

SHORTEN YOUR FOOD CHAIN



Local foods travel less, are fresher, tastier and more nutritious.

Eat local, seasonal, plant based foods to reduce your carbon footprint.

HERE ARE SOME BRITISH SEASONAL FOODS

SPRING

SUMMER

AUTUMN

WINTER

GROWING FOOD FROM SCRAPS

Growing from scraps reduces your household food waste. You also limit what you purchase at the supermarket. It may not seem like a big impact individually, but many people growing veggies at home reduces demand, lessening the impact of food growth and transportation on the environment.

CELERY
 Regrows from: base

LETTUCE
 Regrows from:

FENNEL
 Regrows from: base

SPRING ONIONS
 Regrows from: base

Just pop into water!

Growing Celery from Scraps

STEP 1:
 Cut the celery bunch 2 inches above the bottom.

STEP 2:
 Place the celery base/bottom in a shallow bowl.

STEP 3:
 Add about 1 inch of water - always keep water at this level.

STEP 4:
 New growth comes from the top.

STEP 5:
 After 7 days, plant outside in soil and water.