



Welcome to Stuart's Foods November Newsletter



It's that time of the year to snuggle up under a warm blanket and have warming comfort food, stews, soups and crumbles.

Seasonal Vegetables

Potatoes



Nutrition information (per 100g raw) - 77 Kcal, carbohydrate 17g, Sugars 0.8g, Protein 2g

Everyone loves potatoes in one form or another, mash, roasted, chipped, boiled or if your feeling adventurous hasselbacked. But did you know that potatoes are at their best in November?

With so many different types and some better used for certain jobs here is our recommendations from what we stock.

Maris Piper - Roasted, Chips or Baked

Marfona - Mash, Wedges, Boiled or Dauphinoise

Sagitta - Roasted and Chips

Our Jacket Potatoes vary from season to season and it is left up to our supplier to pick the most suitable variety throughout the year.

Red Cabbage



Nutrition information (per 100g raw) - 31 Kcal, carbohydrate 7g, Sugars 3.8g, Protein 1.4g High in Vitamin C.

Red Cabbage is a lovely versatile winter vegetable, beautiful with rich meats such as pork and game. Why not braise it with an apple, Smoked bacon and balsamic vinegar or keep it raw and make it into a mouth watering winter slaw.

Our red cabbages are from Boston Lincolnshire.



Other Great Vegetables in season are Artichoke, Beetroot, Butternut Squash, Cauliflower, Celeriac, Celery, Chicory, Horseradish, Kale, Leeks, Parsnips, Pumpkin, Shallots,

Seasonal Fruit

Apples



Nutrition information (per 100g) - 52 Kcal, carbohydrate 14g, Sugars 10g, Protein 0.3g

Apples are probably one of the 1st fruits you think of and although they are always around they are a perfect autumnal fruit. Beautifully baked into a pie or crumble or simply enjoyed in their natural form.

With so many varieties we stock select few varieties that offer a range of different properties.

Granny Smith - Tart - ideal for cooking with
Golden Delicious - Sweet
Braeburn - Sweet and Tart



Don't forget your Toffee Apples

Pears



Nutrition information (per 100g) - 62 Kcal, carbohydrate 10g, Sugars 10g

With conference pears just coming back into season this lovely sweet juicy pear can be enjoyed as there are or why cooked into a crumble or pouched.

Our Conference Pears are from the Netherlands, occasionally from the UK but these don't keep as well.



Other autumnal fruit are Clementines, Cranberries, Passion Fruit, Pomegranate, Quince and Satsumas.