



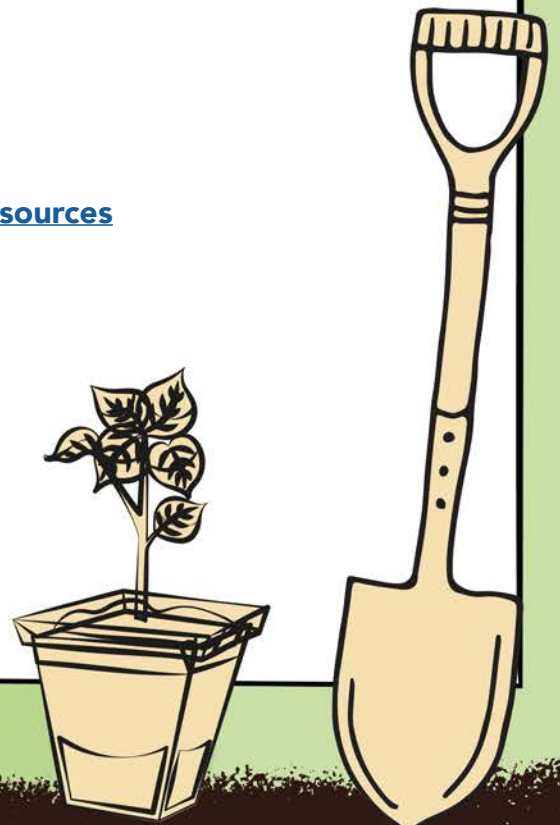
Fresh Produce Food Profiles

Practical guidance for kids' clubs to
prepare and enjoy fresh produce



Contents

3	<u>About the project</u>
3	<u>Introduction</u>
4	<u>Food profiles</u>
4	<u>Beans (French and runner)</u>
6	<u>Beetroot</u>
8	<u>Broccoli</u>
10	<u>Cabbage</u>
12	<u>Carrot</u>
14	<u>Courgette and summer squash</u>
16	<u>Cucumber</u>
18	<u>Leafy greens (salad leaves and spinach)</u>
20	<u>Onion</u>
22	<u>Peas (mangetout and sugarsnaps)</u>
24	<u>Pepper</u>
26	<u>Radishes</u>
28	<u>Spring onion</u>
30	<u>Sweetcorn</u>
32	<u>Tomatoes</u>
34	<u>Herbs</u>
36	<u>Safety and allergies</u>
38	<u>Additional preparation guidance and resources</u>



About the project



Trying New Foods is part of a wider project to help more people access and enjoy healthy and sustainable food.

We are working in collaboration with partners, including Our Food Trust, supporting agroecological farms in Powys, Wales. These farms grow food in ways that are better for people and the environment.

The project aims to support children to build confidence trying new foods, while strengthening connections between communities, local food producers and sustainable food systems.

Introduction

We're on a mission to help children explore new foods and build confidence, one taste at a time!

This booklet has been created to support the delivery of the Trying New Foods project. It provides practical guidance on storing and preparing different vegetables and herbs, along with ideas for tasting and enjoying them both raw and cooked.

For guidance on delivering taste testing sessions, please refer to the **Delivering Taste Testing Sessions** guide, which includes instructions for sensory exploration activities that help children build confidence in trying new foods.

You'll also find important food safety, health and allergy information to help ensure food activities are delivered safely and confidently.

To learn more about the project, follow the link or scan the QR code below



[Future Farms Partnership:
100 Farms](#)



Produce growing at Wern Farm, Powys, Wales.



Fresh from the farm!

Some produce may arrive with soil still attached. Wash thoroughly before use and check the [safety and allergies](#) pages before delivering activities.



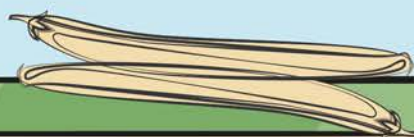
Beans

French and runner



About this food

- French beans and runner beans are legumes.
- They are long green pods with beans inside.
- French beans are usually thinner and shorter, while runner beans are longer and flatter.
- Both have a mild and slightly sweet flavour.
- The pods are firm and crunchy when raw and become softer when cooked.



Checking for freshness

- Choose beans that are firm, smooth and bright in colour.
- The pods should feel crisp and snap easily when bent.
- Avoid beans that are soft, wrinkled, slimy, or discoloured.



How it grows

- French beans and runner beans grow on plants above the ground.
- The part of the plant we eat is the pods and the beans inside them.
- They are usually planted in late spring after the risk of frost has passed.
- The plants grow upwards and need support from canes or a frame.
- Beans are ready to harvest in around 8–12 weeks and should be picked regularly to encourage more pods to grow.



How to store it

- Store French beans and runner beans in the fridge vegetable drawer.
- Keep them in a bag or container to help them stay fresh.
- They will usually last for around 3–5 days in the fridge.



Food
group

Fruit and
vegetables

In season
in the UK

July to
October



Counts as 1 of
your 5 a day!



 **Birmingham**
City Council



How to prepare it



Basic preparation

- Rinse under cold running water.
- Remove any dirt or damaged pods.
- Trim off any tough stem ends or strings if present.



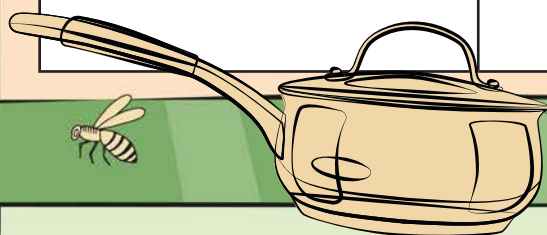
Raw

- French beans and runner beans are eaten cooked.
- If used in a tasting activity, show children the whole pod and discuss how it looks, feels, and smells before cooking.



Cooked

- French beans are tender and cook quickly, while runner beans are usually sliced before cooking and may take a little longer to become soft.
- Steam or boil for 3–5 minutes until tender.
- Stir-fry with a little oil, garlic, and other vegetables.



Ideas & tips

- Mix into vegetable soups or stews.
- Serve with garlic, lemon, or herbs such as parsley to add extra flavour.
- Try different cooking methods, such as steaming, boiling, stir-frying, or roasting, to see how the texture changes.



How it helps your body



Contain vitamin C to help protect your body's cells.



Great source of vitamin K to keep your heart healthy.



Contain folate which helps your body to make healthy red blood cells.



Packed with fibre to help you digest food.



Safety & allergies

- Always make sure any soil or dirt is washed off before using.
- French beans and runner beans should be cooked before eating.





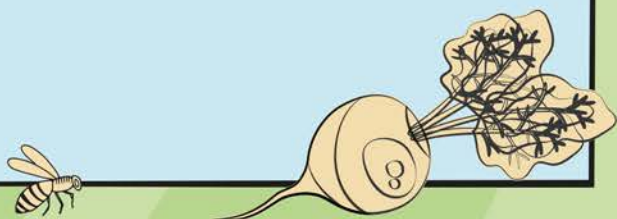
Beetroot

also called beets



About this food

- Beetroot is a vegetable that grows underground.
- It has a round shape and a deep red-purple colour, but can also be yellow, white or even pink with stripes.
- Green leaves are found at the top.
- It has an earthy, slightly sweet taste.



How it grows

- Beetroot grows underground and the part of the plant we eat is the root.
- We can also eat the green leaves.
- It can be grown outdoors in the UK.
- It can grow most of the year, with the peak season from June to October, and is ready to harvest in around 8 to 10 weeks.



Checking for freshness

- Choose beetroot that feels firm with a smooth skin.
- The inside should have a deep red-purple colour when cut open.
- Avoid beetroot that feels soft, mushy, or has mould.



How to store it

- Cut off the leafy tops and store in a bag in the fridge vegetable drawer, and use within a few days.
- Store raw beetroot in the vegetable drawer and use within around 2 weeks.
- Store cooked beetroot in an airtight container in the fridge and use within 2 days.



Food
group

Fruit and
vegetables

In season
in the UK

June to
October



Counts as 1 of
your 5 a day!

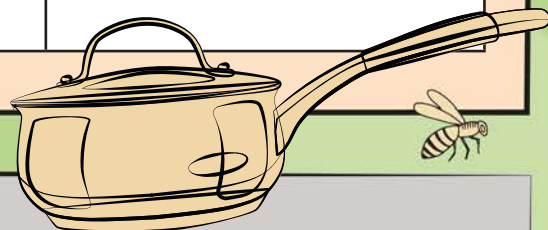


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City Council



How to prepare it

 Basic preparation	 Raw	 Cooked
• Rinse under cold running water and scrub the skin if needed. • Cut the top and bottom ends with a knife.	• Beetroot can be eaten raw. • Peel off the skin with a vegetable peeler then slice, grate, or cut into sticks or cubes. • Add to salads.	• Slice into cubes or wedges, then roast with a little oil in the airfryer for 15-20 minutes. • Boil whole for 20-40 minutes, depending on the size, until it's soft.



Ideas & tips

- Add grated beetroot to salads for colour and flavour.
- Roast or air fry with a little oil for a sweeter taste.
- Blend into dips or use in baking for natural food colouring.



How it helps your body



A great source of potassium which helps blood flow around your body.



Contains iron and folate which support with energy and strength.



Packed with fibre to help you digest food.



Safety & allergies

- Raw beetroot can be firm, so it may be a choking risk for young children if it is cut into large chunks.
- Grate it finely, slice it thinly, or cook it until soft.



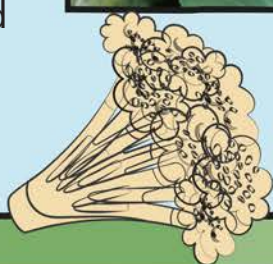


Broccoli



i About this food

- Broccoli is a vegetable.
- It has a mild, earthy, and slightly bitter flavour.
- It has a thick stem and small green florets that look like little trees.
- The florets are soft and the stem is firm and crisp.
- You can get different types, including purple sprouting broccoli and tenderstem broccoli.



How it grows

- Broccoli grows in the ground and the part of the plant we eat is the flower.
- It can be planted outside in spring and is harvested 50 to 100 days after planting.
- It grows best in a sunny spot with moist soil.



Checking for freshness

- Choose firm broccoli with tightly closed florets.
- Avoid if yellow, soft, wet or strong smelling.



How to store it

- Broccoli should be stored in the fridge vegetable drawer to keep it at its best.
- It typically lasts for up to a week.
- Store cooked broccoli in an airtight container in the fridge for up to 2 days.



Food
group

Fruit and
vegetables

In season
in the UK

April to
November



Counts as 1 of
your 5 a day!

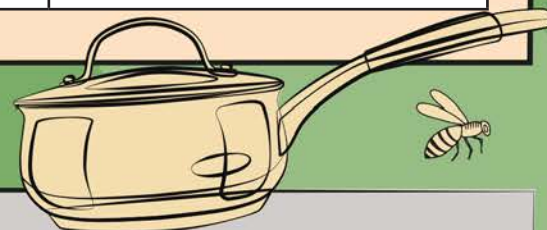
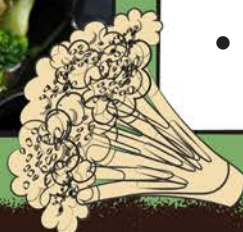


How to prepare it

 Basic preparation	 Raw	 Cooked
• Wash under cold running water and make sure to clean between the florets. • Cut off the tough end of the stem with a sharp knife • Cut into evenly sized florets .	• Broccoli can be eaten raw. • Eat the florets as a snack. • Chop and add to salads. • Use for dipping with hummus.	• Cut into florets and steam or boil for 5–8 minutes until tender. • Roast in the oven or air fryer with a little oil for 10–15 minutes until softened and lightly golden.

Ideas & tips

- Try preparing it in different ways, as the taste and texture can change depending on how it is prepared.
- Add to cauliflower cheese for extra colour.
- Use in stir-fries for extra crunch.



How it helps your body



Contains vitamin C to help protect your body's cells.



Great source of vitamin K to keep your heart healthy.



Contains folate which helps your body to make healthy red blood cells.



Safety & allergies

- Always make sure broccoli is washed and cleaned before eating or cooking.
- Cut into small pieces and cook until soft for children who find it more difficult to chew.

Cabbage



About this food

- Cabbage is a leafy vegetable.
- There are lots of different varieties. Some are round, some are pointed, and some have green, red or purple leaves.
- Cabbages can range from mild and sweet to slightly peppery in flavour.
- It is crunchy when raw and soft when cooked.



How it grows

- Cabbage grows on a plant in the ground.
- The part of the plant we eat is known as the cabbage head.
- It can be grown all year round, with different varieties grown and harvested at different times of the year.



How to store it

- Store cabbage in the fridge vegetable drawer.
- A whole cabbage can last for a few weeks.
- Chopped cabbage should be wrapped or placed in an airtight container and used within a few days.



Checking for freshness

- Choose cabbages that feel heavy for their size, with tightly packed leaves.
- Avoid cabbages that feel soft, have brown or yellow patches, a strong unpleasant smell, or a slimy and sticky texture.



Food
group

Fruit and
vegetables

In season
in the UK

All year
round!



Counts as 1 of
your 5 a day!

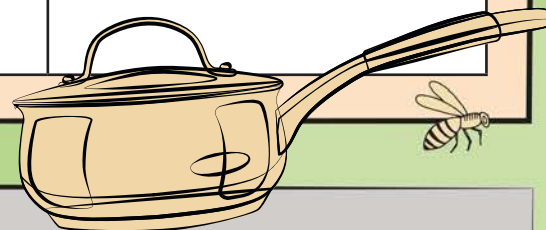


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City Council



How to prepare it

 Basic preparation	 Raw	 Cooked
• Remove any outer damaged leaves, and then wash the cabbage to clean off any dirt. • Use a knife to cut it in half and trim out the hard core. • Some varieties have softer leaves, while others are firmer and become more tender when cooked.	• Cabbage can be eaten raw. • Thinly slice or shred using a sharp knife or food processor. • Add to salads or coleslaw for a crunchy texture.	• Steam or boil shredded cabbage for 3-5 minutes. • Stir-fry with other vegetables. • Add to soups and stews.



Ideas & tips

- Keep the flavour mild by light cooking (e.g. steam or stir-fry) or adding a little sweetness (e.g. apple or carrot).
- Avoid boiling for long periods. This can make cabbage become mushy and strong smelling.
- Make it fun by mixing colours and letting children help prepare it.



How it helps your body



Contains folate which helps your body to make healthy red blood cells.



High in vitamin C to help protect your body's cells.

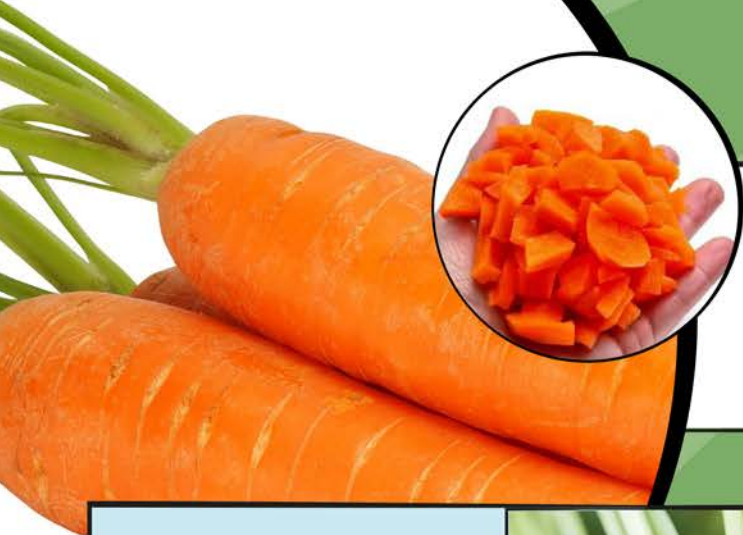


Rich in vitamin E which supports your immune system.



Safety & allergies

- Always make sure any soil is washed off the cabbage before using.



Carrot



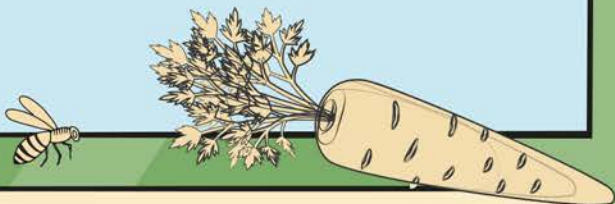
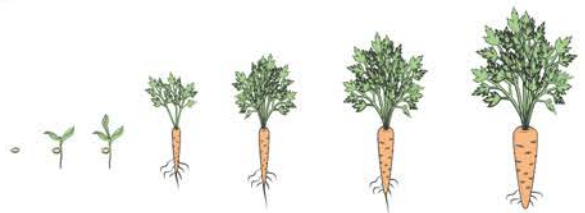
About this food

- Carrots are a vegetable.
- They have a slightly sweet flavour and a crunchy texture.
- Most carrots are orange, but they can also be yellow, purple, red, or white.
- They are long and narrow with green leafy tops.



How it grows

- Carrots grow underground in the soil.
- The part of the plant we eat is the root, but the leafy tops can also be eaten.
- They are usually planted from spring to summer.
- They are ready to harvest in around 10–16 weeks, depending on the variety and growing conditions.



Checking for freshness

- Choose carrots that feel firm and hard.
- If the leafy tops are attached, they should look fresh and green.
- Avoid carrots that feel soft, rubbery, slimy, cracked, or have mould.



How to store it

- Store carrots in the fridge vegetable drawer.
- If the leafy tops are attached, remove them and store them separately.
- Keep carrots in a bag or container to help them stay fresh.
- Carrots will usually last for 1–2 weeks in the fridge.



Food
group

Fruit and
vegetables

In season
in the UK

from mid June
and then for
most of the year



Counts as 1 of
your 5 a day!

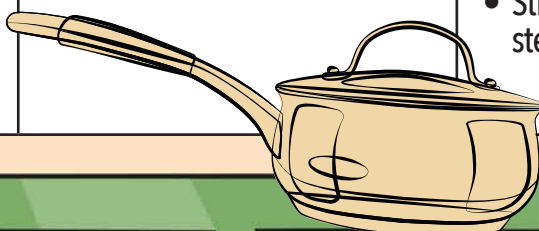


 **Birmingham**
City Council



How to prepare it

 Basic preparation	 Raw	 Cooked
• Rinse under cold running water to remove any dirt or grit. • Trim off the leaves if they are attached. • Cut off the top and bottom ends using a knife. • Peel if preferred, although this is not always necessary.	• Carrots can be eaten raw. • Cut into sticks and serve with dips such as hummus. • Grate into salads for extra colour and crunch.	• Boil or steam for 5–10 minutes until tender. • Roast in the oven or air-fryer with a little oil for 20–30 minutes until soft and slightly caramelised. • Stir-fry or add to soups, stews, and casseroles.



Ideas & tips

- Roast carrots to bring out their natural sweetness.
- Use carrots in baking, such as carrot cake or muffins.
- Try making carrot ribbons using a peeler for a different shape and texture.



How it helps your body



Contains vitamin A, which helps keep your eyes healthy.



Packed with fibre to help you digest food.



Contains vitamin C to help support your immune system.



Safety & allergies

- Always wash carrots thoroughly before eating to remove any dirt.
- Raw carrot can be hard, so cut into thin sticks, slices, or smaller pieces to reduce choking risk.





Courgette from Wern Farm, Powys Wales

Courgette and summer squash

Courgette is also called zucchini



About this food

- Courgettes and summer squash are classed as a fruit scientifically because they have edible seeds, but in culinary terms they are treated vegetables.
- They have a mild flavour that is slightly sweet and savoury.
- They can be green, yellow, round or long, depending on the variety.
- The skin is firm, but the inside is soft.



How it grows

- Courgettes and summer squash grow on a plant, and the part we eat is the fruit. We can also eat the flowers!
- They can be planted outside from the end of May and are ready to harvest in around 2 months.
- They grow best in warm, sunny spots and need lots of water and space to grow.



How to store it

- They can be stored at room temperature for a day or two, out of direct sunlight.
- For longer storage, keep in the fridge vegetable drawer in a breathable bag, where they will keep for up to a week.
- Once chopped, store in an airtight container in the fridge and use within a day or two, as it won't stay fresh for long.

Checking for freshness

- Choose courgettes and summer squash with bright, smooth skin and no soft patches.
- Avoid any that look shrivelled or feel soft and squishy.
- Smaller courgettes and summer squash are often more tender and have a better flavour.



Did you know?

Courgettes are one type of summer squash. Some summer squash are green, yellow, round or long, but they all can be used in similar ways.



Food
group

Fruit and
vegetables

In season
in the UK

June to
October



Counts as 1 of
your 5 a day!

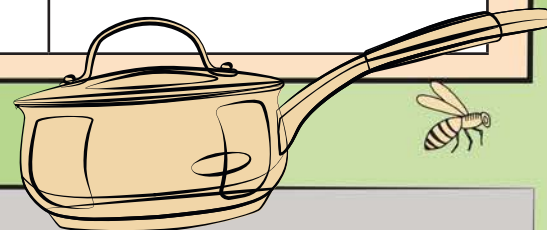


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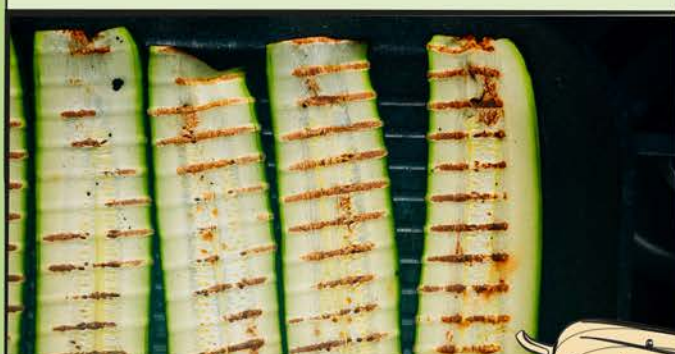
How to prepare it

 Basic preparation	 Raw	 Cooked
• Rinse under cold running water to remove any soil or grit. • Cut the top and bottom ends off with a knife.	• Courgettes and summer squash can be eaten raw, especially varieties with thinner skins. • Grate into salads for extra crunch. • Peel into thin ribbons like pasta!	• Stir-fry with your favourite vegetables and noodles. • Slice into rounds or chunks, then roast with a little oil and garlic in an air-fryer for 10 minutes.



Ideas & tips

- Chop them into sticks and eat them with your favourite dips.
- Add grated courgette or summer squash to cake mixture to make a tasty and soft cake.
- Use a peeler to make ribbons and have it as a topping on a pizza.



How it helps your body



Contains vitamin C and potassium to help keep your eyes, skin and heart healthy.



Full of water, helping to keep you hydrated.



Packed with fibre to help you digest food.



Safety & allergies

- Always make sure the skin is washed and cleaned before eating or cooking.



Cucumber



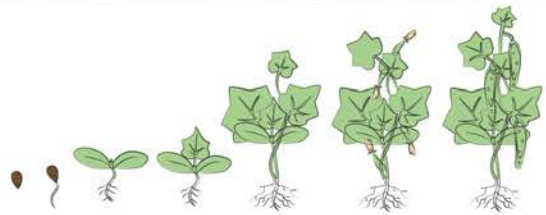
About this food

- Cucumbers are classed as a fruit scientifically because they have edible seeds, but in culinary terms they are treated as a vegetable.
- They are green and come in lots of different sizes.
- They have a crunchy texture and a refreshing taste.



How it grows

- Cucumbers grow on a vine and the part we eat is the fruit.
- They grow best in a warm, sunny and sheltered greenhouse, and need plenty of water.
- They can be planted outside in late May or early June and are ready to harvest in around 8 to 12 weeks.



How to store it

- Store in the fridge vegetable drawer in its original packaging to keep it at its best.
- Whole cucumbers can last up to a week, but once sliced, keep them in a covered container in the fridge and use within a day.



Checking for freshness

- Choose a cucumber with bright, vibrant green skin that is smooth and firm.
- Avoid cucumbers that look wrinkled or feel soft, rubbery or slimy.



Food
group

Fruit and
vegetables

In season
in the UK

April to
October



Counts as 1 of
your 5 a day!



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How to prepare it



Basic preparation

- Rinse under cold running water and cut the top and bottom ends off with a knife.
- You can peel it if you like, but it isn't necessary - peeling can create nice patterns on the skin.



Raw

- Cucumbers are most commonly eaten raw.
- Slice into circles or chop into sticks.
- Add to salads or sandwiches for a crunch.



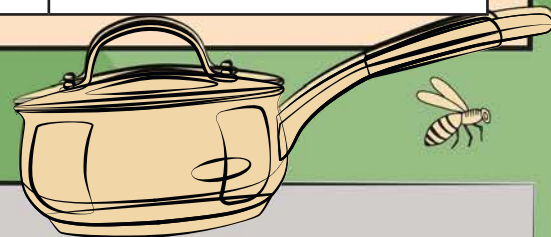
Cooked

- Cooking will take away the crunch, but try adding slices to stir fries or curries if you are feeling adventurous!



Ideas & tips

- Cut them into small sticks for dipping and munching on as a refreshing snack.
- Make a quick pickle and add your favourite herbs or spices to use on salads.
- Mix into yoghurt or dressings for a cooling side.



How it helps your body



Full of water, helping to keep you hydrated.

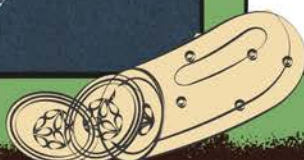


Contains vitamin K and potassium to keep your bones and heart healthy.



Safety & allergies

- Always wash before using and cut into smaller sizes for younger children.





Salad leaves from Wern Farm, Powys, Wales.

Leafy greens

salad leaves and spinach



i About this food

- Leafy greens are vegetables.
- Common types include salad leaves, rocket, spinach and lettuce.
- They generally have a mild taste but some types, like rocket, can have a strong peppery flavour.
- Their texture is usually soft but some types, such as lettuce, can be crunchy.



How it grows

- Leafy greens grow as layers of leaves from the centre of a plant in the ground.
- The parts of the plant we eat are usually the leaves, and sometimes the stems.
- Many leafy greens grow well in the UK from spring to autumn, with some varieties also growing during winter.



How to store it

- Store leafy greens in the fridge vegetable drawer.
- Keep them in their original packaging or in an airtight container to help them stay fresh.
- They usually last around 3–7 days in the fridge.

Checking for freshness

- Choose leafy greens that look fresh and bright green colour.
- The leaves should feel crisp with no yellow or brown spots.
- Avoid leafy greens if they have mould or if the leaves look slimy.



Food
group

Fruit and
vegetables

In season
in the UK

All year
round!



Counts as 1 of
your 5 a day!



 **Birmingham**
City Council



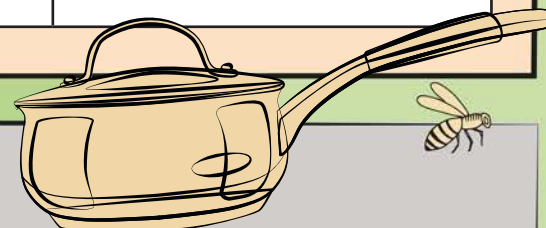
How to prepare it

 Basic preparation	 Raw	 Cooked
• Rinse under cold running water. • Remove any damaged, wilted, or discoloured leaves. • Pat dry or use a salad spinner.	• Leafy greens can be eaten raw. • Use as a base for salads with other vegetables added on top. • They can be eaten as whole leaves or torn into smaller pieces.	• One leafy green that is commonly cooked is spinach. • It cooks very quickly so be careful not to overcook it. • Heat it in a pan with a little oil, boil it briefly, or microwave it for a short time until wilted.



Ideas & tips

- Add leafy greens to sandwiches, wraps, burgers, or pitta breads.
- Stir spinach soups, stews, curries, and pasta sauces during the last few minutes of cooking.
- Add a dressing, spices, or a squeeze of lemon juice to bring out the flavour.



How it helps your body



Packed with fibre to help you digest food.

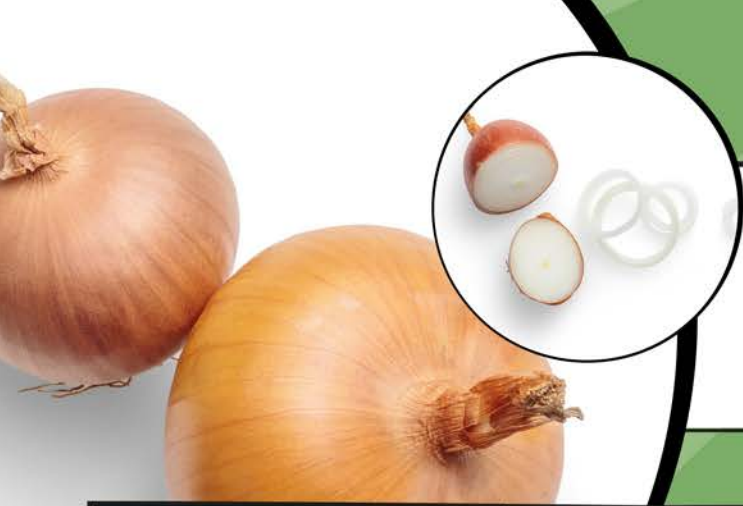


Have high levels of vitamin A, C and K to support your immune system and keep your bones strong.



Safety & allergies

- Always wash leafy greens thoroughly under cold running water before eating.

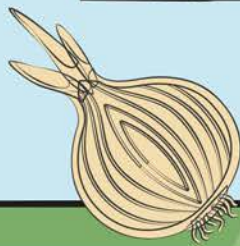


Onion



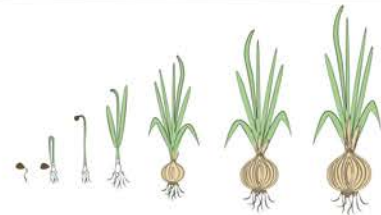
About this food

- Onions are a vegetable.
- They have a strong flavour that becomes sweet after cooking.
- Onions have dry, papery skin on the outside and crunchy layers inside.
- They can have brown, red or white skin, with firm white, cream or pale purple layers inside.



How it grows

- Onions grow underground as a bulb, with green shoots growing above the ground.
- The part of the plant we eat is the bulb.
- They can be grown outside all year round, but are commonly planted in Autumn or Spring and harvested in the Summer.



How to store it

- Store whole onions in a cool, dark cupboard, where they can last for up to 10 days.
- Once peeled or cut, keep in an airtight container in the fridge and use within a few days.



Checking for freshness

- Choose onions that feel firm with a dry outer skin.
- Avoid onions that are soft, mouldy, or have damp patches.



Food
group

Fruit and
vegetables

In season
in the UK

All year
round!



Counts as 1 of
your 5 a day!



 **Birmingham**
City Council



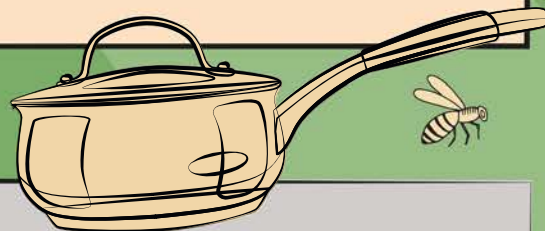
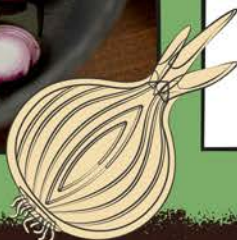
How to prepare it

 Basic preparation	 Raw	 Cooked
• Peel off the outer skin. • Cut off one end but leave the root on to help hold it together. • Use a knife to slice, chop or dice the onion.	• Onion can be eaten raw. • Slice thinly or into rings for salads and sandwiches. • Dice finely and use in salsa.	• Heat a little oil in a pan and add diced or sliced onion. • Cook gently for around 5 minutes until soft and slightly sweet. • Use as a base for sauces, stews and curries.



Ideas & tips

- Slice into rings for salads, wraps or burgers.
- Cook slowly to make an onion jam or a soft, sweet base for dishes.
- Roast whole or halved onions with sprigs of thyme or rosemary and a little oil.



How it helps your body



Contains vitamin C which helps to keep your skin healthy.



Packed with fibre to help you digest food.



Safety & allergies

- Onions can make your eyes water when you cut them. This is normal, but you can reduce it by using a sharp knife or cutting them near an open window.



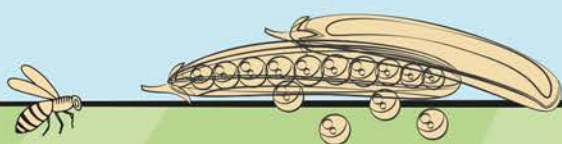
Peas

mangetout and sugarsnaps



About this food

- Sugar snap peas and mangetout are legumes.
- They are green in colour.
- Mangetout have flat pods with tiny peas inside, while sugar snap peas have round, plump pods with larger peas inside.
- Both have a mild, sweet flavour.
- The pods are crunchy, while the peas inside are softer.



How it grows

- Sugar snap peas and mangetout grow on climbing plants above the ground.
- The part we eat is the pods and the peas inside.
- They are usually planted from spring to early summer.
- The plants use tendrils to climb and often need support from canes or netting.
- The pods are ready to harvest in around 10-12 weeks.



Checking for freshness

- Choose pods that are bright green and firm.
- The pods should feel crisp and snap easily when bent.
- Avoid pods that are yellow, brown, soft, shrivelled, or slimy.



How to store it

- Store sugar snap peas and mangetout in the fridge vegetable drawer.
- Keep them in a bag or container to help them stay fresh.
- They will usually last for up to 4-5 days in the fridge.



Food
group

Fruit and
vegetables

In season
in the UK

March to
October



Counts as 1 of
your 5 a day!



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How to prepare it



Basic preparation

- Rinse under cold running water.
- Remove any dirt or damaged pods.
- Trim off any tough stem ends or strings if present.



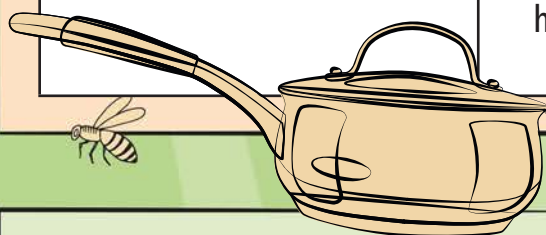
Raw

- Sugar snap peas and mangetout can be eaten raw.
- Eat the whole pod, including the peas inside.
- Add to salads for extra crunch.
- Serve with dips such as hummus as a simple snack.



Cooked

- Steam for 2–4 minutes until tender but still slightly crunchy.
- Boil for 1–2 minutes, then drain well.
- Stir-fry with other vegetables for a quick and easy meal.



Ideas & tips

- Encourage children to open a pod and explore the peas inside before eating.
- Add to curries, soups, and pasta dishes during the last few minutes of cooking.
- Pair with a yoghurt or soft cheese dip for a different flavour.



How it helps your body



Contains vitamin C to help protect your body's cells.



Great source of vitamin K to keep your heart healthy.



Packed with fibre to help you digest food.



Safety & allergies

- Always make sure any soil or dirt is washed off before using.
- Whole pods can be a choking risk for younger children, so cut into smaller pieces if needed.



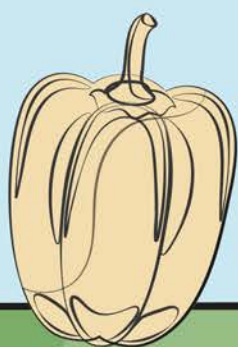


Pepper



About this food

- Peppers are classed as a fruit scientifically because they have edible seeds, but in culinary terms they are treated as a vegetable.
- They can be different colours, including green, yellow, orange and red.
- Peppers have a smooth, shiny skin with a rounded shape and a green stem, with crisp flesh inside filled with small pale seeds.
- Green peppers can be slightly bitter and red, yellow and orange varieties are sweeter.



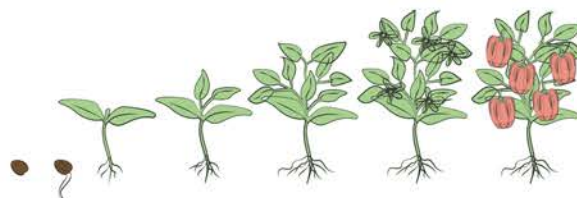
Checking for freshness

- Choose peppers that are firm, smooth and brightly coloured, with no blemishes.
- Avoid peppers that are soft, wrinkled, or have an unpleasant smell.



How it grows

- Peppers grow on a plant, hanging from the stems.
- The part we eat is the fruit, which develops from the flowers.
- They are usually grown in warm, sunny places like greenhouses in the UK.
- Seeds are planted indoors from late winter to early spring, and peppers are harvested from mid to late summer into autumn.



How to store it

- Store in the fridge vegetable drawer to keep them fresh for up to a week.
- Keep the stem on to help them last longer.
- Peppers can be sliced or diced and frozen in a bag or container for up to 3 months.



Food
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Fruit and
vegetables

In season
in the UK

July to
October



Counts as 1 of
your 5 a day!

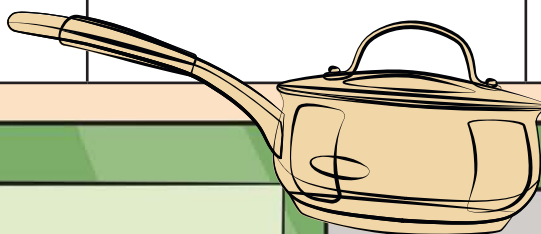


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How to prepare it

 Basic preparation	 Raw	 Cooked
• Rinse under cold running water to remove any soil or grit. • Use a knife to cut around each side of the pepper to remove the flesh, leaving the seeds and centre behind.	• Peppers can be eaten raw. • Slice into strips or chop into small pieces. • Use for dipping with hummus or add to salads and slaws.	• Stir-fry with your favourite vegetables and noodles. • Slice into strips or chunks and roast with a little oil for 20-30 minutes until soft and slightly charred. • Cut in half and fill with rice, beans or couscous, then bake until soft.



Ideas & tips

- Add chopped peppers to fajitas or pasta dishes for colour and crunch.
- Roast with a little oil to bring out their natural sweetness.
- Blend roasted peppers into soups, sauces or dips for a smooth texture.

How it helps your body



High in vitamin C, which helps support your immune system and keeps your skin healthy.



Contains nutrients that help protect your eyes and support overall health.



Safety & allergies

- Wash before eating and remove the seeds and centre to help reduce choking risk for children.

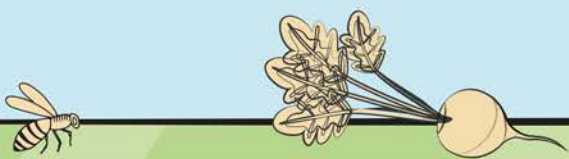


Radishes



About this food

- Radishes are a vegetable.
- They have a crunchy texture and a slightly peppery, sometimes bitter taste.
- Radishes are usually round and are most often red or purple on the outside and white on the inside.



How it grows

- Radishes grow underground in the soil.
- The part of the plant we eat is the root, but the leafy tops can also be eaten.
- They are usually planted from spring to early autumn.
- Radishes grow quickly and can be ready to harvest within a few weeks.



Checking for freshness

- Choose radishes that feel firm and smooth.
- They should be brightly coloured with no large marks or damaged areas.
- If the leaves are attached, they should look fresh and green.
- Avoid radishes that feel soft, shrivelled, slimy, or have mould.



How to store it

- Store radishes in the fridge vegetable drawer in a bag or container.
- Remove the leaves if attached and store them separately.
- The leaves are best used within 2 days.
- Radishes will usually stay fresh for about 1 week.



Food
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Fruit and
vegetables

In season
in the UK

March to
October



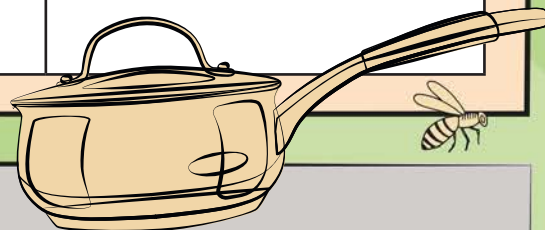
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City Council

How to prepare it

 Basic preparation	 Raw	 Cooked
• Rinse under cold water to remove any dirt or grit. • Trim off the leaves if they are attached. • Cut off the top and bottom ends using a knife.	• Radishes can be eaten raw. • Slice or grate and add to salads. • Use as a crunchy topping for sandwiches, wraps, or pitta breads.	• Roast in the oven or air fryer with a little oil for 20-25 minutes until soft and lightly browned. • Cook in a frying pan with a little oil until softened.



Ideas & tips

- Cooking radishes can give them a milder flavour.
- Add sliced radishes to salads for extra colour and crunch.
- Try blending the radish leaves into a homemade pesto to use in pasta, sandwiches, or wraps.



How it helps your body



Packed with fibre to help you digest food.



Contains vitamin C to help support your immune system.



Contains antioxidants that help protect your body's cells and keep you feeling well.



Safety & allergies

- Always wash radishes thoroughly before eating to remove any dirt.
- Raw radishes are firm and round, so cut into smaller pieces or thin slices to reduce choking risk.





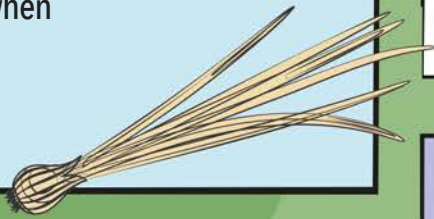
Spring onion

also called salad onions or scallions



About this food

- Spring onions are a vegetable.
- Smaller spring onions taste milder and slightly sweet, while larger ones have a stronger flavour.
- They usually have a small rounded white base that grows into long green leaves, but some can be purple.
- They are crisp when raw and become soft when cooked.



How it grows

- Spring onions grow in the ground or in containers and are easy to grow in small spaces.
- We can eat both the small white base and the green leaves.
- They can be planted outside from March and are ready to harvest in around 2 months.
- They will keep growing into the autumn.



Checking for freshness

- Choose spring onions with a firm white base and crisp green leaves.
- Do not use if the leaves are limp or yellowing, or if they feel slimy or wet.



How to store it

- Store in the fridge vegetable drawer in a container or bag for up to a week.
- To keep them fresh for longer, stand in a jar of water with the roots at the bottom and change the water every couple of days.



Food
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Fruit and
vegetables

In season
in the UK

March to
October



Counts as 1 of
your 5 a day!

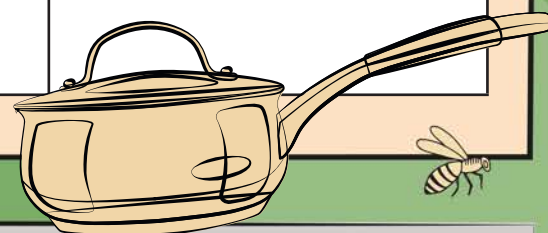


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How to prepare it

 Basic preparation	 Raw	 Cooked
• Use a knife to trim off the roots at the white base. • Rinse under cold running water to remove any soil or grit. • Peel away any outer leaves that look limp, damaged or yellow.	• Spring onions can be eaten raw. • Finely slice using a knife and mix into salads or other dishes. • Stir into cooked grains like rice or couscous, and add a squeeze of lemon juice for extra flavour.	• Finely chop the white base and lightly fry, for example with scrambled eggs. • Chop the green leaves and sprinkle on top of dishes as a fresh garnish.



Ideas & tips

- Finely chop and sprinkle into wraps with your favourite fillings.
- Add to salads to enhance flavour.
- Cook on a BBQ to bring out a slightly sweeter taste.



How it helps your body



Full of vitamin C and vitamin A to help support your immune system.



Packed with fibre to help you digest food.



Safety & allergies

- Always make sure any soil is washed off the spring onion before using.
- Wash your hands after preparing as the juices can make your eyes sore if rubbed.

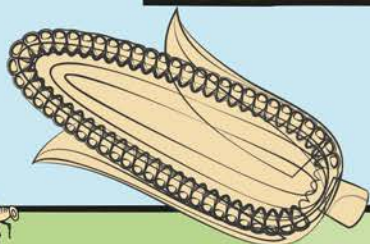


Sweetcorn



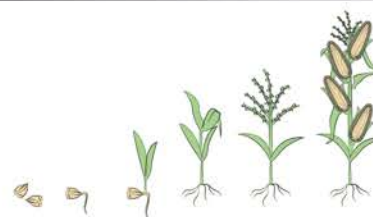
About this food

- Sweetcorn is a vegetable.
- It is crunchy and has a sweet taste.
- Sweetcorn has bright yellow kernels packed tightly on a long cob.
- The cob is covered in green leaves with fine silky threads at the top.



How it grows

- Sweetcorn grows on a tall plant and the part we eat is the yellow kernels. The kernels are the fruit of the plant.
- It is planted outside in May and then is usually harvested throughout August and September.
- Sweetcorn needs lots of heat and sunlight to grow well.



Checking for freshness

- When choosing raw sweetcorn, it is usually covered by a light green skin. Peel back the skin to check the corn inside. The corn should be pale yellow and feel firm when pressed.
- Avoid it if the corn feels soft or mushy when pressed.



How to store it

- Fresh sweetcorn should be stored in the fridge vegetable draw and will typically last for up to 2 days.
- Once cooked keep in the fridge in an airtight container and use within 2 days.



Food
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Fruit and
vegetables

In season
in the UK

August to
October



Counts as 1 of
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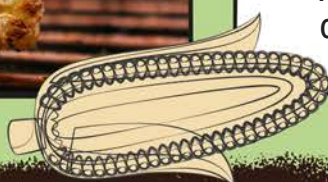
How to prepare it

 Basic preparation	 Raw	 Cooked
• Take off the green skin and remove all threads. • Rinse the cob under cold running water to remove any soil or grit.	• Sweetcorn needs to be cooked.	• Roast or barbecue whole cobs for 5–15 minutes, turning regularly for even cooking. • Boil whole cobs for 3–6 minutes. • Boil loose kernels for 2–3 minutes.



Ideas & tips

- Add to salads or rice dishes for extra crunch and sweetness.
- Use with spices like chilli, paprika or cayenne pepper for more flavour.
- Choose tinned or frozen sweetcorn as a quick, easy option.



How it helps your body



Packed with fibre to help you digest food.



Contains folate which helps your body to make healthy red blood cells.



Contains vitamin C which helps to keep your skin healthy.



Safety & allergies

- Always make sure that any soil is washed off before eating.



Tomatoes from Wern Farm, Powys, Wales.

Tomatoes



About this food

- Tomatoes are classed as a fruit scientifically because they have edible seeds, but in culinary terms they are treated as a vegetable.
- They have a balance of sweet and slightly tangy flavours.
- They come in lots of different varieties, shapes, sizes and colours (such as red, yellow or cherry tomatoes).
- The skin is smooth, with soft, juicy flesh and small seeds inside.



How it grows

- Tomatoes grow on either vines or bushes, and the part we eat is the fruit.
- They can be grown outdoors or in a greenhouse, in pots or in the ground.
- Tomatoes are usually planted in late spring and harvested in summer to early autumn.
- They grow best in warm, sunny conditions and need lots of water.



How to store it

- They can be stored at room temperature to ripen and will typically last for a few days.
- For longer storage, keep them whole in the fridge vegetable drawer, where they will keep for up to a week.
- Once cooked, store in an airtight container in the fridge and use within 2 days.



Checking for freshness

- Choose tomatoes that are bright in colour and feel smooth and firm.
- Avoid tomatoes that are soft and wrinkled or show any signs of mould.



Food
group

Fruit and
vegetables

In season
in the UK

June to
October



Counts as 1 of
your 5 a day!

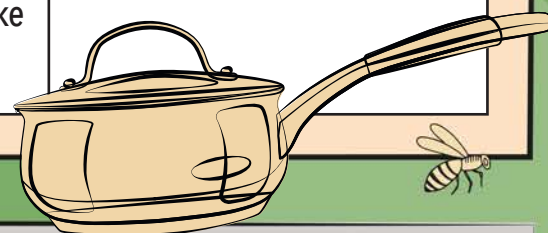


 **Birmingham**
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How to prepare it

 Basic preparation	 Raw	 Cooked
• Rinse under cold water to remove any soil or grit. • Remove from the green vine if still attached.	• Tomatoes can be eaten raw. • Smaller tomatoes can be kept whole, whereas larger varieties may need to be chopped, diced or sliced with a knife. • Mix with diced onions, garlic, herbs and lime juice to make a fresh salsa.	• Chop into pieces and cook by roasting, frying or baking until soft. • Add to sauces, soups or stews and cook until softened.



Ideas & tips

- Grate into a "tomato pulp" and spread onto toast.
- Slice and drizzle with a little oil for a simple side.
- Roast then blend to make a simple pasta or pizza sauce.



How it helps your body



Contains vitamin C and potassium to help keep your eyes, skin and heart healthy.



Full of water, helping to keep you hydrated.



Safety & allergies

- Whole cherry tomatoes can be a choking risk, so cut them in half for young children.

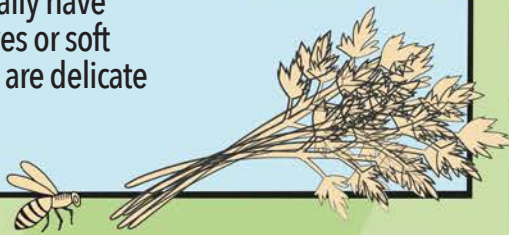
Herbs

including basil, coriander, chives, parsley, rosemary and thyme



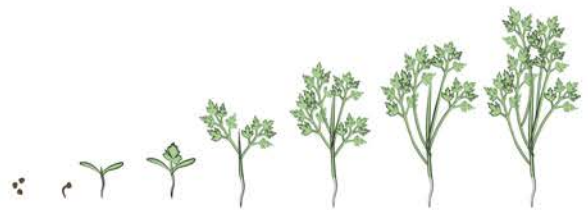
i About this food

- Herbs are plants that are used to add flavour to food.
- Common herbs include basil, parsley, chives and coriander.
- They have fresh flavours, which can be mild, slightly peppery, sweet, citrusy or lightly onion-like depending on the herb.
- Herbs usually have green leaves or soft stems that are delicate to touch.



How it grows

- Herbs grow on plants in the ground.
- The parts we eat are usually the leaves or soft stems.
- They grow well in the UK, especially in spring and summer, and some last into early autumn.
- Herbs can be grown outside or indoors in pots on a sunny windowsill.



Checking for freshness

- Choose herbs that look bright green and fresh.
- Leaves or stems should feel firm and not wilted or droopy.
- Do not use if they are yellowing, brown, slimy, mouldy, or have an unpleasant smell.



How to store it

- Keep fresh herbs in the fridge vegetable drawer in a bag or container and use within a few days for best freshness.
- Keep potted herbs on a sunny windowsill and water regularly.
- Store dried herbs in a sealed container in a cool, dry place.



Food
group

Fruit and
vegetables

In season
in the UK

May to
October



 **Birmingham**
City Council



How to prepare it

 Basic preparation	 Raw	 Cooked
• Rinse under cold running water and gently dry. • Chop leaves or stems using a knife or scissors.	• Sprinkle over salads, sandwiches, wraps, or dips. • Use as a garnish or mix into dressings and sauces.	• Stir into soups, sauces, vegetables, rice, or eggs. • Add at the fresh herbs at the end of cooking to keep the flavour strong.



Ideas & tips

- Mix into dressings, yoghurt or sauces for an easy flavour boost.
- Blend into pesto with oil, garlic, nuts and cheese.
- Let children sprinkle herbs on their food to encourage trying new flavours.



How it helps your body



Herbs contain antioxidants that help protect your body's cells and keep you feeling well.



They provide vitamins that support your immune system and overall health.



Safety & allergies

- Always wash before using to remove any dirt.

Safety and allergies



Hand washing and cleaning surfaces



Hands should be washed with soap and warm water for at least 20 seconds before touching food, after handling waste, and whenever hands become dirty. Hands should be dried using a clean towel or disposable paper towel.

Clean tables, chopping boards, knives and other equipment before and after use. Use hot, soapy water or a food-safe cleaner. Store cleaning products away from food and food preparation areas.

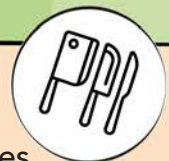
Safe food preparation



Keep the food preparation area clean and organised.

Use clean chopping boards, knives and utensils, and wash them again if they have touched unwashed produce, waste or allergens. Keep washed and ready-to-eat vegetables separate from unwashed vegetables.

Safe knife use



Safe knife handling is an important part of food preparation to prevent injuries.

Knives should always be used with a firm grip on both the knife and the food being prepared. Fingers should be kept tucked away from the blade to reduce the risk of cuts.

Different knives should be used appropriately for different tasks (i.e. large knives for large produce). Blades should be kept sharp as blunt knives can slip more easily. Knives should never be left loose in sinks or drawers.

Washing produce



All fresh fruit and vegetables should be washed under running water or scrubbed with a brush to remove soil and dirt before preparation or eating.

Different washing methods may be used depending on the type of produce. This includes spraying or gentle brushing for harder produce such as root vegetables. After washing, produce should be handled using clean utensils and surfaces.



Storage guidance



Proper storage of food is essential to help keep food safe to eat. Chilled produce should be stored in the refrigerator, and food may be portioned and frozen if it is not going to be used within a couple days.

Root vegetables can typically be stored in a cool, dry place such as a cupboard or pantry. Any signs of mould should result in the produce being thrown away or composted.

Allergy awareness

Food allergy safety is very important and should be taken seriously.

Keep foods that contain allergens clearly labelled and separate. Clean surfaces and equipment well to stop small traces of allergens spreading to other foods.

Scan the QR code to learn more on the GOV.UK website.



[School allergy guidance \(GOV.UK\)](https://www.gov.uk/school-allergy-guidance)



Cooking safety



Cooking food is important for some produce to reduce the risk of getting sick and to ensure it is safe to eat. Most fruit and vegetables can be safely eaten raw once washed, however, cooking is especially important for certain foods such as sweetcorn.

Visual cues, such as changes in colour, texture, or steam can help indicate when food is properly cooked. If using frozen produce, it should always be cooked according to the instructions on the packaging to ensure it is safely prepared.

Learn more

Visit the Food Standards Agency website for practical food safety, hygiene and allergy guidance for food preparation. [Safer Food Better Business toolkit \(GOV.UK\)](https://www.gov.uk/safer-food-better-business-toolkit)

Additional preparation guidance and resources

Some vegetables may be less familiar or require a little more preparation. Scan the QR codes below and use the guidance on these pages for step-by-step instructions and additional information.



Beetroot

[\(Love Food Hate Waste\)](#)



Sweetcorn

[\(Great British Chefs\)](#)

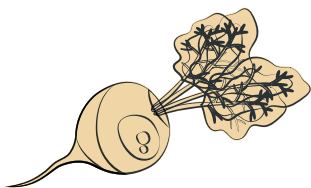
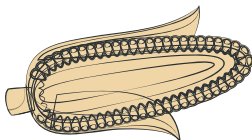


Cabbage

[\(Love Food Hate Waste\)](#)





Produce	How to prepare
Beetroot 	1. Wash and scrub the beetroot. 2. Trim off the leaves and root. 3. If cooking, boil for 20–40 minutes or roast until soft. 4. Leave to cool. 5. Rub or peel off the skin. 6. Slice, dice or grate and enjoy.
Sweetcorn 	1. Remove the outer leaves (husks) and silky threads. 2. Wash under cold water. 3. Cut the cob into smaller pieces if needed. 4. Place in a pan of boiling water. 5. Cook for 3–6 minutes until tender. 6. Drain carefully and leave to cool slightly. 7. Enjoy the sweetcorn on the cob, or hold the cob upright in a large bowl and carefully cut down the sides with a knife to remove the kernels.
Cabbage 	1. Remove any damaged outer leaves. 2. Wash the cabbage. 3. Cut in half and remove the hard core. 4. Slice into thin strips. 5. Enjoy raw in a crunchy slaw or boil shredded cabbage for 3–5 minutes until tender.



About the Trying New Foods Project

This booklet was produced as part of the Trying New Foods project, helping children explore fresh, seasonal vegetables through fun tasting activities.

Working with partners, including Our Food Trust and agroecological farms in Powys, Wales, the project supports children to build confidence in trying new foods, while strengthening connections between communities, local food producers and sustainable food systems.



Find out more at birmingham.gov.uk/FoodRevolution