

When can we eat British Leeks?

What does seasonal mean?



Our seasons



Spring



Summer



Autumn



Winter

Super leeks!

- When do most vegetables grow?
- Because most vegetables are harvested in the Summer or Autumn, there is something called the **hungry gap** when there are not many British-grown fresh vegetables available

But British leeks are available...



Spring



Summer



Autumn



Winter

That's incredible!



Now...
let's cook!

The Incredible Edible Leek

- ✓ Yummy
- ✓ Good for your tummy
- ✓ Grown in Britain
- ✓ Seasonal

