



## Benefits of eating seasonal

As we shift away from cool summer foods and embrace Autumn with its warmer options like pumpkins, it's a great time to explore the advantages of enjoying seasonal produce. Here are my top benefits of eating seasonal:

- Nutritious:** Eating seasonal foods offers numerous benefits. Seasonal produce tends to be fresher, more flavourful, and nutritionally rich, as it's harvested at its peak ripeness.
- Cost effective:** Seasonal foods are typically more abundant and cost-effective because they don't require as much artificial manipulation (e.g., greenhouse cultivation or long-distance transportation) to be available. In addition to stock fresh fruits and vegetables that are out of season, supermarkets pay to transport food by truck or boat from other cities, or countries. That transportation is factored into the price you pay.
- Support Local Agriculture:** By purchasing seasonal foods from local farmers, you support your community's economy and reduce the carbon footprint associated with long-distance transportation. Purchasing food that is locally sourced not only lessens carbon emissions but also contributes positively to the environment.
- Food Waste Reduction:** Decreased Spoilage: Seasonal foods are less likely to spoil quickly because they are fresher and haven't undergone extended storage or transportation, reducing the likelihood of food waste.
- Reduced Overproduction:** By aligning consumption with seasonal availability, there is less pressure on farmers to overproduce to meet year-round demand, which can lead to surplus and food waste.

In conclusion, eating seasonal foods provides numerous advantages from a nutritional, economical, and food waste perspective. It supports your health, local economies, and the environment while encouraging a more sustainable and responsible approach to food consumption.  

## Warming Pumpkin Soup Recipe – Serves 4

### Ingredients

- **550 grams** Butternut Squash
- **3 grams** Cinnamon (plus extra for garnish)
- **30 millilitres** Extra Virgin Olive Oil (divided)
- **1** White Onion (diced)
- **6 grams** Ginger (grated)
- **1 litre** Vegetable stock
- **12 grams** Sea Salt (divided)
- **80 grams** Kale Leaves (cut into large pieces)



### Directions

1. Preheat the oven to 420°F (216°C). Cut the squash / pumpkin in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
2. Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. (The skin can be eaten separately or baked until crispy to make chips).
3. Place a large pot over medium heat and add half of the olive oil. Add the onion, ginger and sauté for about 5 minutes or until soft.
4. Add the vegetable stock, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
5. Set the oven to 350°F (180°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
6. Using a blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

**TIP:** Add any leftover vegetables to this recipe! Just be sure to add a little more stock.