

# Cooking & Nutrition

Sowing the seeds of

## SEASONAL FOODS



**Fruit and vegetables** naturally grow in cycles and **ripen** during a certain season each year. When they are in season they are **harvested**. We mostly think of fruit and vegetables as seasonal however, some fish and meat can also be seasonal. There are **advantages** to buying and eating food that is in season. **Can you think what these are?**

### Foods ready to be eaten in the UK in autumn (Oct - Nov)

#### 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



#### Meat

Chicken  
Grouse  
Heather-fed Lamb  
Pork  
Venison



### Herby veggie crumble

#### Ingredients

40g butter or baking fat/block  
150g wholemeal flour  
50g cheese  
50g oats  
2 x 5ml mixed herbs  
2 leeks (small)  
1 red pepper  
4 mushrooms  
1 can chopped tomatoes (400g)

#### Equipment

Weighing scales, mixing bowl, grater, wooden spoon, chopping board, knife, baking dish (approx. 20cm x 20cm), can opener.

#### Method

1. Preheat oven to 200°C or gas mark 6.
2. Rub the fat into the flour until it resembles breadcrumbs.
3. Grate the cheese.
4. Stir in the grated cheese, oats and 1 x 5 ml mixed herbs.
5. Slice the leeks and red pepper.
6. Quarter the mushrooms.
7. Arrange the vegetables in a baking dish.
8. Pour over the canned tomatoes and 1 x 5ml spoon mixed herbs.
9. Sprinkle the crumble topping over the vegetables.
10. Bake in the oven for 25 – 30 minutes, until golden.

#### Top tips

- Try different combinations of vegetables, such as sweetcorn or broccoli.
- Use different herbs to vary the flavour e.g. parsley or thyme.
- Be creative with your crumble topping. Try different types of cheese e.g. parmesan or feta or add crushed digestive biscuits instead of oats.
- Serve the crumble with a side salad.
- The baking dish gets hot so remember to wear oven gloves.

#### Food skills

- Weigh.
- Measure.
- Rub in.
- Grate.
- Stir.
- Cut and slice.
- Bake.

This recipe is from the original Licence to Cook programme and is provided under the Open Government Licence.

Complexity: low-medium



### ACTIVITY (15+ minutes):

Read the ingredients list on the recipe to the right. This is a versatile recipe that **could be modified to use a selection of seasonal ingredients**. How could this recipe be modified?

Record your ideas on a sheet of paper.

**You and your family might choose to cook this dish at home – remember to take a photo if you do!**

I could modify...