

Eating in Season!

Directions: cut out the fruits and vegetables on the following page and paste them into the season in which they are available in our growing area! If you are not sure, check the bottom of the page for answers.

<p>Spring</p>	<p>Summer</p>
<p>Fall</p>	<p>Winter</p>

radish - spring onion - fall kale - winter tomato - summer butternut squash - winter raspberry - summer apple - fall spinach - spring bell pepper - summer potato - fall orange - winter celery - fall green beans - summer asparagus - spring cucumber - summer



Design an 'In Season' Feast!

Directions: using the winter crops that you learned about in this activity, design a menu for a feast that uses vegetables and fruits in season now! You can either draw or write your menu below:

Appetizer (pre-meal snack):

Main Meal:

Dessert: