



STUART'S FOODS



FAST FRESH FOODSERVICE

WELCOME TO STUART'S FOODS JANUARY NEWSLETTER



HAPPY NEW YEAR!

This Newsletter we are taking a look at the English Produce in the coming year and what is available/ in season each month.

This is a rough guide to help plan meals and recipes using the great produce grown in this country through out the year. Using in season produce is a great way of getting the best taste and quality out of your meals as well as reducing food miles, reducing food waste and supporting the local economy.

The list takes into consideration foods harvested in season and stored and foods grown out of season in greenhouse to extend availability.

Produce availability and quality is highly effected by the weather leading into and during the season, if it is to hot or cold this can effect the quality and quantities' of the crops which then in turn effects price - short supply and high demand means higher prices; good weather means good harvest which means plenty of availability and therefore lower pricing.



January

Apples, Pears and Forced Rhubarb
Beetroot, Broccoli (purple Sprouting), Brussel Sprout, Cabbage, Carrots, Cauliflower, Celeriac. Kale, Leeks, Onion, Parsnips, Potato (maincrop), Squash, Swede
Lettuce (curly/round) and Radish

February

Apples and Forced Rhubarb
Beetroot, Broccoli (purple Sprouting), Brussel Sprout, Cabbage, Carrots, Cauliflower, Celeriac. Kale, Leeks, Onion, Parsnips, Potato (maincrop), Squash, Swede
Lettuce (curly/round), Radish and *Cucumber*

March

Apples and Forced Rhubarb
Beetroot, Broccoli (purple Sprouting), Brussel Sprout, Cabbage, Carrots, Cauliflower, Celeriac. Kale, Leeks, Onion, Parsnips, Potato (maincrop), Squash, Swede
Lettuce (curly/round), Radish, Cucumber and *Tomatoes*

April

Apples and *Outdoor Rhubarb*
Broccoli (purple Sprouting), Cabbage, Carrots, Cauliflower, Celeriac. Kale, Onion, Parsnips, Potato (maincrop), Swede and *Spinach*
Lettuce (curly/round), Radish, Cucumber, Tomatoes and *Spring Onion*



May

Apples, Outdoor Rhubarb and **Strawberry Broccoli**, Cabbage, Carrots, Cauliflower, Celeriac, Onion, Potato (maincrop), Swede, Spinach, **Broad Bean, Beetroot, Courgetts, Peas, Potato (New Crop)**

Lettuce (curly/round), Radish, Cucumber, Tomatoes, Spring Onion, **Rocket and Watercress**

June

Apples, Outdoor Rhubarb, Strawberry, **Blackcurrants, Cherries, Gooseberries, Loganberries, Raspberries and Redcurrants.**

Broccoli, Cabbage, Carrots, Cauliflower, Onion, Spinach, **All Bean, Beetroot, Courgetts, Peas, Potato (New Crop), Fennel and Broccoli (Purple Sprouting)**

Lettuce (curly/round), Radish, Cucumber, Tomatoes, Spring Onion, Rocket, Watercress and **Celery.**

July

Apples, Outdoor Rhubarb, Strawberry, Blackcurrants, Cherries, Gooseberries, Loganberries, Raspberries and Redcurrants.

Broccoli, Cabbage, Carrots, Cauliflower, Onion, Spinach, All Bean, Beetroot, Courgetts, Peas, Potato (New Crop), Fennel, Broccoli (Purple Sprouting) and **Marrow, Parsnips, Swede and Sweetcorn.**

Lettuce (curly/round), Radish, Cucumber, Tomatoes, Spring Onion, Rocket, Watercress and Celery.

August

Apples, Strawberry, Cherries, Gooseberries, Loganberries, Raspberries, **Blackberries and Plums.** Broccoli, Cabbage, Carrots, Cauliflower, Onion, Spinach, All Bean, Beetroot, Courgetts, Peas, Potato (New Crop), Fennel, Broccoli (Purple Sprouting) and Marrow, Parsnips, Swede, Sweetcorn and **Brussel Spouts, Kale, Leek and Squash.**

Lettuce (curly/round), Radish, Cucumber, Tomatoes, Spring Onion, Rocket, Watercress and Celery.

September

Apples, Strawberry, Raspberries, Blackberries, Plums and **Pears.**

Broccoli, Cabbage, Carrots, Cauliflower, Onion, Spinach, All Bean, Beetroot, Courgetts, Peas, Potato (New Crop), Fennel, Broccoli (Purple Sprouting) and Marrow, Parsnips, Swede, Sweetcorn and Brussel Spouts, Kale, Leek, Squash, **Cauliflower, Potato (MainCrop) and Pumpkin.**

Lettuce (curly/round), Radish, Cucumber, Tomatoes, Spring Onion, Rocket, Watercress and Celery.

October

Apples, Strawberry, Raspberries, Blackberries and Pears.

Broccoli, Cabbage, Carrots, Cauliflower, Onion, Spinach, French/Runner Bean, Beetroot, Courgetts, Peas, Fennel, Broccoli (Purple Sprouting) and Marrow, Parsnips, Swede, Sweetcorn and Brussel Spouts, Kale, Leek, Squash, Cauliflower, Potato (MainCrop) and Pumpkin.

Lettuce (curly/round), Radish, Cucumber, Tomatoes, Spring Onion, Watercress and Celery.

November

Apples, Blackberries and Pears.

Broccoli, Cabbage, Carrots, Cauliflower, Onion, Spinach, Beetroot, Broccoli (Purple Sprouting) and Marrow, Parsnips, Swede, Sweetcorn and Brussel Spouts, Kale, Leek, Squash, Cauliflower, Potato (MainCrop) and Pumpkin.

Lettuce (curly/round), Radish, Cucumber, Tomatoes, Spring Onion, and Watercress.

December

Apples and Pears.

Broccoli, Cabbage, Carrots, Cauliflower, Onion, Spinach, Beetroot, Broccoli (Purple Sprouting), Parsnips, Swede, Sweetcorn and Brussel Spouts, Kale, Leek, Cauliflower, Potato (MainCrop) and Pumpkin.

Lettuce (curly/round), Radish and Cucumber.



*Let's Make 2018 a
Happy & Healthy One!*