database\seeders\TemporadasSeeder.php

```php
<?php

namespace Database\Seeders;

use Illuminate\Database\Seeder;
use App\Models\Temporada;

class TemporadasSeeder extends Seeder
{
    /**
     * Run the database seeds.
     */
    public function run(): void
    {
        $array = ['INVIERNO','PRIMAVERA','VERANO','OTOÑO','TODAS'];
        foreach ($array as $temp) {
            Temporada::create([
                'temporada' => $temp
            ]);
        }
    }
}
```