

# Lilo

## why seasonal food ?

Choosing seasonal food is not only beneficial for our health but also has a positive impact on the environment and local communities. Here are a few reasons why opting for seasonal food is a great choice:

Embrace the seasons,  
nourish your soul. Choose  
seasonal food, and let  
nature take its role.



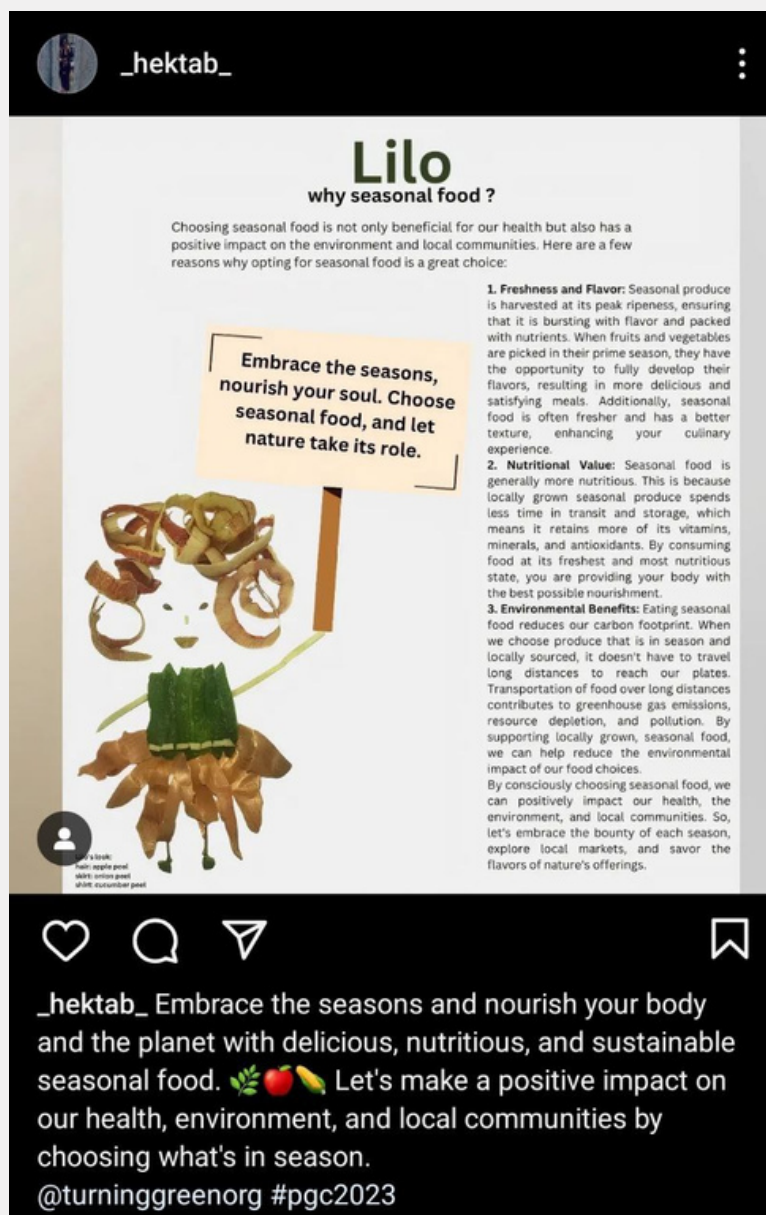
Lilo's look:  
hair: apple peel  
skirt: onion peel  
shirt: cucumber peel

**1. Freshness and Flavor:** Seasonal produce is harvested at its peak ripeness, ensuring that it is bursting with flavor and packed with nutrients. When fruits and vegetables are picked in their prime season, they have the opportunity to fully develop their flavors, resulting in more delicious and satisfying meals. Additionally, seasonal food is often fresher and has a better texture, enhancing your culinary experience.

**2. Nutritional Value:** Seasonal food is generally more nutritious. This is because locally grown seasonal produce spends less time in transit and storage, which means it retains more of its vitamins, minerals, and antioxidants. By consuming food at its freshest and most nutritious state, you are providing your body with the best possible nourishment.

**3. Environmental Benefits:** Eating seasonal food reduces our carbon footprint. When we choose produce that is in season and locally sourced, it doesn't have to travel long distances to reach our plates. Transportation of food over long distances contributes to greenhouse gas emissions, resource depletion, and pollution. By supporting locally grown, seasonal food, we can help reduce the environmental impact of our food choices.

By consciously choosing seasonal food, we can positively impact our health, the environment, and local communities. So, let's embrace the bounty of each season, explore local markets, and savor the flavors of nature's offerings.



<https://www.instagram.com/p/Cyy586-sBEr/?igshid=MzRlODBiNWFlZA==>

Name: Aftab

Username: AftabHekmat

School Name: Sedighe kobra

Instagram ID: \_hektab\_

Level: greener