

# Bury Rangers, Local, seasonal Food, Buzzards

## Key Vocabulary

|                     |   |
|---------------------|---|
| forage              | To find and use foods which have grown naturally in the landscape.  |
| irreversible change | When a change is made that cannot be changed back. Heating apples is an irreversible change – once an apple has been cooked it cannot be turned back into an apple. |
| produce             | Agricultural and other natural products.  |
| seasonal            | Something that can only be harvested or eaten in one season. Apples are seasonal as they can only be picked in the autumn.  |



These sloes have been **foraged** from a blackthorn bush in the autumn.



Wild garlic found in woodlands in spring



Apples found in hedgerows and orchards in autumn.



Blackberries found in hedgerows in autumn

## Tier 2 vocabulary

|             |  |
|-------------|--|
| environment | The surroundings or conditions in which a person, animal, or plant lives |
| process     | The steps you have to do to complete a job.                              |

## Key information

Seasonal food can be foraged from the landscape or can be grown in gardens or on farms.

Seasonal food can be affected by the weather. If there is not enough or too much sun or rain, the plants could grow too big or could die.

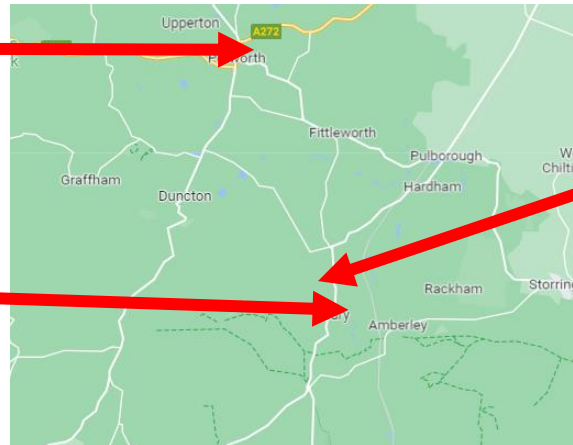
To harvest seasonal food from farms and gardens (like wheat, vegetables or fruit), it needs to be planted and tended throughout the previous year.

Using local, seasonal produce is better for the environment as it has to travel a shorter distance from where it is grown to where it is eaten.

It is important not to touch, lick or eat plants that are growing outside unless you have been told they are safe to eat by a knowledgeable adult as many are poisonous.

Flour from Moor Farm in  
Petworth, which has been  
milled at Burton Mill

Apples and blackberries  
from Bury School



Milk and cream from  
Charlie's Farm

### Keeping safe while harvesting and cooking local, seasonal food.

Only pick what you know is safe to eat.

Be aware that many plants can sting, scratch or can be itchy.

Only use knives under the direction of an adult.