

# Bermuda's Year-Round Bounty

Out here, conditions are perfect all year – and not just for exploring the island's natural and cultural wonders. Bermuda's climate, soil and pristine marine and terrestrial ecosystems make for diverse, abundant seasonal yields. From loquats to spiny lobster, discover the seasons for finding the best elements of Bermuda's cuisine at their freshest.

## WINTER // JAN-MAR

**Winter Specialty: Loquats**

Known for its vibrant hue and perfectly tart flavour, this small fruit grows wild out here. Eat fresh ones right off the branch, or enjoy them in local dishes, condiments and cocktails.

Loquats Feb-Mar

Leeks Feb-Mar

Strawberries Feb-Mar

Potatoes Feb-Mar

Spinach Jan only

Cuava Jan only

Onions Mar only

Lettuce

Kale

Tomatoes

Grapefruit

Goat Cheese Mar only

Beets

Bok Choy

Lemons

Squash

Cabbage

Pumpkin

Avocados

Broccoli

Limes

Sweet Potatoes

Orange

## SPRING // APR-MAY

**Spring Specialty: Surinam Cherries**

Originating in South America, Surinam cherry trees were brought to Bermuda as a garden plant. Resembling tiny red pumpkins, the fruit is best when ripened to a deep blood-red hue.

Surinam Cherries

Cauliflower

Peppers

Kale

Strawberries

Bok Choy

Beets

Broccoli

Onions

Turnip

Avocados Apr only

Potatoes

Eggplant

Leeks

Cabbage

Tomatoes

Squash Apr only

Honey

Sweet Potatoes Apr only

Peaches May only

Goat Cheese

Pumpkin Apr only

Lettuce Apr only

Passion Fruit May only

Goat Cheese

Corn May only

## YEAR-ROUND

Cassava

Bananas

Carrots

Purslane

## Fall Specialty: Prickly Pear

The only cactus species endemic to Bermuda, its fruit is known to have satiated the island's earliest residents. Use it in desserts and jams. Its juice is also the main ingredient in a popular martini.

Prickly Pear Oct-Dec

Beets Oct-Dec

Kale Oct-Dec

Lettuce Nov-Dec

Broccoli Oct-Dec

Goat Cheese Sep-Oct

Orange Dec only

Pawpaw

Squash

Leeks Nov-Dec

Honey

Sweet Potatoes

Cabbage Oct-Dec

Cauliflower Oct-Dec

Guava Dec only

Baygrapes Sept-Oct

Peppers Sep-Oct

Limes Dec only

Spinach Nov-Dec

Tomatoes Oct-Dec

Passion Fruit Sep-Nov

Lemons Dec only

Potatoes Sep only

Turnip Oct-Dec

Bok Choy

Pumpkin

## FALL // SEP-DEC

## Summer Specialty: Goat Cheese

While it is available in every season, locally crafted, artisan goat cheese is best enjoyed in the summer months. Make the most of seasonal flavours by pairing it with locally grown fruit and fresh herbs.

Watermelon

Peppers

Potatoes

Eggplant

Corn

Peaches Jun only

Sweet Potatoes Jul-Aug

Passion Fruit

Squash Aug only

Pawpaw

Baygrapes Jul-Aug

Cabbage Jun only

Honey

Avocados Aug only

Pumpkin Aug only

Tomatoes Jun-Jul

Leeks Jun-Jul

Onions Jun-Jul

Goat Cheese

Kale Jun-Jul

## SUMMER // JUN-AUG

# Out Here

LIFE IS DELICIOUS

Official Food Almanac of Bermuda



BERMUDA

## Experience Dining Reimagined

Out here, a meal is much more than fuel for the day's adventures; it's an experience. Here are some ways to take Bermuda's flavours beyond restaurant walls.

### Dine on the Beach

Whatever part of the island you're on, you're never far from a spot where you can dine with your toes in the sand – whether you're looking for a luxe resort vibe or a laid-back beach bar.

### Bespoke Picnic

If you're looking for a dining experience like no other, opt for a luxury picnic. Eettafel is all about creating luxe, custom beach, park and backyard picnic experiences with sumptuous spreads and an alluring aesthetic to match.

### Personal Chef Experience

Discover a vibrant, passionate approach to Bermudian cuisine with Bery Eats, an experienced team of chefs led by Chef Jaelan Steede that offers a customisable dining experience. Savour their seasonally inspired menu at your rental, hotel or event space.

## 4 Ingredients of Bermuda's Food Culture

### 1 Worldly Flavours



Out here, culinary inspiration comes from Africa, Great Britain, Portugal and beyond.

### 2 Local Soul

Island-grown spices are blended to create tastes that delight the senses.



### 3 Island Libations



Bermuda's signature cocktails, the Dark 'n Stormy® and the Rum Swizzle, were invented out here.



### 4 Loving our Seas

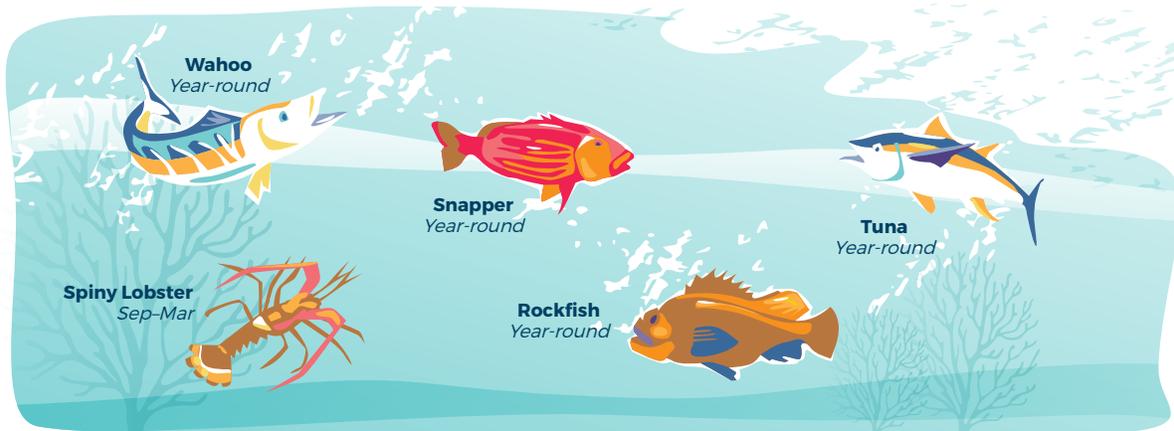
From lionfish derbies to seasonal fishing rules, Bermuda strives to protect its surrounding seas.



Learn more at [GoToBermuda.com/food](http://GoToBermuda.com/food)

## Our Seas by the Season

Bermuda's waters teem with the sea life that factors heavily into the island's cuisine. There's a great *catch-of-the-day* on the menu all year long.



## Fresh Flavours

Bermuda's cuisine is infused with the bold flavours of the herbs that thrive in our soil. Here are the best times to find the island's herbs and spices at their freshest.

