



Eatwell plate



Seasonality

Autumn	Winter	Spring	Summer
Apple, Blackberry, Butternut squash, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Kale, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Spinach, Turnip.	Apple, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Rhubarb, Swede, Turnip	Apple, Asparagus, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Cucumber, Lettuce, Onion, Parsley, Potato, Radish, Red Onion, Rhubarb	Apple, Basil, Beans (Runner & French), Beetroot, Broccoli, Carrot, Cauliflower, Celery, Courgette, Cucumber, Fennel, Lettuce, Onion, Potato, Radish, Raspberry, Red Onion, Rocket, Rhubarb, Strawberry.



Base: vegetable or meat broth/stock.

Harvest: To gather crops

Intensive farming: A method of farming that produces a large amount of produce.

Produce: products such as fruit and vegetables that are grown or farmed

Seasonality The different times of year fruits and vegetables are ripe and ready to harvest.

Subsistence farming: A type of farming where farmers grow enough food to feed their family.

Vegetables and Seasonings: celery, onions, and carrots are foundations for most soups. Salt, pepper, and bay leaves to season.

