

SEASONAL MEAL PLANNER

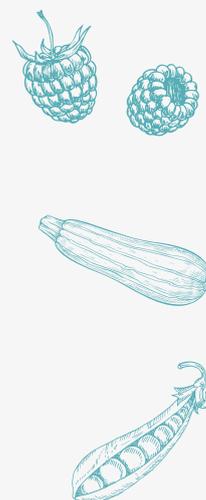
Reducing food waste is one of the easiest ways to keep the planet healthy and make the most of what you spend in the shop. By eating seasonally and buying from local shops and producers you're also keeping the local economy thriving.

For every €1 you spend locally, 70c stays local and that means you're investing in your community. This month, try and reduce your food waste by avoiding the 'end of aisle' and 2 for 1 deals. If you buy more than you need, you're likely to end up throwing it out. If you do see or buy 2 for 1 deals why not consider donating the extra item to a local food bank and helping out a local family in need?

Keep trying to make little changes each month and use the menu planner and shopping list to help keep on track and only buy and use the food you need each week. And remember – enjoy the food you eat and have fun making it!

WHAT'S IN SEASON IN JULY?

| FRUIT | SALADS | HERBS | VEGETABLES | |
|--------------|-------------------|------------|--------------|-----------|
| Blackberries | Celery | Basil | Asparagus | Mangetout |
| Gooseberries | Courgettes | Chives | Aubergines | Mushrooms |
| Loganberries | Cucumber | Corriander | Beetroot | Onions |
| Raspberries | Lettuce (Iceberg, | Dill | Broadbeans | Pak Choi |
| Strawberries | Lollo Rosse, Red | Fennel | Broccoli | Peas |
| Tayberries | Oakleaf, Round) | Mint | Cabbage | Potatoes |
| | Peppers | Parsley | Carrots | Rhubarb |
| | Radish | Sage | Cauliflower | Swedes |
| | Scallions | Thyme | French Beans | |
| | Tomatoes | | Khol-Rabi | |



PANZANELLA – TUSCAN TOMATO AND BREAD SALAD

A great use for in season tomatoes and leftover bread.

Can be made the day before to allow all the flavours to mingle together and the bread to soften.

Ingredients

Serves 2-4

- 1/2 red onion, thinly sliced
- 1/4 cucumber peel if required and dice
- 8 ripe tomatoes
- 200g stale country bread
- 4 tbsp good quality vinegar (white red/sherry)
- 1 small clove of garlic, crushed
- 6 tbsp extra virgin olive oil
- Small bunch of fresh basil



Method

- Put the onion slices in a bowl of cold water with a pinch of salt, and leave to soak for an hour.
- Cut the tomatoes into large slices and place in a colander set over a bowl. Salt and leave to drain over a bowl while you prepare the other ingredients.
- Tear the bread into chunks about the same size as the tomatoes, put into a salad bowl and moisten with vinegar. Add the cucumbers.
- Drain the onion and add to the bowl.
- Gently press the tomatoes to squeeze out the last juice, then put the flesh in the bowl.
- Stir the crushed garlic into the tomato juice and then whisk in the olive oil. Season to taste.
- Pour on to the salad and toss thoroughly. Roughly tear the basil leaves and sprinkle on top.
- Allow to sit for between 15 minutes and an hour, then serve

WEEKLY MENU PLAN

DATE _____

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |
| SNACKS | | | | | | | |

Each week review your plan Will you cook the meal again? ✓ or ✗

SHOPPING LIST

| | | |
|--------------------------------|--------------------------------|--------------------------------|
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Share your food journey with our online community @airfieldestate #AvoidFoodWaste



Total cost of food _____

Buy more of _____

Buy less of _____