

Seasonality

Deserts & fruit

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Key learning objectives

Aim: to introduce the benefits of seasonal ingredients

Learning objectives:

1. Recognise the need for sourcing seasonal ingredients and the benefits it brings
2. Understand how to modify dessert recipes to include seasonal produce
3. Evaluate seasonal fruits for water content and adjust recipes accordingly



Practical task

Concept: Integrating seasonal fruits

Dish: Seasonal Tarte Tatin

Quick description:

- Activity 1: Identifying seasonal fruits
- Activity 2: Recipe modification of Tarte Tatin



Key things you need to know...



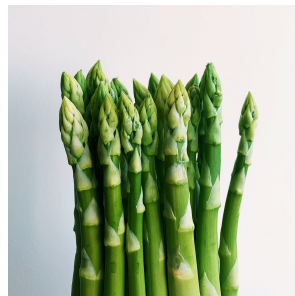
There are a number of reasons to eat more seasonal, local food, more often

Here are three major ones:

1. To **reduce the energy** (and associated CO2 emissions) needed to grow and transport the food we eat
2. To support quality food grown in the **local economy**
3. To eat **tastier & more nutritious** food

Example Asparagus:

The global warming potential of asparagus imported to the UK is 5 times greater than eating home grown asparagus in season, due to the high proportion that is air-freighted. And UK produces £30m of asparagus each year – mainly from Kent & Suffolk.



Source: <https://www.sciencedirect.com/science/article/pii/S0048969719319758>



There are a number of reasons to eat more seasonal, local food, more often

Energy and emissions

Growing food according to nature's cycles uses less energy than foods which require artificial light and heat.

It also reduces the distance that food has to travel. This can be important for reducing carbon emissions of certain foods, particularly if it reduces the amount of food that travels by air freight.

Local economy

Eating and buying more seasonally is important for supporting local food security and the local economy (including jobs in farming and food production).

You may also have to pay a premium for food that is scarcer or has travelled a long way.

Taste and Nutrition

Seasonal foods are usually fresher than those which have hung around in warehouses during transport, making them tastier and more nutritious.

Reconnect with nature's cycles and the passing of time



Do you know what's in season near you?

Spring

Meat

Beef Steaks
Chicken
Sausages
Spring Lamb - Grills

Vegetables

Asparagus
Carrots
Cauliflowers
Celeriac
Cucumbers
Curly Kale
Purple Sprouting Broccoli
Savoy Cabbage
Sorrel
Spinach
Spring Greens
Spring Onion
Watercress



Fruit

Gooseberries
Rhubarb

Fish

Crab
Haddock
John Dory
Lobster
Mackerel
Monkfish
Prawns
Sea Bass
Sea Salmon
Trout
Turbot



Summer

Meat

Beef Steaks
Burgers
Chicken - Kebabs & Grills
Ham
Lamb - Grills
Pork Pies
Pork Spare Ribs
Saltmarsh Lamb
Sausages
Venison



Vegetables

Beetroot
Broad Beans
Carrots
Cauliflowers
Courgettes
Cucumber
Fennel
Fresh Peas
Garlic
Green Beans
Lettuce & Salad Leaves
New potatoes
Radishes
Runner Beans
Sage
Salad Onions
Squash
Tomatoes
Watercress

Fruit

Blueberries
Currants - black, white and red
Elderflower berries
Greengages
Loganberries
Plums
Raspberries
Strawberries
Tayberries

Fish

Crab
Pilchards
Wild Salmon

Autumn

Meat

Chicken
Grouse
Ham
Heather-fed Lamb
Pies
Pork
Roasts
Sausages
Venison

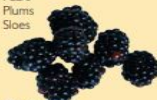
Vegetables

Field Mushrooms
Lettuce
Marrow
Potatoes
Pumpkin
Rocket
Squashes
Sweetcorn
Watercress



Fruit

Apples
Blackberries
Damsons
Elderberries
Pears
Plums
Sloes



Fish

Brill
Dabs
Dover Sole
Flounders
Oysters
Skate

Winter

Meat

Casseroles
Chicken
Gammon
Goose
Partridge
Pheasant
Pies
Roasts
Sausages
Turkey
Venison
Wild Duck



Vegetables

Bay Leaves
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Curly Kale
Fennel
Leeks
Parsnips
Potatoes
Red Cabbage
Swede
Turnips

Fruit

Apples
Pears
Quince



Fish

Grey Mullet
Mussels
Scallops

For example, this is
a seasonal guide
for the UK.

Tips for chefs...



See this as a creative challenge!

Embrace the value that eating seasonally can bring

Using imagination and value quality

Eating seasonally isn't about denial, it's about being imaginative with meal planning and enjoying higher quality produce.

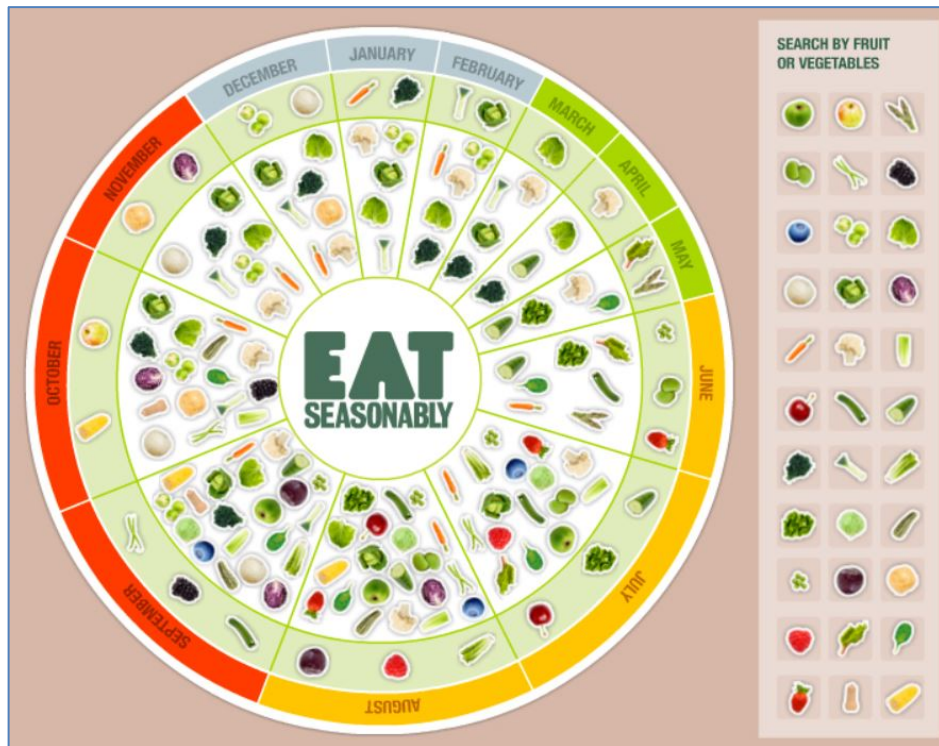
Make connections to events and seasons

Many of us are already doing it without realising, using pumpkins for Halloween - the shells make beautiful decorations and the flesh is great in soups, pies, roasting and baking. We often crave salads in hotter weather, when the UK & Europe is primed to produce locally grown salad.

Think about extending the philosophy you bring to Halloween to throughout the year.



When designing menus and dishes, look at what is in season



Try the EAT Seasonably calendar online.

Get familiar with where your food is coming from

Connect to growers:

Farmers' markets are becoming more and more popular as people can be a great way of getting good quality produce locally.

Try growing your own

Salad leaves and herbs are particularly easy to grow all through the year, giving you great fresh produce and flavours.



Pay attention to labels

Use the labels

Britain may not grow all the fruits and vegetables we want to use, but it's very simple to look at the label when you're buying



Look for varieties that have travelled shorter distances where possible. Oranges, peaches, kiwis and bananas coming from Spain or Italy have obviously travelled shorter distances than those from Africa or South America.

The red tractor symbol is a good way to identify food grown in Great Britain



Preserve your favourites

Make the most of when your favourites are in season, for example:

- Freezing fresh fruit & vegetables
e.g. berries
- Experimenting with fermentation
e.g. making kimchi from cabbages
- Dehydrating fruits
- Pickling fruit & vegetables
- Making jams or chutneys
- Storing root vegetables
somewhere cool and with low
over the winter



Summary: key takeaways

Key things you need to know:

- Eating more seasonally can be an important way of reducing your environmental impact, as well as supporting the local economy.
- By eating food that is more fresh, you are likely to benefit from better taste and nutritional profiles.

Tips for chefs:

- Use your imagination and value quality
- Make connections to events and seasons
- Look at what is in season when designing menus
- Get familiar with where your food is coming from
- Pay attention to labels to look for varieties that have travelled shorter distances
- Preserve your favourites

