

Eat the Seasons with Bea the Bee

Follow the seasons to eat fresh, healthy, and help our planet thrive!

- **Spring brings fresh growth! Look out for crunchy radishes, spring onions, and early rhubarb appearing in the markets.**
- **In Summer, the warm sun helps British strawberries, juicy tomatoes, and sweet peas to ripen perfectly for us to enjoy.**
- **Autumn is the time for the harvest! This is when we collect crunchy apples, pumpkins, and earthy carrots from the soil.**
- **Winter might be cold, but we can still eat well! Root vegetables like parsnips, swede, and potatoes are perfect for hearty winter soups.**
- **Buying seasonal fruit and vegetables can often be cheaper, saving you ££s compared to buying produce that has been flown in from far away.**

Did you know? Did you know? When we eat food grown in the UK during its natural season, it travels fewer miles to reach our plates. This helps reduce our carbon footprint and supports our local British farmers!

Key vocabulary: Harvest · Seasonal · Produce · Sustainability · Imported · Agriculture