

HOW FAR HAS YOUR FOOD TRAVELLED?



RHET

The Royal Highland Education Trust
Patron HRH The Princess Royal



Find and circle Scotland.

Choose 5 foods you eat and draw them in the boxes. Investigate where the foods come from and draw a line from the box to the correct location on the world map.

How far has the food travelled?

How did it travel - air/boat/rail/road?

Could this food be purchased more locally?

Here are the approximate air distances from Edinburgh to different cities around the world:

Shanghai (China) 9023 km / 5607 miles

Rio de Janeiro (Brazil) 9524 km / 5918 miles

San Francisco (USA) 8144 km or 5061 miles

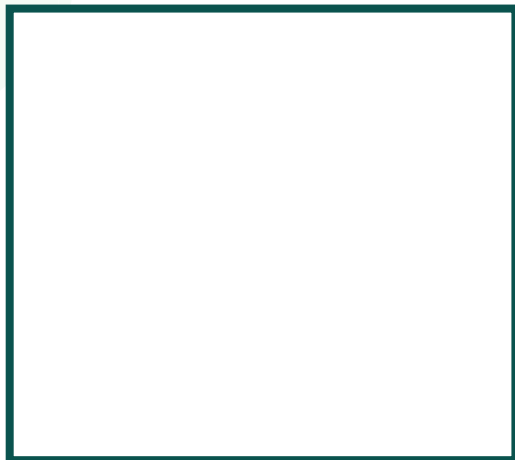
San Jose (Costa Rica) 8531 km / 5301 miles

Cairo (Egypt) 3945 km / 2451 miles

Paris (France) 874 km / 543 miles

Nairobi (Kenya) 7301 km / 4537 miles

Auckland (New Zealand) 17875 km / 11107 miles



WHAT ARE FOOD MILES?

Food miles are the distances food is transported from the time of its production until it reaches the consumer. The distance food travels is just one factor to think about when deciding what to buy.

Circle which of these other things you think might be important too:

- The food label
- Whether the food is in season
- The price of the food
- If the food required extra water (irrigation)
- If the food required extra heat (in a greenhouse)

QUIZ TIME!

Can you guess (circle) which of the following are produced in Scotland?

- Potatoes
- Brussels sprouts
- Carrots
- Raspberries
- Sugar
- Oats
- Tomatoes
- Bacon
- Bananas
- Salmon
- Rice
- Garlic

ANSWER: Bananas and rice are the only items in the list not produced in Scotland.

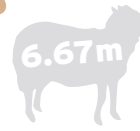
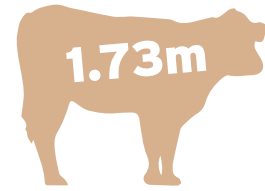
WHAT WE PRODUCE IN SCOTLAND

85%

of our landmass favours livestock production.



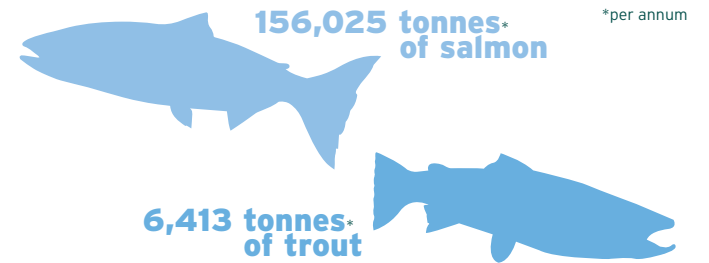
Livestock



Scotland's topography and landscape, favours a grassland system of production. Where grass grows well we can rear livestock.

We keep a wide range of livestock in Scotland, including cattle (beef and dairy), sheep, pigs, poultry and goats.

These provide meat, milk, eggs, wool and lots of other products like leather and gelatine.

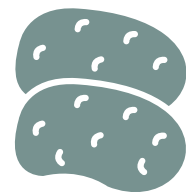


Aquaculture

Aquaculture is underwater farming where farmers raise fish (like salmon and trout), shellfish (like mussels and oysters), and seaweed, in both fresh and seawater.

Salmon and trout are kept in underwater pens and mussels are farmed on thick pieces of rope that hang in the water.

Eating potatoes are often stored in cool, dark sheds to keep them fresh before we eat them.



FACT!

Potatoes for eating are called ware potatoes and potatoes for growing are called seed potatoes.

Crops

WHAT WE PRODUCE IN SCOTLAND

The landscape and the climate dictate the type of crops we can grow in different areas. We produce cereals, vegetables, potatoes and fruits.

In Scotland we grow:



Soft fruits including strawberries, raspberries, blackcurrants, blueberries, blackberries & honeyberries (most soft fruits are grown in polytunnels to extend the growing season)



Orchard fruits like apples and plums



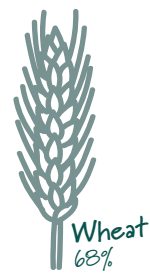
Tomatoes (which are classed as a fruit rather than a vegetable)



Scottish carrots are available throughout the year. They are protected from frosts over the winter (which would turn them mushy) by covering the whole carrot field with straw, that acts as a blanket.

FACT!

Bees and other pollinators are vital to many of the foods we grow and we have around 4700 beehives in Scotland.



Wheat 68%



Barley 25%



Oats 7%



Rye 1%

Cereals are crops like wheat, barley, oats and rye. We use our cereals for distilling (wheat and barley), feeding livestock (wheat, barley, oats) for eating (oats) and to produce energy (rye).



Scotland produces a range of different vegetables including broccoli, kale, onions, carrots, parsnips, beetroot, lettuce, turnips, leeks, cabbage, peas, brussels sprouts, mushrooms, garlic, cauliflower, broad beans and different salad crops.

FACT!

Vegetables are grown to feed people and animals.



FACT!

Mushrooms are grown indoors in the dark

SCOTTISH FOODS IN SEASON

79% of Scotland's total land area is under agricultural production



VINING PEAS are harvested in Scotland during June, July and August. Convoys of huge pea viners move north from farm to farm. Peas are frozen within 2 hours of being harvested.



Although we grow ten types of SOFT FRUIT in Scotland, strawberries and raspberries are the most common. The first strawberries are picked in May and strawberries, blackberries, raspberries and blueberries will still be picked into September.



Some LAMB is available all year round, but new season lamb starts in August and goes on until January. These lambs are born in the spring and spend the summer out at grass with their mothers.



Scottish ASPARAGUS is only available in May and June. This crop is unusual in that it is perennial (comes back year after year) and so grows in the same field for many years rather than being part of the farm's rotation.



Not surprisingly, peak BRUSSELS SPROUT season corresponds with Christmas. Just 4 Brussels sprouts count as 1 of your 5-a-day!



POTATOES store well, so you can buy Scottish potatoes all year round. New potatoes are those really special ones that you don't have to peel as the skins just rub off. In some areas of Scotland the October school holidays are referred to as Tattie Holidays as school children were employed to pick the potatoes by hand in their holidays.



RHUBARB still has to be handpicked. Some farmers grow it inside in the warmth and dark as this gives rhubarb that is sweeter, pinker and juicier. This is called forcing.



PARSNIPS are in season in the colder months of the year. They used to be more commonly eaten than carrots and still grow wild in some areas of Europe.



Much of the BROCCOLI grown in Tayside is taken to a large freezer plant in Dundee, where it is processed and the florets are blast frozen and packed.



TOMATOES are grown in greenhouses in Scotland, some of these are bigger than two football pitches (1 hectare). These greenhouses, can be heated using biofuel made from the waste produced by farm animals.

	J	F	M	A	M	J	J	A	S	O	N	D
Vining Peas						█	█	█				
Soft Fruit					█	█	█	█	█			
Lamb	█									█	█	█
Asparagus					█	█						
Brussels Sprouts										█	█	█
Potatoes						█	█	█	█	█	█	█
Rhubarb								█	█			
Parsnips										█	█	█
Broccoli										█	█	█
Tomatoes										█	█	█

Using the information you have been given, can you design a menu focusing on seasonal ingredients that are available locally in the month you are completing this sheet?



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