

SEASONAL EATING, REIMAGINED

# THRIVING IN NORTHERN LATITUDES

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EAT WITH THE LIGHT.  
NOURISH WITH THE LAND.  
RECLAIM YOUR ENERGY.



A seasonal wellness guide for life above the 50th  
parallel.

By Fran Norgate



# Introduction

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Feeling flat? It might not be you. It might be your latitude.

If you live in the UK, Ireland, or anywhere north of the 50th parallel, chances are you've felt it — the winter fog, the mid-afternoon crash, that familiar craving for something sweet just to get through the day.

It's easy to blame ourselves: not enough willpower, too many bad habits. But what if it's not a personal failing — just a mismatch between your biology and the modern world?

Our bodies evolved to eat, move, and rest with the rhythms of the land and the light. But modern life has flipped that on its head: strawberries in December, screens at midnight, indoor days and fluorescent nights. No wonder we feel wired but tired.

This guide is an invitation to re-sync — not with rules or restriction, but with the quiet wisdom of your body and the land beneath your feet. It's part cookbook, part gentle rebellion against the idea that tropical smoothie bowls are the answer to your fatigue.

Inside, you'll discover:

- Why eating locally and seasonally matters more than we've been told
- How light, food, and energy are intimately connected
- Simple, comforting recipes that honour the seasons and support your natural rhythm

You don't need a special diet or perfect habits — just a willingness to tune back in.

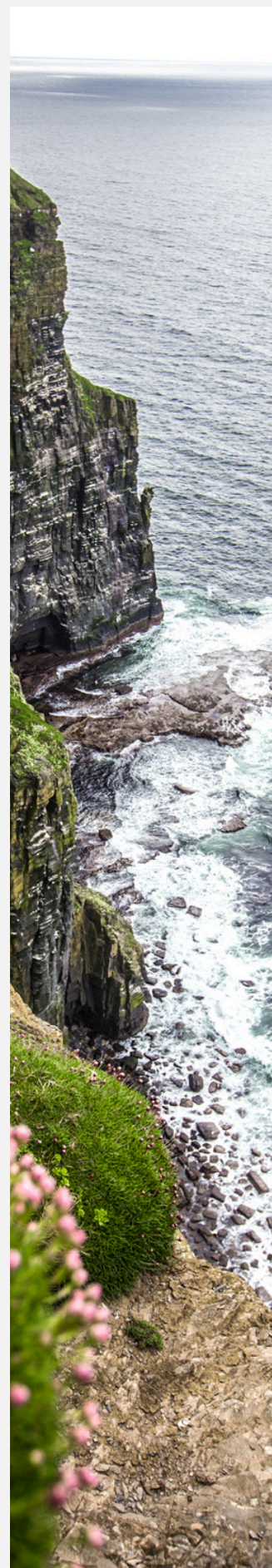
This is about reconnection — with nature, with nourishment, and with yourself.

Let's gently get back in sync.

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# Chapter 1 A New (Old) Way to Nourish

## Why Your Body Feels Different in Winter

If you find yourself craving carbs, struggling to wake up, or wondering why your energy dips at 3pm from October to March — you're just responding to your environment.

In winter, light levels drop, temperatures fall, and our biology subtly shifts gears. We're designed to slow down when daylight dwindles — less movement, more rest, and a natural shift in what we need to eat. Your desire for hearty stews and root veg instead of salads isn't a lack of willpower — it's ancient wisdom.

The problem is, modern life rarely slows with the seasons. We're expected to perform at the same pace, on the same schedule, all year round — often indoors, under artificial lighting, with easy access to tropical snacks and caffeine on tap. It's no wonder our systems start to protest.

Winter once meant scarcity — but also stillness, rest, and metabolic repair. These days, we skip the rest and just push harder — no wonder we feel burnt out.

## Honouring the Whole Animal: A Quiet Return to Nose-to-Tail Eating

Once upon a time, eating the whole animal wasn't a wellness trend — it was just how people cooked. Nothing was wasted. It was practical, respectful, and deeply nourishing.

Organs like liver, heart, and kidney were prized for a reason. They're rich in iron, B vitamins, and fat-soluble nutrients that support energy, hormone balance, and brain health — all the things many of us are struggling with today. But somewhere along the way, we forgot. We stuck with chicken breasts and lean mince and quietly lost some of the most powerful nutrition nature has to offer.

That doesn't mean you have to start eating liver straight off the chopping board. A gentle way in is to ask your butcher to mix a little liver and heart into your mince. That's what I do — roughly 20% organ meat, 20% fat, and 60% muscle meat. You won't taste it, but your body will thank you for it.

It's not about perfection. Just small shifts that reconnect us with the way we were meant to eat.



## Light, Circadian Cues & Deuterium: The Quiet Forces Behind Your Cravings

Our bodies run on light. Literally. Every cell in your body is guided by circadian rhythms — internal clocks that take their cues from sunlight, meal timing, and even temperature.

When those signals get scrambled (say, by late-night scrolling, indoor days, or eating blueberries in January), so does your energy, digestion, and hormone balance.

Here's where it gets interesting: food grown in different light environments has different properties. Tropical fruits, for instance, are higher in something called deuterium, a heavy form of hydrogen.

While not dangerous in small amounts, too much deuterium — especially in winter when your body can't clear it efficiently due to lower UVB exposure — can clog up your mitochondria (the energy factories in your cells) and leave you feeling sluggish and foggy.

### NOTE

This doesn't mean you can never eat a banana in December. But tuning into the light your body is getting, and matching your food to that rhythm, can do wonders for your mood, metabolism and clarity.



## What “Seasonal” Really Means Above the 50th Parallel

The term “seasonal eating” is often thrown around — but what does it actually mean when you live somewhere with frosty mornings in April and tomatoes that only taste good for three weeks in August? (Okay, that might be a slight exaggeration)

In the UK and Ireland (and much of the northern world), true seasonal eating means leaning into what the land naturally provides — not what’s flown in from halfway across the world. It means root veg in January, bitter greens (e.g. rocket, kale, etc.) in March, berries in July, and squash in October. And yes, that might sound limited at first — but there’s a quiet magic in it.

Our bodies evolved to sync with these natural cycles. In summer, lighter foods and simple sugars (like berries) are more available — and our biology is primed to burn them. In winter, we’re better suited to complex carbs, fats, and warming meals that support hibernation-like repair.

Seasonal eating isn’t a trend. It’s a subtle form of nourishment that reconnects us with our environment — and with ourselves.





## The Myth of One-Size-Fits-All Nutrition

We've been taught that there's a "right" way to eat: whether it be plant-based, keto, low-fat, high-protein, Mediterranean, gluten-free, sugar-free — take your pick. But here's the truth: no single diet can honour the complexity of your body and your environment year-round.

Your needs change with the seasons. You're not meant to eat like it's summer all year. Nor should you be following a food plan that ignores your light exposure, hormonal shifts, or stress load.

Most nutrition advice was developed without context — and certainly without consideration for your local soil, sunlight, or circadian biology. That's not your fault. But it is your opportunity.

This approach isn't about following a strict ancestral template or cutting out half your fridge. It's about asking better questions: Where was this grown? What season am I in? How do I want to feel after eating this?

It's a return to something wiser. And often, much simpler.



# Chapter 2 Eating with the Light

## WINTER

### Eating in Low Light: Fat, Broth & Comfort Without the Crash

As light levels drop and temperatures fall, your body naturally shifts into energy-conservation mode. It's not the season to detox or restrict — it's time to nourish and slow down. Emphasise warming, nutrient-dense foods like stews, root vegetables, and broths. Fats become particularly important for cellular repair and hormone production in the darker months.

### Gentle Lifestyle Tips

- Get morning light exposure as early as possible (even on grey days)
- Dim indoor lights after sunset and use blue-light blocking glasses like [these](#)
- Prioritise sleep — longer nights call for longer rest
- Embrace warmth: slow walks, warm baths, cosy rituals



## WINTER: SEASONAL STAPLES

- **Vegetables:** carrots, parsnips, turnip, celeriac, leeks, kale, Brussels sprouts
- **Meat/Fish:** beef, lamb, mackerel, mussels, smoked haddock
- **Eggs**
- **Herbs:** thyme, rosemary, bay leaves
- **Pantry:** bone broth, oats, fermented cabbage (sauerkraut), butter, lard, ghee

### Seasonal Recipe Ideas

1. Beef Shin & Root Veg Stew
2. Smoked Haddock & Leek Chowder
3. Slow-Cooked Pork Shoulder with Braised Cabbage
4. Offal Mince Shepherd's Pie with Parsnip Mash
5. Mutton & Liver Meatballs in Tomato & Kale Sauce



# Beef Shin & Root Veg Stew

## INGREDIENTS

- 1kg beef shin, cut into chunks (bone-in if possible)
- 2 tbsp beef dripping or ghee
- 2 onions, roughly chopped
- 2 garlic cloves, minced
- 2 carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 small turnip, peeled and diced
- 1 bay leaf
- 1 sprig fresh rosemary or thyme
- 1 tbsp apple cider vinegar
- 1 litre bone broth
- Sea salt and black pepper to taste

## DIRECTIONS

1. Heat the dripping or ghee in a large casserole pot over medium heat. Brown the beef shin pieces on all sides in batches, setting aside once browned.
2. Add onions and garlic to the pot and gently cook until softened.
3. Return the meat to the pot. Add chopped root veg, bay leaf, herbs, and apple cider vinegar.
4. Pour in the broth/water to just cover the contents. Bring to a simmer.
5. Cover and cook on a low heat for 3–4 hours (or place in the oven at 150°C), until the meat is tender and falling apart. A slow cooker will also work well.
6. Season well and serve with optional fermented veg or a slice of sourdough.

Deeply warming, slow-cooked and rich in collagen, this stew is the food equivalent of a wool blanket — cosy, grounding, and packed with nourishment.



# Smoked Haddock & Leek Chowder

## INGREDIENTS

- 300g smoked haddock, skin off
- 1 leek, washed and finely sliced
- 1 onion, diced
- 5 garlic cloves, crushed
- 1 tbsp butter or ghee
- 2 medium potatoes, peeled and diced
- 2 carrots, diced
- 1 bay leaf
- 500ml whole milk or milk + water mix
- 200ml bone broth or fish stock
- Sea salt and pepper
- Chopped parsley, to serve

## DIRECTIONS

1. In a large saucepan, melt the butter and gently sauté the leeks, onion and garlic until soft.
2. Add diced potatoes, carrots and bay leaf, then pour in the milk and broth.
3. Bring to a simmer and cook until potatoes are tender (about 15 minutes).
4. Lay the haddock in the pan and poach for 5–7 minutes until cooked.
5. Break the fish into flakes, season to taste, and serve with chopped parsley.

A nod to traditional coastal fare — smoky, creamy, and gently comforting.

# Slow-Cooked Pork Shoulder with Braised Cabbage

## INGREDIENTS

- 1.5–2kg pork shoulder, skin scored
- 1 tbsp sea salt
- 1 tbsp apple cider vinegar
- 1 tbsp lard or butter
- 1 onion, sliced
- 1 small head of green or savoy cabbage, shredded
- 1 apple, cored and sliced
- 200ml bone broth
- Fresh thyme or caraway seeds

## DIRECTIONS

1. Rub the pork with salt and vinegar. Let sit for 30 mins.
2. Place in a roasting tin and roast at 220°C for 30 mins to crisp the skin.
3. Turn heat down to 160°C and roast for another 3 hours until soft and shreddable.
4. Meanwhile, melt fat in a heavy pan. Add onion, cook until soft.
5. Add cabbage, apple, broth, and thyme/caraway. Cover and simmer for 20–30 mins.
6. Serve pork on top of braised cabbage with all the juices.

Simple, hearty and satisfying — this dish makes the most of winter brassicas and slow-roasted meat.



# Offal Mince Shepherd's Pie with Parsnip Mash

## INGREDIENTS

### For the filling:

- 500g beef mince
- 100g beef or lamb's liver, heart or kidney, finely chopped, minced or grated (or ask a butcher to make mince that contains offal)
- 1 onion, chopped
- 2 carrots, diced
- 1 tbsp tomato paste
- 1 tbsp butter or dripping
- 200ml bone broth or water
- 1 tsp dried thyme
- Sea salt and pepper

### For the mash:

- 5 large parsnips, peeled and chopped
- 2 tbsp butter or ghee
- Splash of milk
- Salt to taste

## DIRECTIONS

1. Heat butter in a large pan. Sauté onion and carrots until soft.
2. Add mince and offal, cooking until browned.
3. Stir in tomato paste, broth, thyme, and simmer for 15–20 mins.
4. Meanwhile, boil parsnips until tender. Mash with butter and milk.
5. Transfer meat to a baking dish, top with mash, and bake at 180°C for 25 mins.

A stealthy way to include liver, kidney, heart, or any other offal — deeply nourishing and kid-friendly too.

# Mutton & Liver Meatballs in Tomato & Kale Sauce

## INGREDIENTS

### For the meatballs:

- 400g ground mutton
- 100g lamb's liver, finely minced
- 3 garlic cloves, minced
- 2 tsp dried oregano
- Salt and pepper

### For the sauce:

- 1 tbsp olive oil or ghee
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tin chopped tomatoes or passata
- 1 handful kale, chopped
- Sea salt and pepper

## DIRECTIONS

1. Mix meatball ingredients together and form into small balls.
2. Heat oil in a deep pan. Sear the meatballs briefly, then set aside.
3. Add onion and garlic to the pan, cook until soft.
4. Pour in tomatoes, simmer 10 mins. Return meatballs to the pan.
5. Add kale and cook another 10–15 mins until tender and well flavoured.
6. Serve as is, or with mashed root veg or fermented cabbage.

An iron-rich, hearty meal that's still light enough for everyday eating.

# SPRING

## Clearing the Fog – Bitters, Liver Support & Fresh Starts

As nature begins to wake up, your body gets the memo too. Spring is the season of renewal — time to shake off the heaviness of winter and gently clear the fog. This doesn't mean juice cleanses or punishment. Think of it as a subtle internal spring clean: supporting your liver, moving your body, and embracing fresher, more vibrant flavours.

Look to bitter greens, seasonal herbs, and naturally cleansing foods. It's a lovely time to bring in lighter proteins and meals that feel clean but are still grounding.

## Gentle Lifestyle Tips

- Start your day with a short walk within an hour of sunrise — even 10 minutes helps clear grogginess
- Add bitter greens like dandelion or rocket to your plate
- Eat dinner during daylight hours, but this can be a little later than in winter, in rhythm with lengthening days
- Keep warm — spring can still surprise us with cold snaps



## SPRING: SEASONAL STAPLES

- **Vegetables:** spring greens, nettles, wild garlic, asparagus, leeks, purple-sprouting broccoli
- **Meat/Fish:** lamb, spring chicken, trout, duck eggs
- **Herbs:** parsley, mint, chives
- **Pantry:** apple cider vinegar, fermented veg, oats, raw honey, lard or tallow

### Seasonal Recipe Ideas

1. Wild Garlic & Lamb Burgers with Herbed Yoghurt
2. Braised Spring Chicken with Leeks & Asparagus
3. Nettle & Spring Green Soup with Duck Egg
4. Slow-Roasted Shoulder of Lamb with Mint Gremolata
5. Liver-Boosting Breakfast Hash



# Wild Garlic & Lamb Burgers with Herbed Yoghurt

## INGREDIENTS

### For the burgers:

- 500g lamb mince
- 1 handful wild garlic, finely chopped
- 1 small red onion, finely chopped
- 1 tsp ground cumin
- 1 tsp sea salt
- Black pepper to taste

### For the herbed yoghurt:

- 200g natural full-fat yoghurt
- 1 tbsp chopped fresh mint
- 1 tbsp chopped fresh parsley
- Juice of ½ lemon
- Pinch of sea salt

## DIRECTIONS

1. In a bowl, gently mix all the burger ingredients — don't overwork the meat.
2. Form into 4 patties and set aside.
3. In a small bowl, stir together all the yoghurt ingredients. Chill while the burgers cook.
4. Cook burgers in a hot cast iron pan or grill for 4–5 minutes each side, or until just pink in the middle.
5. Serve with a dollop of herbed yoghurt and seasonal greens or roasted root veg.

A springtime twist on a comforting classic — fresh, punchy, and deeply nourishing. Wild garlic appears just as lamb hits its seasonal stride, making this a beautifully intuitive pairing. Serve with simply dressed greens or tucked into a lettuce wrap for ease.

# Braised Spring Chicken with Leeks & Asparagus

## INGREDIENTS

- 1 whole chicken, jointed (or 4 chicken legs)
- 2 leeks, cleaned and sliced
- 200g asparagus, trimmed
- 2 cloves garlic, minced
- 500ml chicken bone broth
- 2 tbsp butter or ghee
- 1 tbsp fresh tarragon or thyme
- Sea salt & black pepper

## DIRECTIONS

1. In a large casserole dish, melt butter or ghee and brown the chicken pieces on both sides. Remove and set aside.
2. In the same dish, soften leeks and garlic for 5 minutes.
3. Return chicken to the pot, add herbs and pour in the bone broth. Cover and simmer for 45 minutes.
4. Add asparagus for the final 5–10 minutes, just until tender.
5. Serve with spring potatoes or fermented carrots.

Light yet satisfying — this dish celebrates the first green shoots of spring. Using a whole chicken gives you richness, gelatin, and depth — far more nourishing than a lonely chicken breast.



# Nettle & Spring Green Soup with Duck Egg

## INGREDIENTS

- 1 onion, chopped
- 1 tbsp butter or olive oil
- 2 handfuls nettle tops (wear gloves!)
- 2 handfuls spring greens (kale, chard, wild garlic)
- 500ml chicken bone broth
- Sea salt & pepper
- 2–3 duck eggs

## DIRECTIONS

1. In a saucepan, sauté onion in butter/oil until soft.
2. Add greens and bone broth. Simmer gently for 10 minutes.
3. Add nettles and simmer another 5 minutes.
4. Blend until smooth and season to taste.
5. Meanwhile, soft-boil duck eggs (6 minutes), peel, and halve.
6. Serve soup hot with a halved egg nestled on top and drizzle of olive oil.

A mineral-rich tonic in a bowl — deeply ancestral, gently detoxifying. Nettles are free, abundant, and full of iron and chlorophyll. Duck eggs bring extra heft and a luxurious texture.

# Slow-Roasted Shoulder of Lamb with Mint Gremolata

## INGREDIENTS

### For the lamb:

- 1.5–2kg lamb shoulder, bone-in
- 4 cloves garlic, crushed
- 2 tbsp olive oil or tallow
- 1 tbsp fresh rosemary, chopped
- 1 tbsp sea salt
- 200ml water or bone broth

### For the gremolata:

- Zest of 1 lemon
- 2 tbsp finely chopped mint
- 1 tbsp finely chopped parsley
- 1 clove garlic, finely grated

## DIRECTIONS

1. Preheat oven to 160°C (fan).
2. Mix oil, garlic, rosemary, and salt. Rub over lamb.
3. Place lamb in a roasting tin with water/broth. Cover tightly with foil.
4. Roast for 3.5–4 hours until meltingly tender.
5. Mix gremolata ingredients and scatter over lamb before serving.
6. Serve with roast root veg and wilted greens.

For slow Sundays and family tables — restorative, rich, and impossibly tender. Shoulder is a deeply flavourful cut, perfect for long, gentle cooking. The gremolata cuts through with bright spring energy.

# Liver-Boosting Breakfast Hash

## INGREDIENTS

- 150g offal mince (or 120g beef mince + 30g finely chopped liver)
- 1 small onion, chopped
- 1 carrot, grated
- 1 small potato or sweet potato, diced
- 1 tsp fresh thyme or dried oregano
- 1–2 eggs
- Butter or ghee, for cooking
- Sea salt & pepper

## DIRECTIONS

1. Sauté onion in butter or ghee until soft.
2. Add diced potato and carrot, cook until just golden.
3. Stir in mince and herbs, season well. Cook until browned and cooked through.
4. Top with a fried or poached egg.
5. Serve with fermented veg or a handful of spring leaves.

An easy, everyday way to sneak in the good stuff.

If you're unsure about organ meats, this is a gentle introduction. Liver blends into the mix and gives an energy-lifting start to your day.



# SUMMER

## Sunshine, Simplicity & Local Sweetness (No Tropical Imports Required)

Longer days, brighter skies, and your mitochondria are thriving. Summer is nature's gift to your energy levels — if you live in tune with it. Light exposure helps regulate metabolism, mood, and appetite, often leading to a natural preference for simpler, hydrating meals.

It's the season of abundance: local berries, crisp salads, fresh fish, and more outdoor time. Prioritise hydration, daylight exposure, and plenty of movement — but remember, it's still about nourishment, not restriction.

## Gentle Lifestyle Tips

- Eat outside when you can — fresh air and sunlight boosts digestion
- Get early sun exposure for mood and circadian rhythm, and late-morning/early-afternoon exposure for vitamin D
- Think hydration: filtered water with a pinch of sea salt, mineral-rich broths, herbal infusions
- Move your body in ways that feel joyful — not punishing

## SUMMER: SEASONAL STAPLES

- **Vegetables:** courgettes, tomatoes, lettuce, cucumber, radish, peas, green beans
- **Fruit:** strawberries, raspberries, blackcurrants, gooseberries
- **Meat/Fish:** mackerel, sardines, salmon, pasture-raised chicken, eggs
- **Herbs:** basil, dill, coriander
- **Pantry:** olive oil, apple cider vinegar, fermented veg, bone broth (cool)

### Seasonal Recipe Ideas

1. Whole Roast Chicken with Courgette & Blackberry Salad
2. Summer Salad Bowl with Poached Eggs, Raspberries & Herb Dressing
3. Liver Pâté with Blackberry & Thyme Compote
4. Summer burgers with beetroot Greens & Fermented Slaw
5. Grilled Mackerel with Cucumber & Dill Yoghurt



# Whole Roast Chicken with Courgette & Blackberry Salad

## INGREDIENTS

### For the chicken:

- 1 whole free-range chicken (1.5–2kg)
- 2 tbsp butter or ghee, softened
- 3 cloves garlic, minced
- 1 lemon, halved
- 1 tbsp chopped fresh thyme or rosemary
- Sea salt & pepper

### For the salad:

- 2 courgettes, thinly sliced or shaved into ribbons
- 1 handful fresh blackberries
- 1 small red onion, finely sliced
- A handful of fresh mint or basil
- 2 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- Pinch of sea salt

## DIRECTIONS

1. Preheat oven to 180°C (fan). Mix butter, garlic, herbs, salt & pepper and rub under and over chicken skin. Pop the lemon halves inside the cavity.
2. Roast for 1.5 hours, basting halfway through, until juices run clear.
3. Meanwhile, gently toss salad ingredients in oil and vinegar. Let sit for 10 mins.
4. Serve warm slices of chicken with cool, tangy salad and optional new potatoes.

A classic Sunday roast with a summer glow-up — light, juicy, and grounding. The roast chicken brings comforting familiarity, while the courgette and blackberry salad adds brightness and bite. A beautiful balance of sweet, savoury, and deeply satisfying.



# Summer Salad Bowl with Poached Eggs, Raspberries & Herb Dressing

## INGREDIENTS

### For the bowl:

- 2 large eggs
- 1 large handful mixed salad leaves (rocket, watercress, spinach)
- ½ cucumber, sliced
- 40–50g crumbly goat's or sheep's cheese
- 1 handful raspberries
- A small handful of soft herbs: parsley, mint, chives
- Optional: leftover roast chicken or smoked mackerel

### For the dressing:

- 3 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar or lemon juice
- 1 tbsp chopped fresh parsley or dill
- 1 tsp Dijon mustard (optional)
- Sea salt & pepper

## DIRECTIONS

1. To poach eggs: bring a pan of water to a gentle simmer, swirl with a spoon, crack in eggs and poach for 3–4 mins.
2. Whisk dressing ingredients in a small jar.
3. Arrange all salad components in bowls. Drizzle with dressing, top with poached eggs.
4. Serve immediately with a side of sourdough or fermented carrots.

An easy lunch that feels a bit fancy — light, protein-rich, and blood-sugar-friendly. Poached eggs add creaminess to this crisp, colourful bowl. Raspberries bring a tart-sweet contrast and gentle antioxidant hit.

# Liver Pâté with Blackberry & Thyme Compote

## INGREDIENTS

### For the pâté:

- 250g chicken livers, cleaned
- 1 small onion, finely chopped
- 2 cloves garlic, crushed
- 100g butter or ghee
- 1 tsp fresh thyme
- Sea salt & black pepper

### For the compote:

- 1 cup blackberries
- 1 tbsp balsamic vinegar
- 1 tsp fresh thyme leaves
- Pinch of salt

## DIRECTIONS

1. Melt half the butter in a pan, sauté onion and garlic until soft. Add livers and thyme, cook until just pink inside (about 4–5 mins).
2. Blitz in a blender or food processor with remaining butter, salt and pepper to taste. Spoon into ramekins and chill.
3. Simmer compote ingredients for 5–8 mins until thickened. Cool.
4. Serve pâté with compote on sourdough or sliced cucumber.

Nutrient-dense meets spreadable summer luxury.

A brilliant way to enjoy liver without the faff. The blackberry compote lifts the richness and adds a seasonal touch that's both beautiful and balancing.

# Summer Burgers with Beet Greens & Fermented Slaw

## INGREDIENTS

### For the burgers:

- 500g grass-fed beef mince (even better with offal mince)
- 1 tsp smoked paprika
- 2 cloves garlic, crushed
- Sea salt & black pepper

### For the compote:

- Greens from 1 bunch of beetroot, chopped
- 1 clove garlic, sliced
- 1 tsp ghee or olive oil

### For the slaw:

- 1 cup red or white cabbage, shredded
- ½ grated carrot
- 2 tbsp fermented veg or sauerkraut
- 1 tbsp olive oil or kefir yoghurt

## DIRECTIONS

1. Mix burger ingredients and shape into 4 patties. Grill or pan-fry to your liking.
2. Sauté beet greens with garlic in ghee until just wilted.
3. Toss slaw ingredients together and let sit 10 minutes.
4. Serve burgers over greens with slaw on the side (or bun if you fancy).

A BBQ favourite with a nourishing twist — bold flavours, gentle on digestion. Perfect for eating outside, barefoot. The beet greens bring minerals, and the slaw supports your microbiome.



# Grilled Mackerel with Cucumber & Dill Yoghurt

## INGREDIENTS

### For the mackerel:

- 2 whole mackerel, gutted and cleaned (or 4 fillets)
- 1 tbsp olive oil
- Sea salt & pepper
- ½ lemon

### For the yoghurt sauce:

- 150g full-fat natural yoghurt
- ¼ cucumber, finely diced
- 1 tbsp fresh dill, chopped
- 1 tsp lemon juice
- Salt to taste

## DIRECTIONS

1. Preheat grill or BBQ. Rub fish with oil, season well. Grill for 3–4 minutes each side until skin is crisp and flesh flakes easily.
2. Mix all yoghurt sauce ingredients and chill.
3. Serve mackerel with a generous spoon of sauce, lemon wedges, and lightly boiled new potatoes or pickled cucumbers.

Omega-3 rich and bursting with freshness — inspired by ancestral seaside supper. Mackerel is wildly underrated: affordable, sustainable, and deeply nourishing. This yoghurt topping keeps things cool and bright.

# AUTUMN

## Grounding Before the Darkness Sets In – Roots, Ferments & Transition Foods

As the light begins to fade and the air cools, your body starts craving grounding, earthy foods. Autumn is a time of preparation — for conserving energy, building up resilience, and gently letting go. It's the season of stews, ferments, and deeper nourishment.

This is also a perfect time to focus on gut health, immune support, and slow, mindful transitions — in food and in life.

### Gentle Lifestyle Tips

- Add fermented foods regularly to support immunity
- Honour the slowing pace: earlier nights, slower meals, less urgency
- Begin dimming lights earlier in the evening to support sleep
- Walk among trees (forest bathing): forest air supports nervous system health

## AUTUMN: SEASONAL STAPLES

- **Vegetables:** squash, pumpkins, onions, cabbage, turnips, beetroot (early autumn), fennel, seaweed
- **Meat/Fish:** game (venison, pheasant), beef, liver, whole chicken
- **Herbs:** sage, thyme, bay
- **Pantry:** sauerkraut, barley, oats, broth, butter, ghee, ACV

### Seasonal Recipe Ideas

1. Venison & Root Veg Stew with Bone Broth
2. Beef & Offal Cottage Pie with turnip Mash
3. Whole Roast Chicken with Braised Red Cabbage
4. Liver & Onion Skillet with Fermented Carrot Slaw
5. Cabbage-Wrapped Beef Mince Parcels with Garlic & Herb Glaze



# Venison & Root Veg Stew with Bone Broth

## INGREDIENTS

- 500g diced venison shoulder or stewing steak
- 1 tbsp beef dripping, lard, or ghee
- 2 carrots, chopped
- 2 parsnips, chopped
- 1 small turnip, peeled and cubed
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 sprigs thyme
- 1 bay leaf
- 500ml beef or venison bone broth
- 200ml water or more broth as needed
- Sea salt & black pepper

## DIRECTIONS

1. Heat the fat in a heavy pot and brown the venison in batches. Set aside.
2. In the same pot, add onion and garlic. Sauté until soft.
3. Add root veg and herbs. Stir for a minute or two.
4. Return venison to the pot, pour in broth and water. Bring to a simmer.
5. Cover and cook gently for 2–3 hours, until the meat is tender.
6. Season well and serve with buttered greens or mash.

Hearty, earthy, and packed with nutrients, this stew is perfect for crisp autumn evenings. Venison is lean, rich in iron, and a beautiful nod to our wild landscape.



# Beef & Offal Cottage Pie with Turnip Mash

## INGREDIENTS

### For the filling:

- 300g beef mince
- 200g minced liver or kidney (lamb or beef)
- 1 onion, chopped
- 2 carrots, finely chopped
- 3 cloves garlic, minced
- 1 tbsp tomato purée
- 1 tsp dried thyme
- Splash of apple cider vinegar
- 200ml beef bone broth

### For the Mash:

- 1 large turnip, peeled and cubed
- 1–2 tbsp butter or ghee
- Sea salt

## DIRECTIONS

1. Boil turnip until soft (about 20 minutes), then mash with butter and season.
2. Sauté onion, garlic, and carrot until soft. Add mince and offal, cooking until browned.
3. Stir in tomato purée, vinegar, thyme and broth. Simmer for 20 minutes until reduced.
4. Spoon the filling into an oven dish, top with mash, and bake at 180°C for 20–25 minutes until golden.

Comforting and nourishing, this is a brilliant way to get organ meats into family meals. The turnip mash brings a subtle sweetness that pairs beautifully with rich meat.

# Whole Roast Chicken with Braised Red Cabbage

## INGREDIENTS

### For the filling:

- 1 whole free-range chicken
- Sea salt, pepper, herbs (thyme, rosemary)
- Knob of butter or ghee

### For the braised cabbage:

- 1 small red cabbage, finely sliced
- 1 apple, peeled and grated
- 1 onion, thinly sliced
- 1 tbsp apple cider vinegar
- 1 tsp wholegrain mustard (optional)
- 1 tbsp butter or goose fat
- Pinch of salt

## DIRECTIONS

1. Rub the chicken with butter or ghee, herbs, salt and pepper. Roast at 180°C for 1.5 hours, basting occasionally.
2. Meanwhile, sauté onion and apple in butter. Add cabbage, vinegar, mustard, and salt. Cover and cook gently for 45 mins–1 hour, stirring now and then.
3. Serve roast chicken slices on top of the warm braised cabbage.

A roast that feels like a hug. The tangy sweetness of the cabbage pairs beautifully with the juicy chicken and crispy skin.

# Liver & Onion Skillet with Fermented Carrot Slaw

## INGREDIENTS

- 300g lamb or beef liver, sliced and soaked in milk or lemon water for 30 mins (optional)
- 2 onions, thinly sliced
- 1 tbsp butter or dripping
- Sea salt & black pepper

For the carrot slaw:

- 2 carrots, grated
- 1/2 tsp sea salt
- 1 tsp caraway seeds (optional)
- Massage and pack into a clean jar, cover loosely and ferment at room temp for 3–5 days.

## DIRECTIONS

1. Heat butter in a pan, add onions, and cook low and slow until golden.
2. Remove liver from lemon water, pat dry, and season. Pan-fry for 2 minutes each side until just cooked.
3. Serve hot, with the caramelised onions and a spoon of slaw on the side.

An old-school classic with modern gut-loving flair. The sweetness of onions balances the intensity of liver, while the carrot slaw brings crunch and zing.

# Cabbage-Wrapped Beef Mince Parcels with Garlic & Herb Glaze

## INGREDIENTS

For the parcels:

- 500g beef mince
- 1 onion, finely chopped
- 1 carrot, grated
- 1 clove garlic, minced
- 1 tsp dried thyme
- 1 egg
- 1 savoy cabbage, leaves blanched and trimmed

For the glaze:

- 1 tbsp raw apple cider vinegar
- 1 tsp Dijon mustard
- 1 tbsp extra virgin olive oil
- 1 garlic clove, crushed
- Pinch of sea salt

## DIRECTIONS

1. Mix beef, veg, garlic, thyme and egg. Form small patties.
2. Wrap each in a cabbage leaf and place seam-down in an oven dish.
3. Mix glaze ingredients and spoon over each parcel.
4. Bake at 180°C for 30–35 minutes, basting once or twice.

Beautifully rustic parcels that wrap warming spices and richness inside gently softened leaves.



# Chapter 3 Simple Swaps for Ancestral Eating

Reconnecting with how we were built to eat — one small shift at a time.

You don't need to churn your own butter or skin a rabbit to eat more ancestrally.

Think of this less like a return to the Stone Age, and more like a quiet homecoming — to food that feels grounding, energising, and familiar in your bones.

These swaps aren't about restriction — they're about reconnection. They help you tune back into what your body has always known: how to thrive on real, seasonal food.



## Instead of... shop-bought stock cubes or synthetic flavourings

### Try... slow-cooked bone broth

Made with leftover bones, herbs, and a splash of apple cider vinegar. Deeply mineral-rich, soothing for digestion, and supports connective tissue and immunity. Using a pressure cooker is an option too — especially helpful if you're sensitive to histamines. It creates a quicker broth with lower histamine levels, while still offering deep nourishment.

## Instead of... low-fat or ultra-processed snacks

### Try... full-fat yoghurt with flaxseed and berries

Full-fat dairy (if tolerated) helps regulate blood sugar, supports hormone production, and keeps you fuller longer. It's what your nan would've eaten — minus the sweeteners and marketing hype.

## Instead of... muscle meat only (e.g. steaks, chicken breast)

### Try... nose-to-tail: offal, whole chicken, slow-cooked stews

Our ancestors ate the whole animal, and for good reason. Organs are nutritional powerhouses — rich in iron, B vitamins, and fat-soluble nutrients your hormones love. Start small: ask your butcher to add a little liver into your mince. No drama, no overwhelm.



**Instead of... white sliced bread and pasta**

**Try... root veg, slow-fermented sourdough or heritage grains (if tolerated)**

Think celeriac mash, roasted parsnips, or a slice of proper sourdough. Lower impact on blood sugar, higher in fibre, and more in line with what our gut bacteria understand.

**Instead of... cold salads year-round**

**Try... warm veg with fat, broth, or fermented sides in cooler months**

In winter, your body needs insulation, not a fridge-cold lettuce bowl. Cooked greens, root veg, and warming stews signal safety and nourishment to your nervous system.



# Chapter 4 Your Gentle Resync Checklist

Small shifts that bring you home to yourself.

This isn't about doing everything perfectly, or following a rigid plan. It's about gentle remembering. A slow reweaving of your rhythm with the rhythm of the world outside.

When life feels rushed, off-kilter or just a bit too much, these are the kinds of shifts that help you feel more anchored. They don't require more willpower — just a bit more noticing. A bit more care. And a lot more kindness.

You don't need to overhaul your life. Just begin with what feels doable.

Start with one local veg a week

- There's something quietly powerful about eating what's growing around you. It connects you to the season in a way that feels grounding — even if you're just adding a few carrots to a stew or roasting some beetroot on a Sunday.
- One local vegetable a week is a lovely place to begin. No stress. No elaborate meal plans. Just a gentle nudge towards what your body may be craving anyway.



## Swap tropical snacks for seasonal ones

We've got used to strawberries in December and bananas on the go — but our bodies haven't quite caught up. They still respond to the quiet cues of local, seasonal food. It's not just about nutrients — it's about rhythm, light, water, and energy.

(If you've read the earlier bit on deuterium, this is where it ties in: the further food travels from its natural climate, the more likely it is to disrupt yours.)

But this isn't about being strict. It's about resonance. A gentle recalibration, not a rigid rule.

Try swapping in foods that actually grow here, now. In winter, that might be stewed apples with a pinch of cinnamon (yes, cinnamon's not local — but it's warming, comforting, and we're not going for perfection here). In summer, it might be blackberries picked on a walk. Or just a boiled egg and some carrot sticks when you're peckish.

## Eat with the light

The sun has always been our clock. Our bodies know how to respond to it — if we let them.

You might find you feel better when you eat more earlier in the day, and keep things simpler as the light fades. This isn't about restriction, just rhythm. Breakfast that's warming and satisfying. A proper lunch. Something lighter, more grounding, in the evening.

## Step outside in the morning, soften the light at night

This might be the gentlest — and most powerful — shift of all.

Your body has an internal clock, known as the circadian rhythm, that governs almost everything: energy, digestion, hormone release, sleep, and even how your cells repair. And the main thing that sets this clock? **Light.**

When you step outside in the morning — ideally within 30 minutes of sunrise — the natural light enters your eyes and signals to your brain that it's time to start the day. This tells your body to suppress melatonin (the sleep hormone) and increase cortisol (your natural get-up-and-go hormone), setting the rhythm for stable energy, better mood, and clearer focus throughout the day.

Even on a grey morning, outdoor light is hundreds of times brighter than indoor lighting — it's the intensity and spectrum your brain is wired to respond to.

As the sun goes down, your body needs darkness to cue melatonin production and prepare for rest.

But modern life — with its overhead LEDs, bright screens and late-night scrolling — can confuse that signal.

So try softening the lights after sunset. Use lamps instead of ceiling lights. Switch off screens after sunset if you can, or wear blue light-blocking glasses if you need to stay up.

These small shifts aren't about restriction — they're about rhythm.

A gentle way to remind your body of something it's always known: when the light changes, so should we.

## Be curious, not rigid

You don't need to overhaul everything at once.

This isn't about rigid rules or chasing the "right" way to eat or live.

It's about tuning in. Softening the noise.

Making small choices that help you feel more like you — more steady, more spacious, more energised.

Start where you are. Follow what feels nourishing.

Let these ideas be gentle prompts, not pressure.

# Chapter 5 Final Words: Nature Isn't A Trend

You don't need to overhaul your entire life to reconnect with your natural rhythm.

This isn't about perfection. It's about remembering.

Long before wellness became a hashtag, humans lived in step with the seasons. We rose with the sun, ate what the land provided, and rested more in the dark. Not because it was “optimal” — but because it simply made sense.

Today, that rhythm's been drowned out by artificial light, ultra-processed food, and the constant hum of busyness. But it hasn't disappeared. It's still there, quietly waiting for you to notice. You might feel it in your bones when you crave stew on a cold day. Or when your body asks for rest long before your to-do list is done.

This guide isn't a prescription. It's a gentle invitation — to remember what your body has always known. To trust that slowing down is not falling behind. And to take small steps that feel grounding and that are not laced with guilt.



Because nature isn't a trend. It's home.  
And your body? It's not broken. It's just waiting for the noise to  
soften so it can find its rhythm again.

One simple shift at a time.

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Thank you for walking through these pages with me.

I know how overwhelming it can feel to be pulled in all directions  
— exhausted, wired, unsure where to begin. But the fact that  
you're here means something. It means you're listening to that  
quiet inner nudge that says: there's another way.

You don't need to overhaul your life or follow someone else's rules.  
You just need to start tuning in — gently, curiously, and one  
grounded step at a time.

I hope this guide has offered not just ideas, but a sense of  
reassurance. You're not broken. You're not behind. You're simply  
reconnecting — to your rhythms, your body, and the world around  
you.

From my family table to yours — thank you for being here.  
Warmest wishes,

*Fran x*

If this guide resonated with you — if you're ready to reclaim your energy, support your hormones, and feel like yourself again, I'd love to support you more closely.

I offer 1:1 nutrition and lifestyle support for women and men who are feeling stuck, overwhelmed, and exhausted — and who are ready to break free from fads, confusion, and burnout.

Whether you're curious about your next step or already know you want more personalised guidance, there are two ways we can work together:

### **One-Off Consultation**

A 60-minute dive into your health history, one symptom, and one goal — with 3 actionable steps that are tailored, realistic recommendations to help you move forward. Perfect if you need clarity, direction, or a fresh perspective.

### **A 3-Month Transformation Programme**

A comprehensive programme designed to support long-term change. We'll work together to restore your energy, rebalance your hormones, and reconnect you with your body's natural rhythms — without restrictive diets or overcomplicated protocols.

### **Get in touch**

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I'd love to hear from you — and if you've cooked any of the recipes in this guide, do tag me or drop me a message. Nothing makes me happier than seeing these ideas land in real kitchens.

# Bonus Chapter

## The Science Beneath the Seasons

A gentle dive into energy, light, hormones, and food — and why seasonal rhythms support so much more than just digestion.

You don't need to understand cellular biology to feel the benefits of seasonal eating — but for those who like to know the why beneath the what, this chapter is for you. It's a softly scientific look at how the rhythms of nature support your mitochondria, hormones, and gut — and why so much of what we call “modern fatigue” might just be a mismatch between your biology and your environment.

### 1. Deuterium: The Heavy Hydrogen That Can Weigh You Down

Deuterium is a naturally occurring form of hydrogen that's just a little heavier — and when it builds up in your cells, it can interfere with mitochondrial function, making it harder to produce clean, steady energy.

Foods high in deuterium include tropical fruits, sugary plants, and out-of-season produce — especially when eaten in darker, colder environments where UVB light

(which helps your body deplete deuterium) is lacking.

Your ancestors didn't know the term deuterium, but they intuitively ate in ways that kept it in balance: more fat and roots in winter, more fruit in summer, and plenty of time outside in natural light. It's not that bananas are bad — it's that bananas in Belfast in February might not be helping your mitochondria.

## 2. Leptin: The Hormone That Tells Your Body You're Safe

Leptin isn't just a satiety hormone — it's a master hormone that influences your thyroid, metabolism, fertility, and energy production. When leptin signalling is clear, your body knows it's safe. When it's disrupted, your system can shift into stress mode. Late-night eating, skipping meals, and constant grazing can blunt leptin's message. Eating in rhythm — with morning light, early protein, and strong circadian cues — helps bring it back online. Leptin only “docks” when insulin is low — which is why eating late at night can block hormonal repair. It's less about discipline, and more about timing.

## 3. Light & Your Microbiome: The Gut Responds to the Sky

It's not just what you eat — it's when and where you eat it. Your gut microbiome shifts with the seasons, responding to cues like daylight length and UVB exposure. In summer, your body is better able to handle simple sugars — berries, honey, even a bit of seasonal starch — because your microbiome and mitochondria are primed to deal with it.

In winter? Not so much. The same food can cause more blood



sugar crashes, gut disruption, or brain fog.

Sunlight isn't just for your skin — it's a signal to your gut. When you eat in sync with the light, your digestion responds more smoothly.

#### 4. Circannual Rhythms: The Body's Yearly Clock

We all know about circadian rhythms — your 24-hour sleep-wake cycle. But your body also follows circannual rhythms, shaped by the seasons and the amount of light in your environment.

These rhythms influence everything from carbohydrate tolerance and hormone production to mood and immune function. When you shift how you eat and live throughout the year, you're not being inconsistent — you're being biologically wise.

You're not broken. Your energy, appetite and cravings are meant to change with the seasons.

#### 5. Carb Tolerance Isn't Fixed — It's Seasonal

One of the biggest lightbulbs for many of my clients is this: your body's response to carbohydrates isn't static. It changes throughout the year, depending on your light exposure, microbiome, mitochondrial function, and even temperature.

This is why berries in summer can feel energising — and the same sugars in winter feel draining. Your system just isn't built to process deuterium-rich foods in a low-light, high-stress environment.

You don't need to give up carbs. You just need to understand when your body is best able to use them.

## Final Thought

If this chapter felt like a lot — that's okay. You don't need to track deuterium levels or memorise hormone pathways to feel better. But knowing that there's real science behind the quiet wisdom of seasonal living? That can be powerful.

Your body is not confused. It's responding to the signals it's getting. Let's make those signals clearer, kinder, and more in sync with the land and the light.

One meal, one morning walk, one season at a time.

SEASONAL EATING, REIMAGINED

# THRIVING IN NORTHERN LATITUDES

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A seasonal wellness guide for life above the 50th  
parallel.

By Fran Norgate

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