

Eat the Seasons with Max and Bea!

Celebrate the Harvest: Discover Why Fresh and Local is Best!

- Seasonal food is grown at the right time of year, meaning it often tastes fresher and more delicious than produce grown in greenhouses.
- Buying local produce helps support our hard-working British farmers and boosts the local economy.
- Eating seasonally reduces your carbon footprint because the food does not need to be flown or shipped from the other side of the world.
- In the UK, root vegetables like carrots and parsnips are perfect for winter harvests, while juicy berries are at their best in the summer sunshine.
- You can save money on your weekly food shop by purchasing items that are currently in season, as they are often cheaper to produce.

Did you know? Did you know that some strawberries travelled over 5,000 miles to reach your plate in winter? By choosing food grown in the UK during its natural growing season, you help reduce 'food miles', which keeps our planet much happier!

Key vocabulary: Sustainability · Seasonal · Food miles · Harvest · Carbon footprint · Nutritious