

Fresh seasonal greens

(from September to June)

Raw or cooked, fresh seasonal vegetables are the stars

of the menu. It is important to design dishes with the aim of guaranteeing their presence, combining vegetables, fruit, vegetables, etc. and achieving different colours, flavours, textures and a varied supply of nutrients.

Greens can be grown almost anywhere, where there is water available and always depending on the type of soil.

Conventional agriculture farms on a large scale to feed the large markets; by contrast, producers who carry out their work organically grow a wide variety of vegetables as a means of combating pests and establishing direct marketing channels with the consumer (restaurants, markets, collectives...).

In the kitchen, this diversity also provides us with an infinite number of combinations, broadens our recipes and incorporates new foods such as coloured chard, red beetroot or purple turnip.

Throughout the school year: continuous cultivation. Available in different seasons.

In the hot season: cultivation in the summer months. Mainly consumed from September to October.

In the cold season: cultivation in the winter months. Mainly consumed from November to June.

Source: MENU 2030. Transforming the menu to transform the food system. Organic Canteens, 2020.

Available at: <https://www.menjadorsecologics.cat/>

THROUGHOUT THE WHOLE SCHOOL YEAR

- Green and coloured chard
- Garlic
- Spring and dried onions
- Spinach
- Variety of lettuce
- Turnip (yellow, white, black and purple)

- Leek
- Radish
- Beetroot, shredded, yellow or white

- Carrot, orange, yellow, purple

Source: MENU 2030. Transforming the menu to transform the food system. Organic Canteens, 2020.

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DURING THE HOT SEASON

- Aubergine, purple and white
- Pumpkin, long and round
- Green beans, flat and round
- Cucumber
- Red pepper
- Green pepper
- Green tomato in sauce

- Tomato, vine, pear

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DURING THE COLD SEASON

- Artichoke
- Garlic scapes
- Celery
- Cabbage
- Borage
- Broccoli
- Pumpkin
- Thistle
- Chayote
- Parsnip
- Chinese cabbage
- Kale
- Cabbage, Lombard
- Winter cabbage
- Cabbage, Savoy
- Brussel's sprouts
- Cauliflower

- Green cauliflower
- Beans
- Fennel
- Romanesco broccoli

- Cabbage (Mallorca)

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