPERIAL	METRIC	IMPERIAL	METRIC
½oz	15g	10oz	285g
¾oz	20g	11oz	310g
1oz	30g	12oz	340g
2oz	60g	13oz	370g
3oz	85g	14oz	400g
4oz	115g	15oz	425g
5oz	140g	16oz	450g
6oz	170g	24oz	680g
7oz	200g	32oz	0.9kg
8oz	230g	48oz	1.4kg
9oz	255g	64oz	1.8kg

°C	FAN	GAS
140	120	1
150	130	2
160/170	140/150	3
180	160	4
190	170	5
200	180	6
220	200	7
230	210	8
240	220	9

PINTS	METRIC	CUPS	FL. OZ.
-	100ml	-	3½
-	125ml	½	4½
¼	150ml	-	5
-	200ml	-	7
-	250ml	1	9
½	275ml	-	10
-	300ml	-	11
-	400ml	-	14
-	500ml	2	18
1	570ml	-	20
-	750ml	3	26
1¼	1 litre	4	35
2	1.1 litres	-	40
-	1.3 litres	5	46
3	1.7 litres	-	60
-	2 litres	8	70



We'd just like to say a
massive
thank you to everyone who's
made another year of
organic adventure possible.

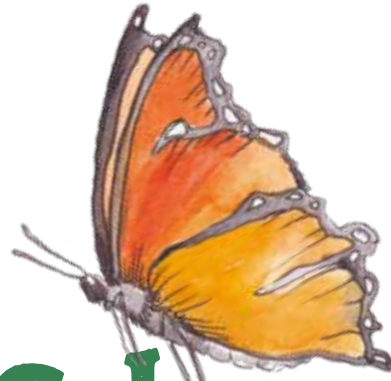
So here goes...

"Thank you."

- Us







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