

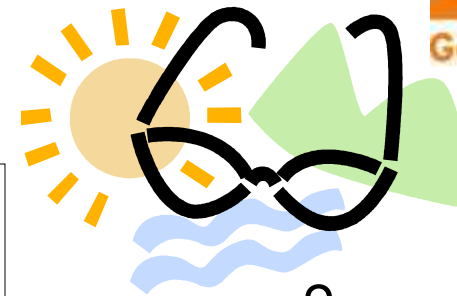


What's in season.



Spring

Find out which different types of fruits and vegetables are grown during the different seasons in this country?



Summer



Autumn



Winter



What's in season in Autumn?



- Take a look at this basket of autumn produce.
- Make a list of the fruits and vegetables you can see
 - suggest a recipe for each fruit and vegetable
e.g. carrots = carrot soup
 - Write down two words for the texture and flavour of each fruit and vegetable



It's better to buy foods in season because they taste better.

I'm trying to reduce my carbon footprint. Which should I buy?

It doesn't matter if foods are brought to this country by air, it's all the same.

What do you think?

What can I do, we don't have a garden?

Are they cheap? That's what I care about.

We grow loads of vegetables in our garden, they taste so good!



Here are 4 Autumn recipes for you to try



Autumn roasted vegetable soup

Uses a range of vegetables.
The vegetables can be roasted or simmered.

The soup can be blended or served as a rich vegetable broth.



Autumn coleslaw.

Uses multi coloured, sliced, grated and shredded vegetables and fruit.





Autumn recipes

Muffins

Beetroot and Chocolate –

The vivid colour in this recipe comes from using beetroot. The sweetness of the beetroot adds to the soft texture of the muffins.

Or try: Courgette, Cheese and Chive –

Leave out the sugar, add 75g grated courgette, 75g grated Cheddar cheese, and 3 x5 ml spoons of chopped chives.

