

Our suppliers support us by communicating which produce is at its best, aswell as which is grown or reared locally. We use as many seasonal ingredients as possible and by doing so we:



- Fresh, more nutrients & vitamins
- Naturally ripened
- Kinder to the planet:
  - Less storage = less energy usage
  - Less packaging
  - Less miles= less pollution
- Support local farmers, growers & producers
- Manage costs, so we concentrate on quality
- It offers variety... different tastes
- It reflects tradition & celebration...

sprouts at Christmas!

Most importantly of all it is a key part of our educational philosophy. Our 'Edible Education' covers all areas of learning and supports health & well-being for life.

This Winter our **Yummy Seasonal Stars** are...

- ★ Beetroot
- ★ Broccoli
- ★ Brussel Sprouts
- ★ January King Cabbage
- ★ Hispi Cabbage
- ★ Carrots
- ★ Cauliflower
- ★ Celeriac
- ★ Curly Kale
- ★ Fennel
- ★ Jerusalem Artichokes
- ★ Leeks
- ★ Pak Choi
- ★ Parsnips
- ★ Potatoes
- ★ Red Cabbage
- ★ Winter Squash

- ★ Smede
- ★ Sweet Potato
- ★ Turnip
- ★ Watercress
- ★ Bramley Apples
- ★ Eating Apples
- ★ Clementine
- ★ Cranberries
- ★ Dates
- ★ Pears
- ★ Satsumas
- ★ Duck
- ★ Gammon
- ★ Turkey
- ★ Haddock

