



# STUART'S FOODS



FAST FRESH FOODSERVICE

## Welcome to Stuart's Foods September Newsletter



We hope you have all had a lovely summer, we have had a very busy one but with some exciting news we can finally share with everyone. We are delighted to announce we will have acquired another wholesaler in Grimsby. This is going to allow us to source even better from the fantastic growing area of Lincolnshire, we will still do our utmost to bring you the best Yorkshire produce but it also means we can buy great produce from our neighbouring county too.

## Seasonal Vegetables

### Sweet Corn



Nutritional Information (100g Boiled) - 67kcal, Carbohydrate 9.5g, Sugar 2.5g, Protein 3.6g,

The sweet flavour makes sweet corn a popular choice with young and old, it is a great source of vitamin and minerals like B1, B5, C, phosphorus, manganese, folate and dietary fiber.

Thiamine/B1 helps with brain cell and cognitive function, folate can help reduce the risk of heart attacks and Beta Carotene is converted into vitamin A which is great for the skin, so sweet corn really does look after us from the inside out.

Sweet corn can be used in a number of ways from simply eating off the cobs to being combined into fritters, pancakes, relish and even breakfast muffins.

### Beetroot



Nutritional Information (100g boiled)- 46 kcal, Carbohydrate 9.5, Sugar 8.8g Protein 2.3g,

Beetroot contains exceptional nutritional values especially in fibre which is shown to increase antioxidant enzymes specifically glutathione peroxidase one of the most important antioxidants, it is also shown to increase number of white blood cells. Beetroot is also a rich source of Glutamine (amino acid) which is essential in the health and maintenance of intestinal tract. Studies also show beetroot juice reduces blood pressure which can be beneficial in avoiding strokes and heart disease, studies also show foods like beetroot which are rich in nitrates can help in heart attack survival. Beetroot is surprisingly versatile being used as a meat replacement in burgers, baked into cakes or used in salad, dips, soups and even smoothies.

# Fruit

## Seasonal Recipe

### Orchard Crumble



#### Ingredients

400g Apple, peeled, cored and cut into small pieces  
400g stoned plum, cut into chunky wedges  
2 tbsp sugar (any type)  
300g, fig, woody stalks trimmed, quartered  
300g blackberry

#### Topping

140g plain flour  
140g wholemeal flour  
175g butter, cut into small pieces  
100g soft brown sugar

Nutrition: per serving (6)

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
537	25g	15g	71g	42g	7g	7g	0.5g

#### Method

1. First make the topping. Put the flours in a bowl with a pinch of salt, then rub in the butter with your fingertips to form crumbs. Stir in the sugar with a fork and chill until needed.
2. Heat oven to 180C/160C Fan/gas 4. Tip the apples, plums and sugar into a big saucepan with 50ml water and cook, stirring, for about 5 minutes, until the apples are soft and juicy. Stir in the figs and blackberries and tip into a baking dish. Scatter over the crumble and bake for 45-55 minutes until the topping is golden and the fruit is bubbling.

Enjoy with cream, custard or ice cream.  
Recipe from [www.bbcgoodfood.com](http://www.bbcgoodfood.com)



#### Make it healthier...

Why not make it a little healthier by adding oats to the topping and reducing the plain flour slightly and in the filling how about adding honey as a natural sweetener instead of the sugar?

We love this recipe as it uses lots of fresh fruits which are all in season and it is a delicious change to the standard crumble combining lots of yummy fruits creating different textures and taste.

#### Nutritional Information

This fruit loaded crumble comes with all the health benefits of the mixed fruit. Plums help manage high blood pressure/reduce stroke risk due to their high Potassium.

Blackberries are full of fibre helping the digestive system, team the fibre with magnesium they are also great for protecting arteries from blockages, they also have a good level of vitamin K which helps prevent blood clots.

Figs are high in fibre which helps the digestive system, specially a fibre called Pectin is helpful as it mops up cholesterol in the blood stream.

Adding oats into the crumble topping would also make this a good source of protein.