

The Seasonal Kitchen with Bea the Bee

Eat with the Seasons: Taste the Best of Every Month!

- **Spring is a time for growth.** Early in the year, we enjoy tender crops like asparagus, radishes, and spring onions which thrive in the warming soil.
- **Summer brings an abundance of sunshine.** During these months, we harvest juicy berries, tomatoes, and courgettes that need long, warm days to ripen.
- **Autumn is the traditional harvest season.** This is when we collect hearty root vegetables like carrots, parsnips, and pumpkins, as well as crisp apples and pears.
- **Winter is the time for storage crops.** We rely on vegetables that can be picked and stored safely, such as potatoes, leeks, and kale, which can withstand the frost.
- **By choosing seasonal produce, we support local farmers and ensure our food is at its peak nutritional value and best flavour.**

Did you know? Did you know? Eating food that is 'in season' means choosing fruits and vegetables that are naturally ready to be harvested at that time of year in our local climate. This reduces 'food miles'—the distance food travels from farm to plate—which helps to lower the carbon footprint of your lunch!

Key vocabulary: Sustainability · Seasonal · Harvest · Agriculture · Food Miles · Produce · Environment