

Being Seasonal-saving money, improving taste and avoiding air miles.

Last week we spoke about the LOAF (Local, Organic, Animal friendly and Fairly traded) principles being held in tension with one another. We need to nuance 'Local'. Less Co2 emissions are emitted having lorry transported ripe tomatoes grown in Spain than using methane heated greenhouses in Kent to grow crops. We do need to look out for airmiles in our purchases and think accordingly. A way to address this is prioritising **Seasonal fruit and vegetables**. This is important for our connection with our environment. Church leads the way on this with harvest festivals. However, in reality, our disconnection with the countryside and farmed means of production mean we are more familiar with supermarket year round produce than what our local seasonal products actually are. But, if we prioritise buying seasonally, it means we have better taste and cheaper produce as well as zero airmiles and less Co2. Let's take a quiz (answers at the bottom)*-match which local produce are in season 1) Aug-Oct; 2) Jan-April 3) Sep-March. a) Broccoli b) Apples c) Cauliflower. If you found that too easy, well done. Some help is out there. Box schemes delivered to your door such as Abel & Cole and Riverford have seasonal box choices. We are blessed (for now!) with Whetstone Pastures which is one of the few remaining Pick Your Own from the ground farms left. Currently abundant strawberries are there for the joy and delight of an afternoon personal harvest. Enjoy!
(1a;2c;3b)*.