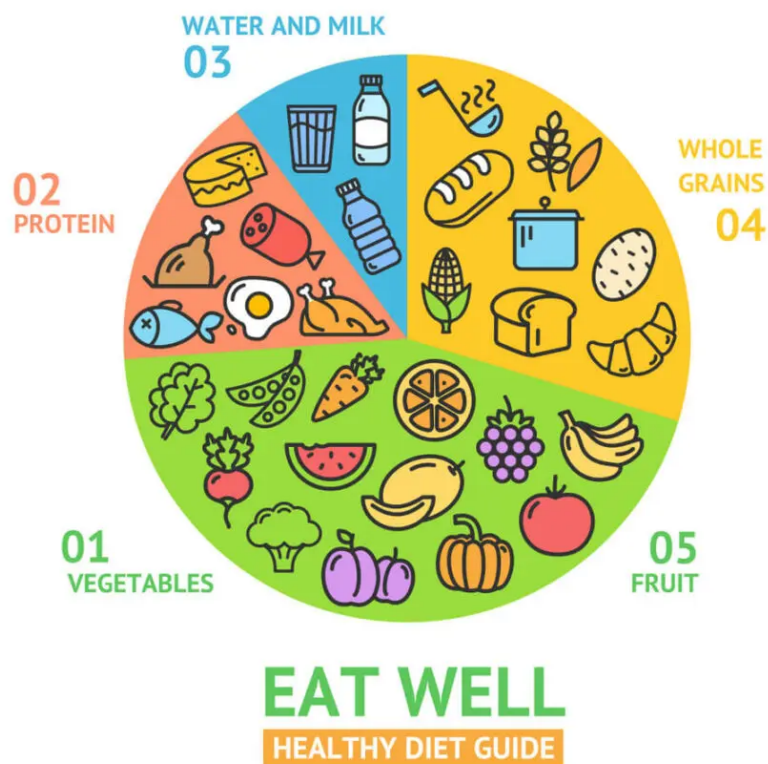


## A Seasonal Scottish Diet



### A healthy diet

The NHS defines a healthy diet as one that contains plenty of fresh vegetables and fruit, complex carbohydrates from bread, potatoes, rice and other starchy foods, small amounts of dairy or dairy alternatives and protein-rich foods such as fish, beans or pulses. It recommends eating less red and processed meats and less sugar and generally processed foods.

**Food for thought:** Do you think this kind of diet is realistic with only Scottish grown seasonal ingredients?

### Seasonal Food in Scotland

#### Spring:

*Vegetables:* Asparagus, Carrots, Cauliflower, Celeriac, Kale, Purple Sprouting Broccoli, Cabbage, Sorrel, Spinach, Spring Greens, Spring Onion

*Fruit:* Rhubarb, Gooseberry

*Fish:* Crab, Haddock, John Dory, Lobster, Mackerel, Monkfish, Prawns, Sea Bass, Sea Salmon, Trout, Turbot

#### Summer:

*Vegetables:* Beetroot, Broad Beans, Carrots, Cauliflower, Courgettes, Cucumber, Fennel, Fresh Peas, Garlic, Green Beans, Lettuce, Salad Leaves, New Potatoes, Radishes, Runner Beans, Sage, Salad Onions, Squash, Tomatoes

*Fruit:* Blueberries, Currants, Greengages, Loganberries, Plums, Raspberries, Strawberries, Tayberries

*Fish:* Crab, Pilchards, Wild Salmon

*Meat:* Beef steaks, burgers, Chicken, Ham, Lamb, Pork, Sausages, Venison

#### Autumn:

*Vegetables:* Field Mushrooms, Lettuce, Marrow, Potatoes, Pumpkin, Rocket, Squashes, Sweetcorn



*Fruit:* Apples, Blackberries, Damsons, Pears, Plums, Sloes

*Fish:* Brill, Dabs, Dover Sole, Rounders, Oysters, Skate

*Meat:* Chicken, Grouse, Ham, Heather-fred lamb, Pork, Sausages, Venison

#### Winter:

*Vegetables:* Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Kale, Leeks, Parsnips, Potatoes, Swede, Turnips

*Fruit:* Apples, Pears, Quince

*Fish:* Grey Mullet, Mussels, Scallops

*Meat:* Chicken, Goose, Partridge, Pheasant, Sausages, Turkey, Venison, Wild Duck

### What do we produce in Scotland?

Scotland imports about 80% of fruit and 60% of vegetables, including about 500,000 tonnes of apples and 140,000 tonnes of pears together with quantities of onions, cauliflower, lettuce, celery, tomatoes, peppers and cucumber. These are all crops that can be grown in Scotland, however, we are only using 3.3% of our arable land for the production of vegetables. Most of the arable land in Scotland is used for cereals, of which half are livestock feed and a third are for the production of whiskey and beer.

The large majority of land in Scotland is used for livestock including cattle, sheep, pigs and poultry.

Scotland is a fishing country and Scottish vessels catch enough seafood annually for everyone in Scotland to eat a dozen portions each week. However, more than 90% of Scottish seafood is landed directly into foreign ports or is exported.

So, a Scottish seasonal diet could be one that is rich in fresh vegetables and fruit, contains proteins from fish and some livestock (or venison which we have plenty of in Scotland) and is based on healthy carbohydrates sourced from a variety of Scottish heritage grains. But, to get there, we need to rethink how we use our land (and our seas), and crucially grow, preserve and eat more of our own food. For now we are still heavily dependent on imports and out of season foods but even making small changes towards more seasonal and locally sourced ingredients can make a huge difference to the climate and local economies.

### What do we produce in Scotland?

There were 1.76 million cattle in Scotland, a two per cent drop on the previous year.

There were 6.59 million sheep in Scotland. Lambs made up 48% of the total sheep flock.

Scotland had 176,000 dairy cows. 1.500 billion litres of milk were produced worth more than £352 million.

Scotland had over 317,000 pigs. Pig numbers in have been declining since a peak in 1973.

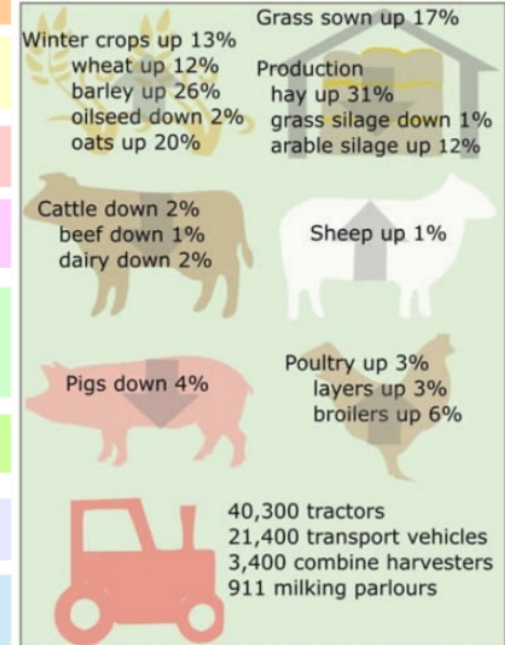
There were approximately 14.5 million poultry birds in Scotland of which 6.8 million comprise egg-producing hens and around 6.5 million chickens are reared for meat production.

459,400 hectares of cereals and oilseeds were grown in Scotland.

Just under 27,400 hectares of potatoes were grown in Scotland.

18,900 hectares of vegetables and 2,100 hectares of soft fruit was grown in Scotland.

### December 2018 Agricultural Survey



## Recipes with seasonal Scottish ingredients

### Winter Carrot & Beetroot Salad

#### Ingredients:



- 3 carrots
- 1/2 red cabbage
- 3 cooked beetroots
- 1 tin cooked chickpeas
- 1 orange
- 2 tbsp extra virgin olive oil
- 1/4-3/4 tsp cayenne pepper
- 1/2 tsp salt
- 2 handfuls fresh coriander
- 1/2 cup cashews
- 1/4 cup dried chopped apricots
- salt and pepper to taste

#### Instructions:

1. Grate/shred the carrots, cabbage and beetroot and place in a large bowl. Add the drained chickpeas.
2. Roughly chop the cashews and add to the bowl along with the chopped apricot. Give it a good mix.
3. In a small bowl mix the juice from the orange, olive oil, cayenne pepper (depending how spicy you want it) and salt.
4. Drizzle over the salad, and mix.
5. Finely chop the coriander and mix into the salad too, leaving some to garnish on top.
6. Serve straight away or place in an airtight container in the fridge for 2-3 days.

### Cullen Skink

#### Ingredients:

- 1 onion
- 3-4 medium to large potatoes
- 1 tablespoon of butter
- 2 teaspoon vegetable oil
- 250g smoked haddock undyed
- 250ml milk
- 250ml water
- 160ml single cream
- 1 bay leaf
- A pinch of salt
- 10g parsley
- 10g chives



#### Instructions:

1. Put the smoked haddock fillets in a large frying pan and cover with the milk and water. Add half the onion, in one piece, and the bayleaf and bring to a gentle simmer. Simmer for 5 minutes until the smoked haddock is just cooked. Remove the fish to a plate.
2. While the smoked haddock cools, strain the milk into a jug or bowl to remove the onion and bay leaf.
3. Remove any skin or bones from the smoked haddock and gently flake the fish, leave as many large flakes as you can.
4. Cut the onion very finely, peel and dice the potatoes into 1 cm cubes.
5. Put the butter and oil in the pan and heat gently until bubbling. Add the onion and cook for 5 minutes, then

add the potatoes and cook gently in the butter until the onion is soft and transparent.

6. Pour the reserved milk over the cooked onion and potato and simmer until the potatoes are just tender.
7. Remove half the potatoes with a straining spoon and put them on the plate with the smoked haddock.
8. Blend the remaining milk, potatoes, and onions in a jug blender or using a stick blender until the liquid is smooth and thickened.
9. Finely chop the parsley and chives.
10. Put the flaked smoked haddock, potato cubes, 100ml of single cream and chopped parsley into the blended soup and gently stir to combine.
11. If the soup seems too thick, then add a little milk until it is the consistency of thick cream.
12. Serve warm with a tablespoon of cream swirled on top of the bowl and sprinkled with finely chopped chives and a few chive flowers, if liked.

(from [Cullen Skink - Scottish Smoked Haddock Soup - Farmersgirl Kitchen](#))

## Resources:

### *General Info on food in Scotland:*

Nourish Scotland Food Atlas - information on what we produce in Scotland, how we use our land and our seas and what possible Scottish food futures could look like at [http://www.nourishscotland.org/wp-content/uploads/2018/08/Food-Atlas\\_FINAL\\_online.pdf](http://www.nourishscotland.org/wp-content/uploads/2018/08/Food-Atlas_FINAL_online.pdf)

Scotland the Bread - organisation researching and trialling production of heritage grains in Scotland at <https://scotlandthebread.org/>

### *Info on seasonal foods:*

Love British Food Seasonal Calendar - this site also has many other resources on buying and eating British produce at <https://www.lovebritishfood.co.uk/whats-in-season-when>

Nutrition Scotland Seasonal Calendar and Info at <https://www.nutritionscotland.org/resources/whats-in-season/>

### *Info on eating well:*

Eat Well Guide and resources about healthy eating at <https://www.food.gov.uk/business-guidance/the-eatwell-guide-and-resources>

### *Recipes:*

Traditional Scottish recipes with Scottish ingredients at <https://www.scotland.org/about-scotland/food-and-drink/scottish-recipes>

Nutrition Scotland - this website has loads of resources on healthy cooking, including fact sheets, recipes and cooking instruction videos at <https://www.nutritionscotland.org/recipes/>