Exercise 12

With a partner, discuss the benefits of including seasonal foods and beverages on your menu. How can you find out what is in season in your area? Are there any disadvantages to adopting seasonal menus?

Complete the table below with pictures/photos of 3 food items that are in season to match the month. Research a recipe utilising one of these items suitable to include on a mid-range local restaurant menu. Copy the table into your journal and discuss.

| Month | In-Season Food Items | Recipes |
| --- | --- | --- |
| January |  |  |
| February |  |  |
| March |  |  |
| April |  |  |
| May |  |  |
| June |  |  |
| July |  |  |
| August |  |  |
| September |  |  |
| October |  |  |
| November |  |  |
| December |  |  |