

UK SEASONAL FISH & MEAT

By Will Stahl-Timmins

Those of us who have grown up in a world of global commerce and supermarkets have become used to getting what we want, whenever we want it. However, we sometimes forget that there is a wealth of delicious seafood and wild game that can be sourced close to where we live. This calendar is designed to show when this produce is in peak season. At these times, you can find the freshest, most delicious food from local producers. Eating seasonally can even be cheaper, as you don't need to pay for the food to be shipped or flown around the world to get to you....

INSTRUCTIONS

Cut out the circular calendar.

Mount the resulting disc on the wall, using a single nail or pin in the centre.

Rotate the calendar throughout the year, so that you can always see which foods are in season, without having to crane your head to the side too much.

SEAFOOD SUSTAINABILITY STARS

The stars by the seafood in the centre of the calendar give a sustainability rating, based on those given by the Marine Conservation Society in 2012:

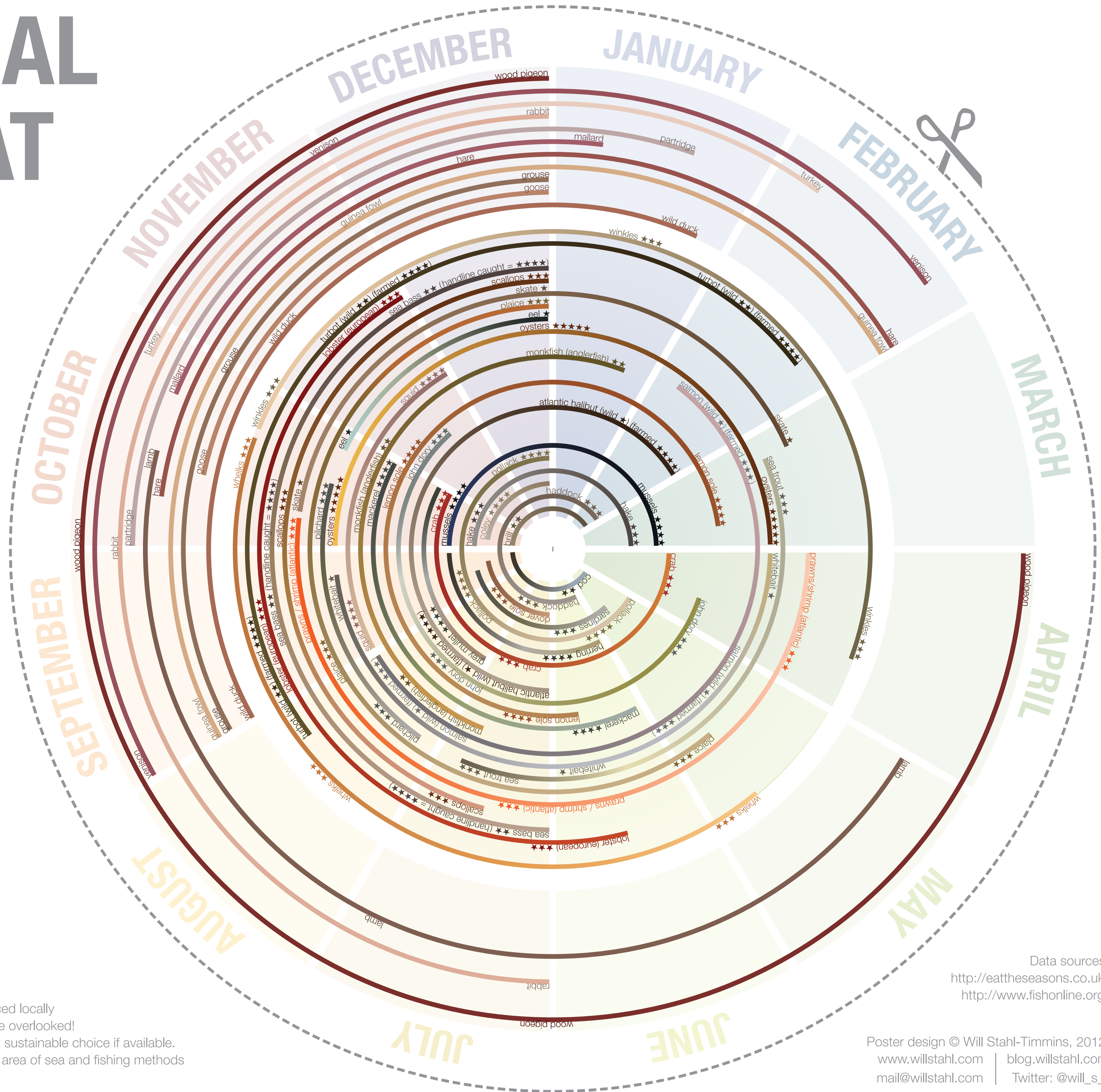
- ★★★★★ the most sustainably produced seafood
- ★★★★ still a good choice, fishing could be improved
- ★★★ not sustainable, eat only occasionally
- ★★ not sustainable, significant environmental issues
- ★ to be avoided - threatened/overfished/exploited

NOTES

The calendar shows a selection of UK favourites, but is not exhaustive.

Only the peak season for the seafood and game are shown. produce sourced locally to the UK may be available outside these times, and should definitely not be overlooked!

Organic farming of almost all fish is rated ★★★★★, and is usually the most sustainable choice if available. MCS (Marine Conservation Society) sustainability ratings are specific to the area of sea and fishing methods used. For detailed information, see <http://www.fishonline.org/>



Data sources:
<http://eattheseasons.co.uk/>
<http://www.fishonline.org/>

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