

Seasonal Food

- **Seasonal food** is food that is readily available and grows its best at certain times of the year in the area where you live.
- Seasonal food is not the same in other parts of the world.
- Food can be grown 'out of season' in greenhouses, where the climate can be controlled.
- Food that is not grown in season in Britain can be grown in other countries, and imported here.
- Different foods can grow in different countries because of their climate zone.



Savoury seasonal tart



Sweet seasonal tart



It is important to use tools safely and carefully.

Bridge grip



Claw grip



Grating

