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# Seasonal Food in Mallorca

Didactic Material nr. 10



*Food Care*



# Introduction

Eating seasonal food isn't just about taste—it's a way to stay healthy, support local farmers, and protect the planet by enjoying ingredients at their freshest. To learn more you can [watch this video](#).

In Mallorca, its vibrant culinary traditions is renowned to use seasonal products at the heart of the cuisine, celebrating local products when it's at its peak in flavor and nutrition.

## What is the seasonal Food in Mallorca?

| Producto            | Ene                                                                                 | Feb                                                                                 | Mar                                                                                 | Avr                                                                                 | May                                                                                 | Jun                                                                                 | Jul                                                                                  | Ago                                                                                   | Sep                                                                                   | Oct                                                                                   | Nov                                                                                   | Dic                                                                                   |
|---------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Aguacate            |    |    |    |    |                                                                                     |                                                                                     |                                                                                      |                                                                                       |                                                                                       |    |    |    |
| Tomate Ramallet     |    |    |    |    |    |    |     |    |    |    |    |    |
| Tomate Pera         |   |   |   |   |   |   |    |   |   |   |   |   |
| Pimientos de padrón |  |  |  |  |  |  |  |  |  |  |  |  |
| Pimiento            |                                                                                     |                                                                                     |                                                                                     |  |  |  |  |  |  |  |  |  |
| Cebolla blanca      |  |  |  |  |  |  |   |  |                                                                                       |                                                                                       |  |  |
| Ajo                 |  |  |                                                                                     |                                                                                     |                                                                                     |  |  |  |  |  |  |  |
| Aceitunas           |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                      |                                                                                       |  |  |  |  |
| Patata              |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomate Raf          |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                     |  |  |  |  |  |  |
| Tomate Bola         |                                                                                     |                                                                                     |  |  |  |  |  |  |                                                                                       |                                                                                       |                                                                                       |                                                                                       |
| Gengibre            |  |  |  |  |  |  |  |  |  |  |  |  |

You can also find more information on this [online blog](#), including a complete list of vegetables and fruits for each season.



## Why is it important?

Seasonal food in Mallorca is important because it enhances flavor and freshness, as ingredients are harvested at their peak ripeness. It promotes sustainability by reducing the carbon footprint associated with transportation and supports local farmers. Additionally, seasonal cuisine reflects the island's cultural heritage, offers health benefits through nutrient-rich produce, inspires culinary creativity, and fosters community connections through local markets and farm-to-table initiatives. Overall, embracing seasonal food enriches Mallorca's culinary landscape and supports a sustainable lifestyle. Establishments like Hotel Corazón and chefs like Marc Fosh incorporate these values in their cuisine.

## What are the benefits?

- 1) Nutritional Value:** Seasonal produce is harvested at its peak ripeness, making it fresher and richer in nutrients compared to out-of-season produce.
- 2) Flavor and Quality:** In-season foods are naturally ripened and fresher, resulting in superior flavor and quality.
- 3) Environmental Impact:** Eating seasonal food reduces the need for long-distance transportation through the sea or planes and energy-intensive growing methods, lowering carbon emissions and the ecological footprint.
- 4) Economic Benefits:** Purchasing seasonal food supports local farmers and boosts local economies, helping sustain agricultural communities in Mallorca.
- 5) Cost-Effectiveness:** Seasonal produce is often more affordable due to its abundance and lower transportation and storage costs, especially on an island.
- 6) Cultural Connection:** Seasonal eating fosters a deeper connection to mallorquin culture and traditions, encouraging an appreciation of the natural cycles and heritage.
- 7) Biodiversity:** Supporting seasonal and local food systems promotes crop diversity, which is beneficial for the environment and helps maintain healthier ecosystems.



# What can I do?

1. **Visit Local Markets:** Buy fresh produce directly from farmers at markets. In Palma you can find [these markets](#).
2. **Learn More About Local Produce:** Know what's in season year-round and plan meals accordingly for example [here](#).
3. **Support Local Restaurants:** Dine at places that use seasonal ingredients and highlight local cuisine. Check it out for example [here!](#)
4. **Attend Food Festivals:** Celebrate seasonal ingredients and traditions, such as the Fig Festival in Lloret de Vistallegre (annually on the first Saturday of the September) or the [Orange Fair in Sóller](#).
5. **[Join Cooking Classes](#):** Learn to cook with local produce and understand traditional recipes. You can later teach others to spread its importance.
6. **Grow Your Own:** Plant herbs or vegetables suited to the climate to deepen your connection with seasonal rhythms. Follow [@BalconyGardenIdeas](#) for tutorials.
7. **Participate in Farm Tours:** Discover sustainable farming practices and meet local producers.
8. **Follow Local Influencers and Chefs:** Engage with Maria Gibert ["La Abuela Mallorquina"](#) for culinary inspiration.
9. **Use Seasonal Food Apps:** for example [Kuri](#) keeps track of what's in-season in your region and promotes local, seasonal meals accordingly.
10. **Listen to Local Podcasts:** Tune into shows like ["Palma, Capital Gastronómica"](#) or ["HXXH Ser Foodie"](#) for updates on seasonal food culture. You can easily find it online on Spotify or Apple Podcasts.



## What have I learnt?

- I learnt the importance of seasonal eating and its relation with Mallorca's culinary traditions. It provides numerous benefits, like valuing sustainability, supporting fairness and equity and acting for sustainability with concrete acts.
- Seasonal produce is fresher and richer in nutrients, while in-season foods offer superior taste and quality. Eating seasonally reduces transportation needs, lowering carbon emissions and the environmental impact.
- Being aware of these situations makes me understand the complexity of every food related matter, to challenge the status quo and the unconscious and unaware way of doing things that our society models imposes on all of us.
- When I support local farmers then I strengthen the economy. This practice deepens appreciation for Mallorcan culture and its natural cycles, while also promoting crop diversity, which is essential for a healthy environment.
- Overall, when I embrace seasonal food I enrich culinary experiences and support sustainability and cultural heritage in Mallorca.

All is summerized in the [European approach of Microcredentials](#).



# Micro-credential 1

## “Embodying sustainability values”

- 1.1 Value sustainability by reflecting on personal values while critically evaluating how they align with sustainability values.
- 1.2 Supporting fairness to support equity and justice for current and future generations and learn from previous generations for sustainability.
- 1.3 Promoting nature to acknowledge that humans are part of nature; and to respect the needs and rights of other species and of nature itself in order to restore and regenerate healthy and resilient ecosystems.

# Micro-credential 2

## “Embracing complexity in sustainability”

- 2.1 (Systems thinking), to approach a sustainability problem from all sides; to consider times, space and context in order to understand how elements interact within and between systems.
- 2.2 (Critical thinking) To assess information and arguments, identify assumptions, challenge the status quo, and reflect on how personal, social and cultural backgrounds influence thinking and conclusions.
- 2.3 (Problem framing) To formulate current or potential challenges as a sustainability problem in terms of difficulty, people involved, time and geographical scope, in order to identify suitable approaches to anticipating and preventing problems, and to mitigating and adapting to already existing problems.

# Micro-credential 4

## Acting for sustainability

- 4.2 (Collective action) to act for change in collaboration with others.
- 4.3 (Individual initiative) to identify own potential for sustainability and to actively contribute to improving prospects for the community and the planet.