

## Eat the Seasons with Bea the Bee!

Follow the seasons to find the tastiest food on your plate!

- **Spring is a time for new growth. We can harvest crunchy radishes, spring onions, and delicious rhubarb.**
- **Summer sunshine brings us sweet strawberries, juicy tomatoes, and fresh peas straight from the pod.**
- **Autumn is the time for the main harvest. We collect shiny apples, earthy carrots, and hearty potatoes.**
- **Winter vegetables are tough and tasty! We eat parsnips, kale, and leeks that grow well in the cold weather.**
- **Buying food from local farms helps our community and ensures our food is as fresh as it can be.**

*Did you know? Did you know? Eating food grown in the UK during its natural season means it does not have to travel as far to reach your plate. This helps the environment and keeps our planet healthy!*

**Key vocabulary: Season · Harvest · Local · Produce · Environment · Nutritious**