



Welcome to Stuart's Foods February Newsletter

What a start to the New Year with cold wet weather causing problems for growers across Europe, the prices of many products have gone through the roof to the point that suppliers are no longer importing the products due to poor quality and price.

Products such as courgettes, broccoli and lettuce to name a few that have been severally effected.



Images from our grower in Spain

Seasonal Vegetables

Leeks



Nutritional information (per 100g raw) - 61 Kcal, Carbohydrate 14g, Sugar 3.9g, Protein 1.5g

Leeks are full of anti oxidants and vitamins, great to help keep fighting off those winter bugs. Being part of the onion family means they are versatile and flavoursome. Simply add them to mashed potatoes, wrap them in ham and bake them or add them to a stew or soup.

Our leeks are locally grown in Yorkshire.

Savoy Cabbage



Nutritional information (per 100g cooked) - 17 Kcal, Carbohydrate 2.2g, Protein 1.1g

Savoy cabbage is full of vitamin K which helps moves calcium from the blood into bones, meaning it is great for the cardiovascular system.

Savoy cabbage nutty flavour lends itself to buttery and salty ingredients, but a healthy quick way to cook it is to stir fry it quickly bring out all it's natural flavouring.

Our cabbages are from Lincolnshire.



Seasonal Fruit



Rhubarb (Forced)



Nutritional information (per 100g raw) - 21

Kcal, Carbohydrate 14.5g, Sugar 1.1g, Protein 1.5g

Forced rhubarb has proven health benefits, containing ideal levels of oxalic acid, which helps to cleanse and detoxify the body, also special molecules in plants with powerful antioxidant properties.

Most of the time when you think of rhubarb you think crumble, but why not try it in a cake or with a savoury dish, the sweet tangy flavour works well with pork and even some fish.

Our Rhubarb is from Wakefield - Yorkshire

Oranges



Nutritional information (per 100g raw) - 47

Kcal, Carbohydrate 12, Sugar 9g, Protein 0.9g

Oranges surprisingly are best enjoyed in winter, at this time of year mostly being supplied by Spain. After a slow start to the season, it soon picked up, but the cold weather could start to effect these crops too, so this is an area to watch.

Oranges are full of vitamin C and are best eaten as soon as they are peeled as the sunlight starts to deplete the vitamin as soon as it hits the fruit.

Dates for this Month

5th February



Yorkshire Pudding Day
1st Sunday in February

14th February



Valentines Day

28th February



Shrove Tuesday
(Pancake Day)