



Welcome to Stuart's Foods December



Seasonal Vegetables

White Cabbage



Nutrition information (per 100g raw) - 25 Kcal, carbohydrate 5.58g, Sugars 3.58g, Protein 1.4g

White cabbage is another versatile member of the cabbage family, from coleslaw to a hearty accompaniment to a roast dinner. High in vitamin C it is a great addition to everyone's diet at this time of year to boost the immune system.

White cabbage can sometimes be seen as cheap and boring so why not try braising some white cabbage, shallots and pancetta or adding a bit of mint jelly to steamed cabbage to make it a little more interesting.

Our White Cabbages are from Lincolnshire.

Brussels Sprouts



Nutrition information (per 100g raw) - 43 Kcal, carbohydrate 9g, Sugars 2.2g, Protein 3.4g High in Vitamin C.

Are you a lover or a hater of Brussels sprouts, probably the most talked about vegetable at this time of the year. Taking pride of place next to the turkey on Christmas day these little members of the cabbage family are also packed full of vitamin C and antioxidants, so worth adding to more meals than just Christmas day.

Try adding other flavours in with your sprouts like, parmesan, garlic or chestnuts to make them even more tempting.

This season our sprouts will be locally sourced from Yorkshire.



Don't forget that some potatoes are better for different jobs, so if you're doing roast and mash it might be worth thinking about 2 different types. We would recommend Maris Pipers for Roast and Sagitta for Mashing.

Seasonal Fruit

Clementine



Nutrition information (per 100g) - 47Kcal, carbohydrate 12g, Sugars 9g, Protein 0.9g High in Vitamin C

Clementines are the smallest, sweetest and seedless of the tangerine family. Easily recognisable by their bright orange loose skin. The best way to pick a good Clementine is by its weight, if it is surprisingly heavy for its size then it should contain more juice.

Our Clementines are from Spain.

Oranges

You may have noticed at the start of November there was a price increase and shortage of Oranges, this was due to the South African season ending and the Spanish season starting later than normal this year.

Pomegranates



Nutrition information (per 100g) - 83 Kcal, carbohydrate 19g, Sugars 14g, Protein 1.7g

Pomegranates are known for their flavour, but more recently they have become known as a super food due to being packed full of antioxidants and vitamins.

The sweet juicy seeds are perfect on a salad, like ruby red jewels. The easiest way to remove the seeds from the skin is to cut the fruit in half and then hit the skin with a spoon. Choose the fruits with a shiny skin and no soft spots to get the best quality.

