

Seasonal food

Food that is grown during the natural period of its production and in consequence has the best possible flavour and freshness.



Benefits of seasonality

- better for our health
- flavor
- protects the planet
- more economical



How this issue occurred

- Modern agriculture and food processing techniques
- People are unaware of the danger of consuming unseasonal food.
- Specific diets
- Victims of advertisement



So... what should we eat
each time of the year?



Spring season

- Strawberries
- Potatoes
- Apricots
- Avocado
- Artichoke
- Celeriac
- Fava Beans
- Fennel
- Asparagus



Summer season

- Tomatoes
- Watermelons
- Peaches
- Grapes
- Eggplants
- Cherries
- Blueberries
- Nectarines
- Plums
- Green beans
- Figs



Fall season

- Pomegranates
- Pumpkins
- Apples
- Zucchini
- Pears
- Quince
- Garlic
- Mushrooms



Winter season

- Oranges
- Lemons
- Grapefruits
- Tangerines
- Carrots
- Spinach
- Chestnuts
- Leeks
- Broccoli
- Cauliflower
- Radicchio
- Radishes
- Lotus



How can seasonal food be accessible to consumer?

- Research from consumer's part
- Well informed about food producing time period
- Local markets/producers
- Buy extra products at the end of the season
- Different traditional ways of preservation without chemicals and additives



So, Why choose seasonal food?

- Denser and healthier nutrient content
- Balance with both the earth's resources and its life forms
- Supports local farmers
- More economical



Thank you for your attention!