

The Seasonal Harvest: Eating with the Earth

Eat Local, Eat Fresh, Eat Seasonal: Join Bea the Honeybee on a journey through the British harvest!

- Seasonal food is produce that is harvested at the peak of its natural growing cycle, often resulting in better flavour and a higher nutritional value.
- Reducing food miles is a key component of sustainable living, as it lowers the amount of fuel used for international transport and refrigeration.
- Supporting local agriculture helps maintain the biodiversity of the British countryside and ensures that rural communities thrive.
- Greenhouses allow us to extend the growing season for certain crops, but this often requires significant energy to heat the environment artificially.
- Preservation methods such as pickling, drying, or freezing allow us to enjoy seasonal produce throughout the year without relying on long-distance imports.

Did you know? Did you know? In the UK, eating strawberries in December often requires them to be flown thousands of miles from the Southern Hemisphere. By choosing to eat them in June when they are in season locally, we reduce our carbon footprint significantly and support British farmers!

Key vocabulary: Sustainability · Food miles · Harvest · Cultivation · Carbon footprint · Perishable · Nutrient-dense · Biodiversity