



November 2024

November ECO TIPS

Eat seasonally

Make your shopping basket more sustainable by buying seasonal products, locally produced where possible. Doing so reduces the energy spent growing foods out of season or flying food to the UK. Support UK farmers by eating with the seasons.

There are a number of good reasons to eat more local, seasonal food:

- to reduce the energy (and linked CO2 emissions) needed to grow and transport the food we eat
- to avoid paying a premium for food that is scarcer or has travelled a long way
- to support the local economy
- to reconnect with nature's cycles and the passing of time
- seasonal food is fresher and so tends to be tastier and more nutritious

What's in season in NOVEMBER

- artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, horseradish, jerusalem artichoke, kale, leeks, parsnips, maincrop potatoes, pumpkin, shallots, swede, turnips, watercress
- apples, clementines, cranberries, passion fruit, pears, pomegranate, quince, satsumas
- almonds, brazil nuts, chestnuts, cob nuts, hazelnuts, rosemary, sage, walnuts
- beef, duck, goose, grouse, guinea fowl, hare, lamb, mallard, partridge, pheasant, rabbit, turkey, venison, wood pigeon
- clams, cod, coley, crab, dab, dover sole, gurnard, haddock, halibut, hake, lemon sole, lobster, mackerel, monkfish, mussels, oysters, plaice, pollack, red mullet, wild sea bass, sea bream, skate, squid, turbot, winkles

Why not try one of our local farm shops I found on the internet.

NORBURY FARM SHOP - Jacksons Lane, Hazel Grove, Stockport, Cheshire SK7 5JS
www.norburyfarmshop.co.uk

NIXONS FARM SHOP - Outwood Farm, Bolshaw Road, Cheadle, Cheshire, SK8 3PS has a Tea Room.
www.nixonsfarmshop.co.uk

LYMEFIELD Garden Centre, Farm Shop & Tea Room - Lyme field Road, Hyde SK14 6AG
www.lyme field.com Lovely place to go.

OLD MILL FARM, Edge Lane, Mottram, Hyde. SK14 6SE - look up Old Mill Farm on facebook