

Fresh Ideas Feeding Minds

British Food Fortnight

Britain has a huge amount of delicious food available throughout the year. See when your favourite fruits and vegetables are in season...

1

SPRING

Carrots, Cauliflower, Cucumber, Spinach, Spring Onion, Gooseberries, Rhubarb

2

SUMMER

Cauliflower, Courgette, Green Beans, Lettuce, Tomatoes, Raspberries, Strawberries

3

AUTUMN

Mushrooms, Potatoes, Pumpkin, Sweetcorn, Apples, Blackberries, Pears

4

WINTER

Sprouts, Cabbage, Leeks, Parsnips, Potatoes, Apples, Pears

FACT

Eating foods in season means you **eat the right nutrients** your body needs for that season!

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CATERING