

March

The foods included in this checklist (sheet below) are:

- Orange
- Purple Sprouting Broccoli
- Rhubarb
- Leek
- Carrot

Preparation tips:

Oranges are imported but are in season right now. Point out to the children that they will have come here by boat or plane.

Purple Sprouting Broccoli is a strong flavour so keep to very small florets each. Rhubarb at this time of year should be fairly pink and sweet, but may need to be slightly sweetened to enable children to try it fairly, as children are unlikely to eat rhubarb with no sweetening in "real life". Consider stewing in fruit juice or a small amount of honey. Judge for yourself according to the sweetness of the rhubarb

Leeks should be softened slightly as the raw flavour is very strong. A couple of minutes steaming or stir frying makes them much better to try.

Many children like raw carrots in thin sticks.

For other foods in season visit:

- http://www.bbc.co.uk/food/in_season/
- <http://www.eattheseasons.co.uk/foodseasons.htm>
- <http://uktv.co.uk/food/homepage/sid/5186>

Print off and cut these strips vertically, one for each child

