

Scottish Seasonal Menu

The aim of this activity is to make a dish using only Scottish seasonal produce.

Instructions

- 1) Look at the Scottish Seasonal Produce Guide
- 2) Select the correct month and look to see what is in season this month
- 3) Using only what is in season, what meal would you like to make a dish for: breakfast, lunch or dinner. Perhaps you want to make a dessert?

Hints

- You could start by choosing your favourite dish and seeing if you could make that?
 - You could use one of the recipe books to inspire you.
- 4) Think about where you are going to shop for your ingredients. You could buy them from a farmers' market, online store, a supermarket. It is up to you.
 - 5) Once you have made your decisions draw your dish on the seasonal plates and complete the other sections of the activity sheet.

Equipment

- Scottish Seasonal Produce Guide
- Seasonal Plates activity sheets
- Colouring in pens and pencils
- Recipe books

Something to think about

In June there is a wide variety of foods that are in season in Scotland, including lots of lovely summer fruits like strawberries and raspberries. If we want to have these foods when they are not in season, they would have to be grown in other countries with warmer climates, like South Africa. The summer fruits would have to be flown from South Africa to get them to our supermarkets. Transporting foods around the world has an impact on the environment and so we are being encouraged to eat what is in season and grown locally. It is also great to support local producers.

Scottish Seasonal Produce Guide

Vegetables

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Asparagus					Yes	Yes						
Aubergines								Yes				
Beetroot	Yes	Yes	Yes				Yes	Yes	Yes	Yes	Yes	Yes
Broad Beans						Yes	Yes					
Broccoli	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Purples sprouting broccoli	Yes	Yes	Yes	Yes								
Brussels sprouts	Yes	Yes	Yes	Yes					Yes	Yes	Yes	Yes
Cabbage (red, white, Savoy)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Carrot	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cauliflower					Yes	Yes	Yes	Yes	Yes	Yes		
Cultivated cauliflower	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Celery	Yes					Yes	Yes	Yes	Yes	Yes	Yes	
Celeriac	Yes											
Chicory	Yes	Yes	Yes	Yes	Yes				Yes	Yes	Yes	Yes
Chestnuts											Yes	
Courgettes						Yes	Yes	Yes		Yes		
French Beans							Yes	Yes	Yes			
Kale				Yes						Yes		
Leeks	Yes	Yes	Yes	Yes					Yes	Yes	Yes	Yes
Lettuce					Yes		Yes	Yes	Yes	Yes		
Mushrooms	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Onions						Yes	Yes	Yes	Yes	Yes		
Parsnip	Yes								Yes	Yes	Yes	Yes
Peas							Yes	Yes				
Peppers						Yes	Yes	Yes				
Potatoes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pumpkins											Yes	
Radishes			Yes	Yes								
Runner Beans						Yes	Yes	Yes	Yes	Yes		
Shallots	Yes						Yes	Yes	Yes			
Spinach				Yes								
Squash	Yes								Yes		Yes	Yes
Turnip	Yes								Yes			Yes
Watercress			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		

Fruit

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Apples									Yes	Yes	Yes	Yes
Apples (stored)	Yes	Yes										
Blackberries								Yes	Yes			
Blackcurrants							Yes					
Blueberries							Yes	Yes	Yes			
Cherries						Yes	Yes	Yes				
Chestnuts												
Damsons									Yes			
Elderberries										Yes		
Gooseberries						Yes	Yes	Yes				
Loganberries							Yes					
Pears	Yes								Yes	Yes	Yes	Yes
Plums									Yes			
Quinces										Yes		
Raspberries						Yes	Yes	Yes	Yes			
Redcurrants						Yes	Yes					
Forced Rhubarb	Yes	Yes	Yes									
Rhubarb				Yes	Yes	Yes	Yes					
Strawberries					Yes	Yes	Yes	Yes	Yes			
Tayberries						Yes						
Tomatoes							Yes					

Other

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Cheese	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Eggs	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Scottish Seasonal Produce Guide

Herbs

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Basil								Yes	Yes			
Fennel							Yes					
Garlic					Yes	Yes	Yes	Yes	Yes	Yes		
Mint			Yes		Yes							
Parsley			Yes		Yes	Yes	Yes	Yes	Yes	Yes		
Rosemary				Yes								
Sage							Yes					
Samphire												
Sorrel			Yes									
Wild Garlic			Yes	Yes								
Cultivated herbs	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Game

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Grouse								Yes	Yes	Yes	Yes	Yes
Goose									Yes	Yes	Yes	Yes
Guinea Fowl	Yes	Yes							Yes	Yes	Yes	Yes
Hare	Yes	Yes	Yes						Yes	Yes	Yes	Yes
Other game Birds	Yes							Yes	Yes			
Partridge	Yes	Yes							Yes	Yes	Yes	Yes
Pheasant	Yes	Yes								Yes	Yes	Yes
Rabbit	Yes	Yes	Yes					Yes	Yes	Yes		Yes
Red Deer	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Farmed Venison	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Venison	Yes	Yes	Yes	Yes	Yes							
Wood Pigeon				Yes								
Wild Roe Deer	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Meat/Poultry

Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Beef	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Chicken	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Duck	Yes	Yes			Yes	Yes			Yes	Yes	Yes	Yes
Lamb	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pork	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Fish/Seafood

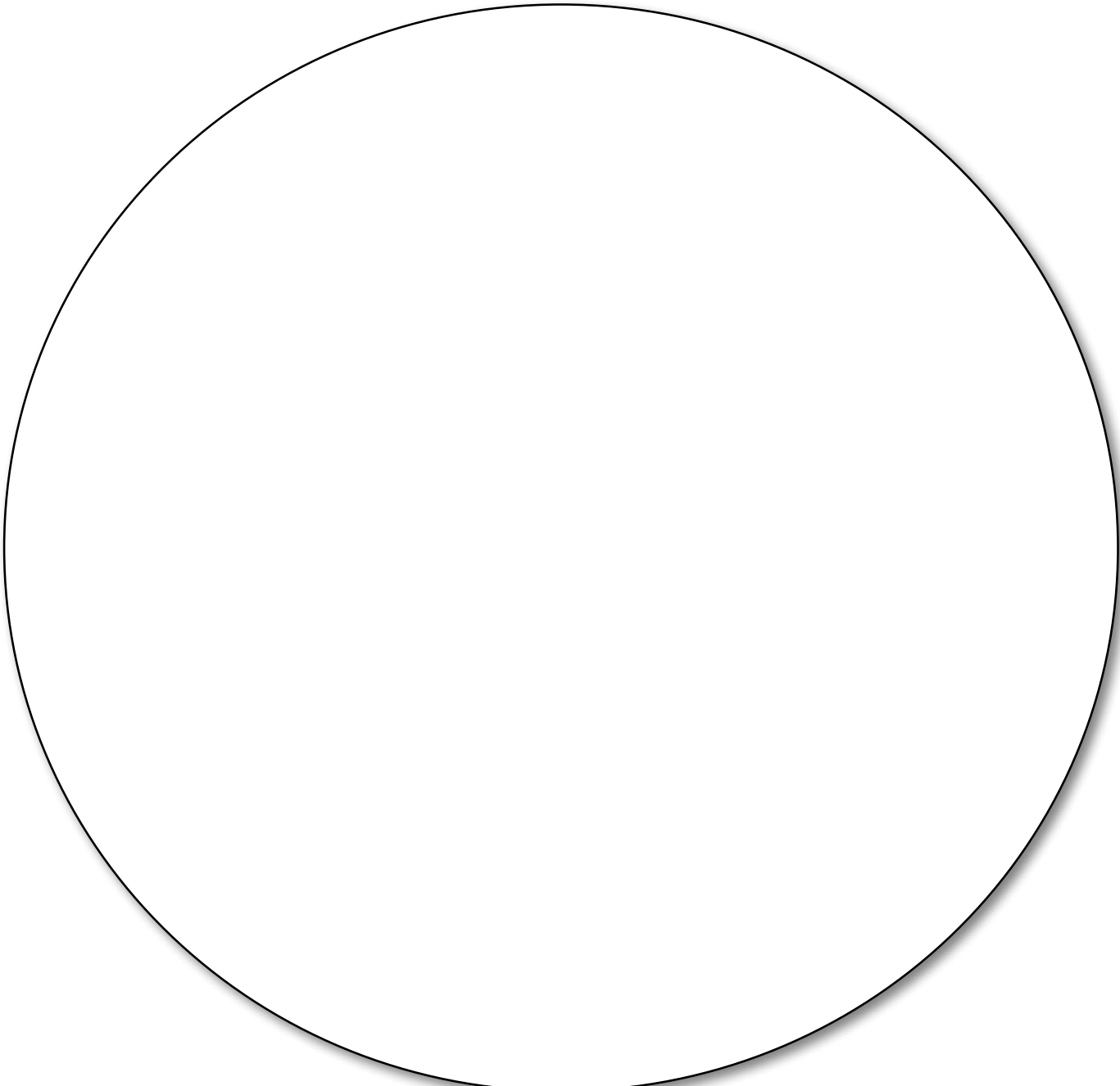
Product	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Clams							Yes					
Cockles	Yes	Yes	Yes	Yes						Yes	Yes	Yes
Cod	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Crab						Yes	Yes	Yes				
Crayfish								Yes				
Farmed Salmon	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Grey Mullet				Yes	Yes	Yes						
Halibut	Yes	Yes	Yes				Yes	Yes	Yes	Yes	Yes	Yes
John Dory					Yes	Yes		Yes				
Langoustine	Yes	Yes	Yes	Yes				Yes	Yes			
Lemon Sole			Yes		Yes							
Mussels	Yes	Yes	Yes						Yes	Yes	Yes	Yes
Oysters	Yes								Yes	Yes	Yes	Yes
Pike							Yes	Yes				
Razor				Yes								
Salmon		Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
Sardines	Yes	Yes	Yes		Yes		Yes			Yes	Yes	Yes
Scallops	Yes							Yes	Yes	Yes	Yes	Yes
Sea Bass									Yes			Yes
Sea Trout					Yes							
Trout	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Month:

My Seasonal Dish is:

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My Ingredients are:

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I would buy them from:

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