EATING SEASONAL - JUNE

by PilarBear

GETTING THE MOST NUTRIENTS AND FLAVOUR FROM WHAT WE EAT

JUNE

June, along with the rest of the summer months, is the best time to find the most variety of fruit and veg in out local market. Make the most of red berries as they won't stay in season for very long and they are packed with healthy nutrients and vitamins. Why don't try to preserve them too so you can enjoy them all year round? Make sure you cook up some strawberry or raspeberry jam or just freeze them to use in the winter as a vitamin boost when you most need it.

THIS MONTH I HAVE EATEN...

MEAT

- ☐ Beef
- ☐ Chicken
- ☐ Hen
- ☐ Lamb
- ☐ Rabbit

FISH

- ☐ Anchovies
- ☐ Baby clams
- ☐ Barnacle
- ☐ Crayfish
- ☐ Conger Eel
- ☐ Grouper
- ☐ Hake
- ☐ Langoustines
- ☐ Lobster
- ☐ Monkfish
- ☐ Mussels
- ☐ Prawns
- ☐ Salmon
- ☐ Sardines
- ☐ Sea Bass
- ☐ Squid
- ☐ Sole
- ☐ Trout
- ☐ Tuna
- ☐ Turbot

VEGETABLES

- ☐ Asparagus
- ☐ Aubergine
- ☐ Betroot
- ☐ Cabbage
- ☐ Carrots
- ☐ Chard
- ☐ Courgettes
- ☐ Cucumbers
- ☐ Green Beans
- ☐ Mushrooms
- ☐ Leeks
- ☐ Lettuce
- ☐ Onions
- ☐ Pumpkin
- ☐ Spring Onions
- ☐ Tomatoes

FRUIT

- ☐ Apples
- ☐ Apricots
- ☐ Bananas
- ☐ Cherries
- ☐ Pinapple
- ☐ Figs
- ☐ Louquats
- ☐ Melon
- ☐ Peach
- ☐ Plums
- ☐ Raspberries
- ☐ Redcurrant
- ☐ Saturn Peach
- ☐ Strawberries
- ☐ Watermelon
- ☐ Yellow Pears

RECIPES TO TRY...

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