

Project Erasmus +
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**Residuos Eléctricos y Electrónicos y
Calidad del Aire**


Why Should We Eat Seasonal Foods?



THE AMERICAN
COLLEGE OF SOFIA

Co-funded by the
Erasmus+ Programme
of the European Union



The background of the slide is a close-up photograph of green leaves, likely from a plant like kale or spinach, showing their veins and some small holes. A semi-transparent white rectangular box is centered on the image, containing the definition of seasonal food.

“Seasonal food is produce that
is purchased and consumed
around the time that it is
harvested”

Reasons to consume seasonal foods

Taste

- Quantity over Quality
- Full nutrient and vitamin content
- Freshness

Cost and local economy

- Abundant production → lower price
- No additional chemicals are used
- No transportation costs
- Local food supports the local economy

Environment

- Reduced Carbon Footprint
- Less fuel emissions
- Less pesticides are used

global

vs.

local



foods that are produced in season
but not necessarily consumed where
they were locally harvested



foods that are harvested &
eaten locally during the natural
growing season

Seasonal Foods and the Environment

- The global food system accounts for around 26% of the world's greenhouse gas emissions
- Transportation and energy used for sustaining the foods
- The difference between global seasonality and local seasonality

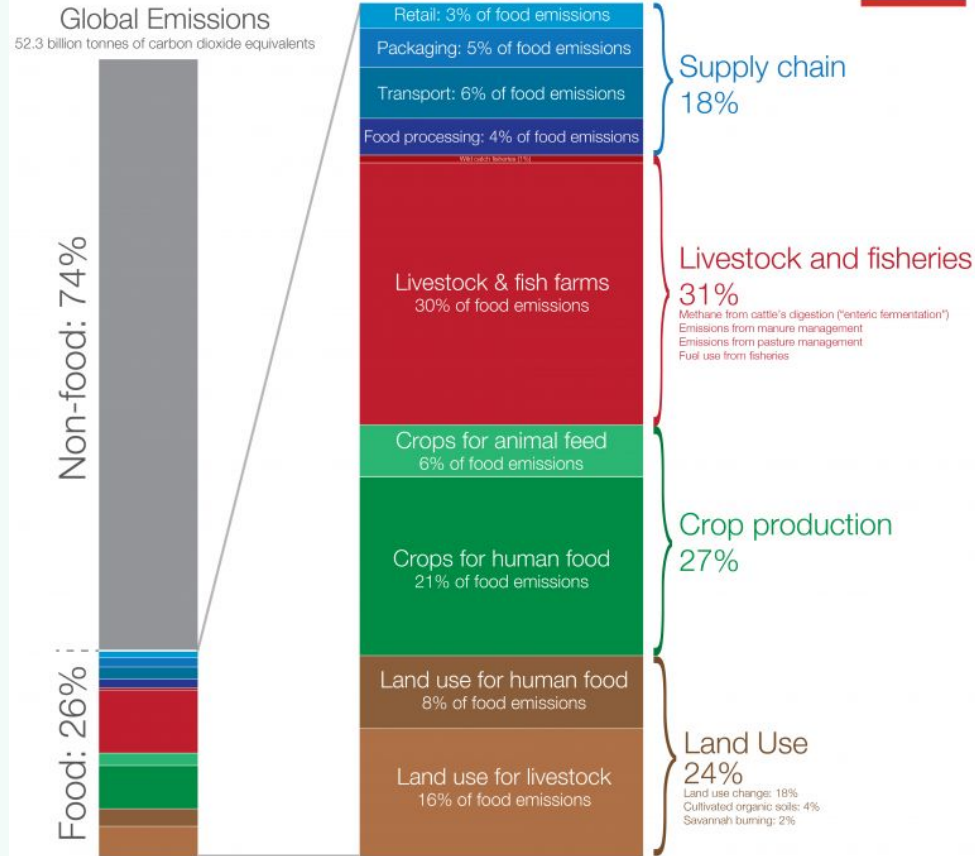


Importance of Transportation and Processing

- 18% of global emissions come from the transportation and processing of food
- The consumption of local seasonal foods largely eliminates this factor, so it has the potential to eliminate 18% of global emissions

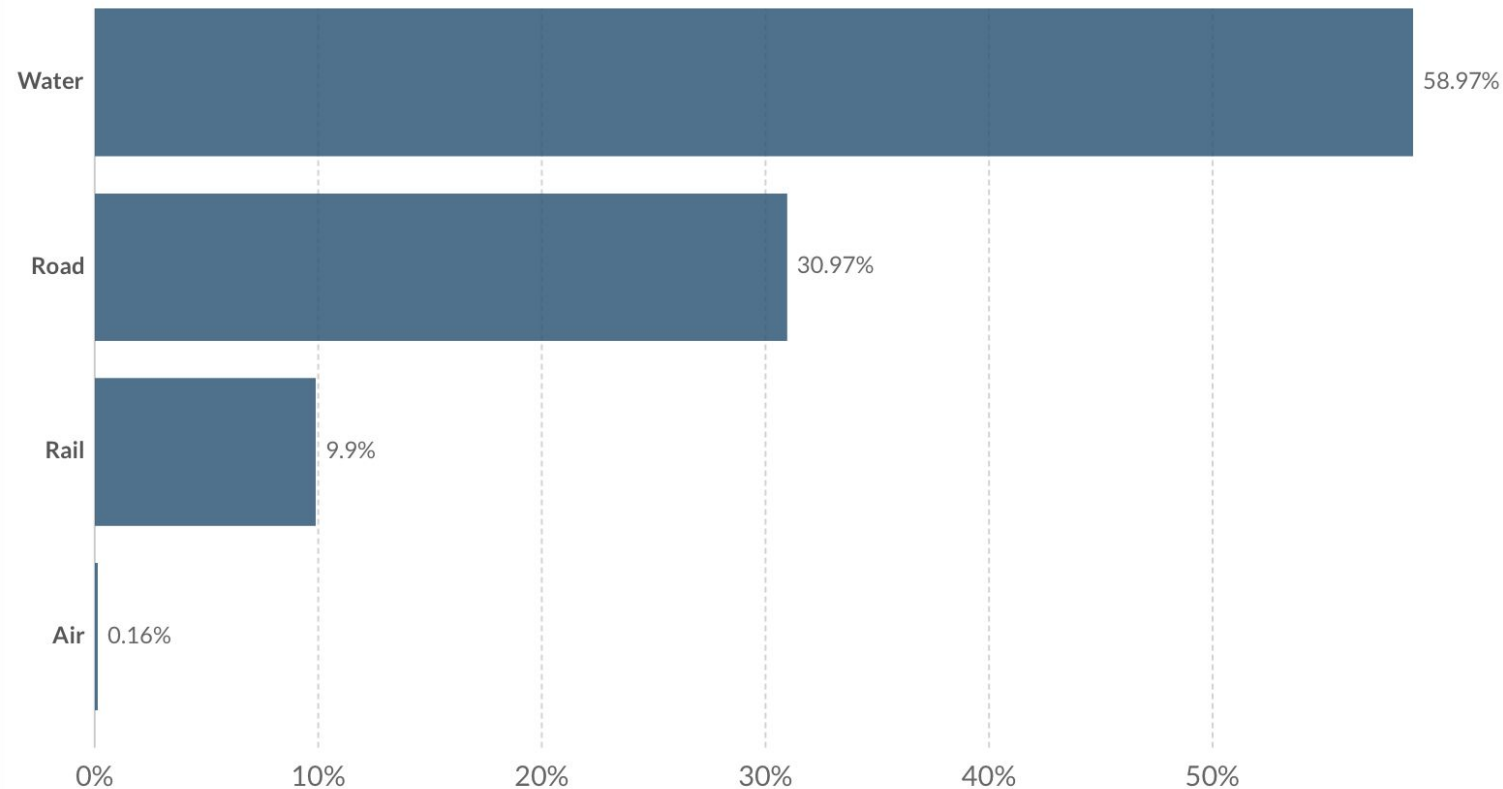
Global greenhouse gas emissions from food production

Our World
in Data



Share of global food miles by transport method

Food miles are measured in tonne-kilometers, which is a unit of measure of freight transport which represents the transport of one tonne of goods over a distance of one kilometre. Shown is each transport method's share of global food miles.



Air Transportation Has a Big Impact on the Environment

Even though water transport has little carbon footprint

Emission factors for freight by transport mode (kilograms of CO₂eq per tonne-kilometer)⁴⁰

Transport mode	Ambient transport (kg CO ₂ eq per tonne-kilometer)	Temperature-controlled transport (kg CO ₂ eq per tonne-kilometer)
Road Transport	0.2	0.2 to 0.66
Rail Transport	0.05	0.06
Sea / Inland Water Transport	0.01	0.02
Air Transport	1.13	1.13

Consuming local seasonal food eliminates air transport emissions

Seasonal Foods and Food Waste

- 13% of food waste occurs during transport and distribution. That's 200 million tonnes of food annually.
- Choosing seasonal foods reduces need to grow, transport and store the food. Therefore, it reduces supply chain food waste and greenhouse emissions.



<https://www.elevatedenviro.com/food-waste>

6% of global greenhouse gas emissions come from food losses and waste



Emissions from food that is never eaten accounts for 6% of total emissions



Note: One-quarter of food emissions comes from food that is never eaten: 15% of food emissions from food lost in supply chains; and 9% from consumer waste.

Data source: Joseph Poore & Thomas Nemecek (2018). Reducing food's environmental impacts through producers and consumers. *Science*.

[OurWorldinData.org](https://ourworldindata.org) – Research and data to make progress against the world's largest problems.

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Seasonal Vegetables in Bulgaria ...

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W.E.E. and Air Quality

Spring

There are many vegetables on the market during the spring season, however, these are some of the most consumed ones in Bulgaria:

- Beetroot
- Green beans
- Peas
- Leek
- Radish



<https://www.google.com/url?sa=i&url=https://www.marketval.com/2F%25D0%25BF%25D1%2580%25D0%25B0%25F%25B7%25D0%25BB%25D1%2583%25D0%25BA-100-%25D0%25B3%25D1%2580.html&imgsize=AQvYwDQXoRcGwYKRVw66WJdQ&uurl=1/083066538160003sourceimages&cd=yfe&yed=0CAIOvRvPicoTCN/CZnoveIcCF0AAAAAdAAAAABAD>

<https://blog.liebherr.com/domakinski-uredi/bg/wp-content/uploads/sites/4/2015/05/radishes.jpg>

Summer

The most fertile time of the year, the summer offers a big range of vegetables and fruits that at this time of the year are ready for harvest.

- *Carrots, tomatoes, red peppers, cucumbers, and lettuce* are some of the vegetables that ripen and are an essential part of most summer meals in Bulgaria.
- Some people who still follow traditions and make *homemade cheese* prefer to do this during the summer since this is when the milk has enough minerals and a better flavor.



<https://www.bulgariavilla.com/images/blog/Vegetables-in-Bulgaria/Bulgarian-tomatoes.jpg>



<https://www.bulgariavilla.com/images/blog/Vegetables-in-Bulgaria/Bulgarian-peppers.jpg>

Autumn

During the autumn period, these are some of the most consumed and healthy vegetables among the bulgarian people:

- Spinach
- Radish
- Cauliflower
- Potatoes
- Carrots
- Garlic



[https://profit.bg/uploads/userfiles/images/Cauliflower\(2\).jpg](https://profit.bg/uploads/userfiles/images/Cauliflower(2).jpg)

<https://cdn.mos.cms.futurecdn.net/atyrpYQoxdoTzmEgu8HMWE.jpg>

Winter

During the winter, these are some of the most consumed vegetables:

- *Cabbage*. It is a tradition to marinate cabbage and cook *sarmi* (meat or rice in a cabbage leaf) or *kapama* (meat with cabbage).
- *Cauliflower, carrots, celery and peppers*. Another tradition is to make *turshiq*, which are the mentioned vegetables, but marinated.



Seasonal Fruits in Bulgaria

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W.E.E. and Air Quality

Spring

These are the most consumed seasonal fruits in Bulgaria during spring:

- Cherries



https://theblue.com/lifestyle/food_drink/25-ways-you-should-eat-more-cherries/



https://theblue.com/lifestyle/food_drink/25-ways-you-should-eat-more-cherries/

- There are even festival dedicated to cherries around Bulgaria, most notably in the town of Kyustendil.

Summer

The summer offers a big range of seasonal fruits:

- strawberries, raspberries, blackberries, and blueberries
- pears
- apples
- plums
- peaches
- apricots
- watermelons
- melons
- grapes
- figs



<https://www.almanac.com/plant/blackberries>



<https://www.bbcgoodfood.com/howto/guide/ingredient-focus-strawberries>



<https://www.forbes.com/sites/brucelee/2020/08/23/cdc-new-salmonella-outbreak-linked-to-peaches-with-68-ill-in-9-states/>



<https://snapped.fns.usda.gov/seasonal-produce-guide/watermelon>

Autumn

The seasonal fruits during autumn are:

- pears
- apples
- peaches
- grapes
- quinces
- almonds
- kiwi
- figs
- persimmon
- pomegranates



<https://www.welcometothetable.coop/fresh-from-the-source/pomegranates>



<https://www.medicalnewstoday.com/articles/271232>



<https://culturecheesemag.com/article/we-dig-figs/>



Winter

During the winter, these are some of the most consumed seasonal fruits:

- pears
- apples
- grapes



<https://www.epicurious.com/ingredients/types-and-varieties-of-pears-delicious-recipes-article>



<https://www.macdentalcare.com/are-apples-good-for-your-teeth-natures-toothbrush>



<https://food.ndtv.com/food-drinks/benefits-of-grapes-from-being-a-powerful-antioxidant-to-preventing-signs-of-ageing-1223636>



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