



How to Identify Irish Produce

A wide range of vegetables are grown in Ireland, the most popular being cabbage, carrots, broccoli, swedes, cauliflower and parsnips. Harvesting of vegetables takes place every week of the year but the main season of production is from July to March.

There is also a wide variety of delicious fruits grown in Ireland ranging from apples, strawberries and blackberries to gooseberries, loganberries and raspberries.

Board Bia Quality Assurance Mark helps consumers look for Irish produce. If you see this mark on food packaging it means it was made in Ireland and is of high-quality standards.

Can you find 10 items in your fridge/cupboard or in a supermarket and fill in the grid below.

Name of Food?	Where is it from?	How it is packaged?	Is the Board Bia Mark Present?	How much did each item cost?	Is the fruit/Veg in season?

This is the Board Bia mark you are looking for to identify Irish Produce.

Discuss why some produce in supermarkets and shops is not Irish. What can we do to ensure we buy Irish?

