


Autumn



AUTUMN – The leaves are beginning to change colour and the air is light, crisp & clear. Autumn winds stir up the landscape, signalling the coming of the cooler weather. This is an important time to prepare the body for the cold months by clearing out accumulated summer heat and storing nourishment in the deep tissue layers to sustain your energy throughout the winter. Cooking with the early autumn harvest of bitter and astringent foods such as cranberries, dark leafy greens and pumpkin helps the body expel leftover heat. As the appetite grows and temperatures drop, cravings for sweet, moist foods are fed by these recipes that feature builders like coconut oil, figs, sesame seeds & oats.

 Dates, information and menu's for our Autumn Cookery Schools will be released half way through our Summer season

