

# Welcome to Stuart's Foods April Newsletter

Spring has officially arrived and the English spring/summer season is starting to show itself, with cucumbers and asparagus showing a good strong start.

## Seasonal Vegetables

### Asparagus



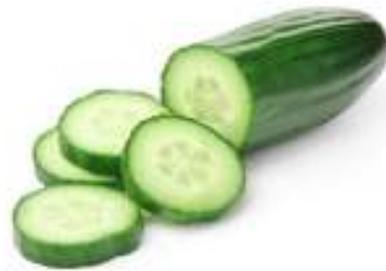
Nutrition information (per 100g quick boiled)- 26 kcal, carbohydrate 1.4g, Sugars 1.4g, Protein 3.4g

Asparagus is a great spring vegetable packed with lots of healthy vitamins and minerals like vitamins A, C, E, K, and B6, as well as folate, iron, copper, calcium, protein, and fiber. The amino acids contained within asparagus makes it a natural diuretic great for keeping your urinary tract healthy, it is also full of anti-oxidants.

Asparagus pairs great with bacon, eggs or a squeeze of lemon.

Our Asparagus are from Sand Hutton York.

### Cucumber



Nutrition information (per 100g)- 14 kcal, carbohydrate 1.2g and 96.5g water.

Cucumbers are also known to be an excellent source of vitamins, including anti-inflammatory vitamin K, infection-fighting vitamin C, and energy-producing pantothenic acid (vitamin B5). Body-beneficial minerals include bone-building manganese, as well as potassium and magnesium, both good for your heart.

Cucumber is very refreshing, add a couple of slices to your water along with lemon, mint, lime.

Our Cucumbers are from Anchor Nurseries Beverley.

# Fruit

Still waiting for the English summer fruit season to start, this month we have chosen some nice bright yellow fruits to symbolise the start of spring.

## SPRING

### Lemon



Nutrition information (per 100g)- 19 kcal, carbohydrate 3.2g, sugar 3.2g

The health benefit of lemons are due to the high levels of vitamin C, B6, A, E, folate, niacin thiamin, riboflavin, pantothenic acid, copper, calcium, iron, magnesium, potassium, zinc, phosphorus and protein. Lemons are great for boosting the immune system, balancing pH and flushing unwanted minerals out of the body.

Add a couple of slices to water or give them a squeeze over salads, fish or vegetables to give a refreshing taste, and don't forget the zest is just as tasty!

### Banana



Nutrition information (per 100g raw) - 81 Kcal, carbohydrate 20.3g, Sugars 18.1g, Protein 1.2g

Bananas are a great source of vitamins, minerals and dietary fibre. They contain high levels of potassium which lowers blood pressure, helping the cardiovascular system and the fibre helps keep the gastrointestinal tracked healthy. Bananas are also high in carbohydrates so a great source of energy.

Best enjoyed as they are or they also work well with flavours such as cinnamon, lime and strawberry.