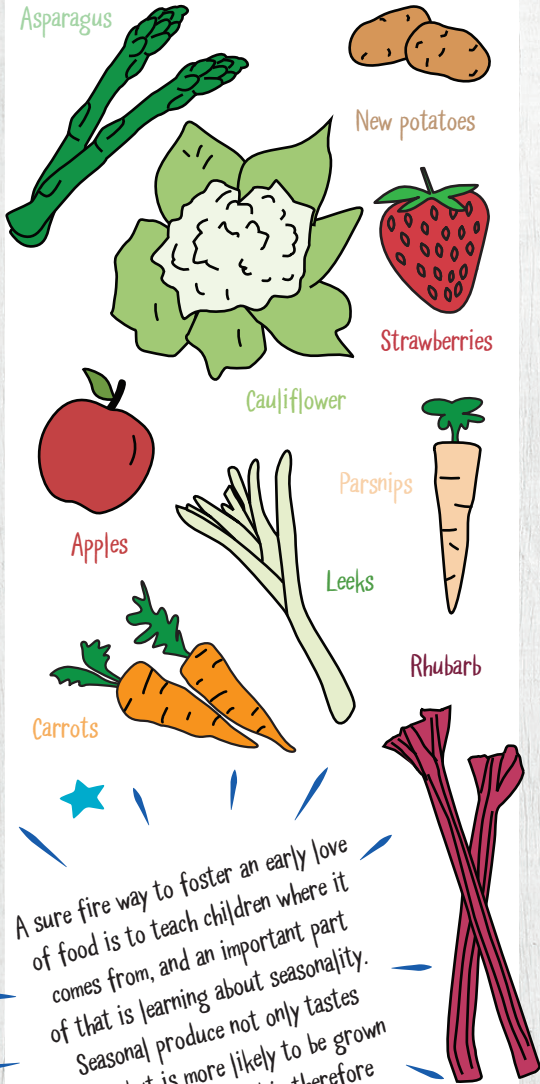


A guide to eating fresh all year round

Pop me on your fridge as a handy reminder!

Spring

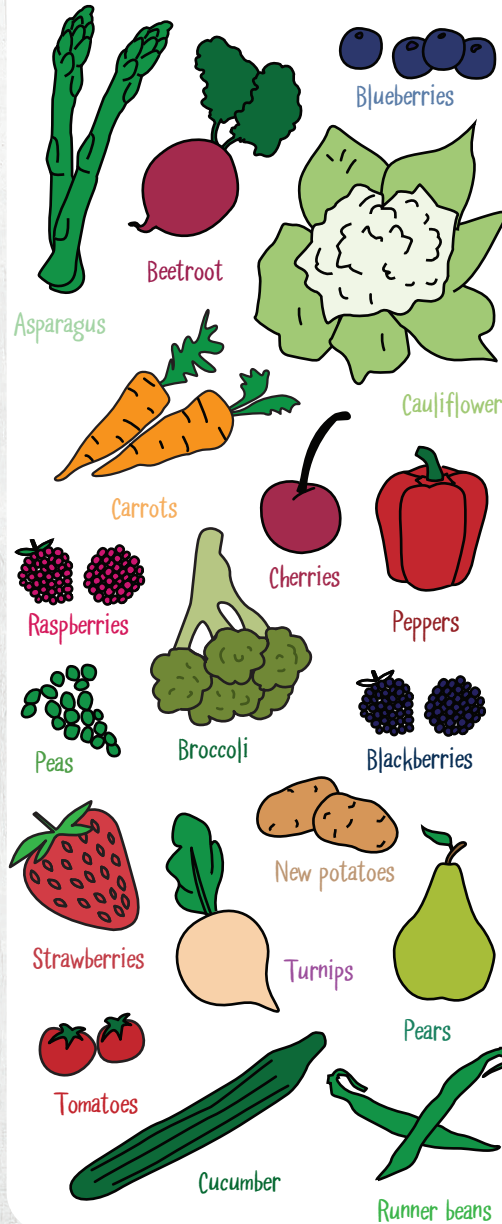
(March, April, May)



A sure fire way to foster an early love of food is to teach children where it comes from, and an important part of that is learning about seasonality. Seasonal produce not only tastes better but is more likely to be grown closer to home, and is therefore fresher and generally more nutritious.

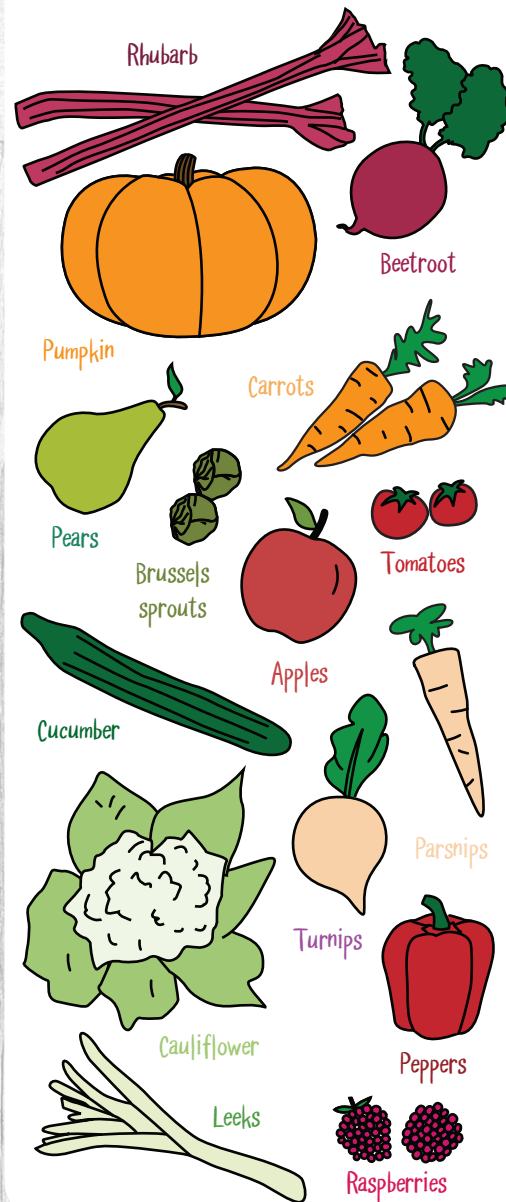
Summer

(June, July, August)



Autumn

(September, October, November)



Winter

(December, January, February)

