



STUART'S FOODS

FAST FRESH FOODSERVICE



Welcome to Stuart's Foods March Newsletter

In the next month or so we should see the English season really starting to take shape with lots of fresh produce starting to come through at the end of April - Start of May. During March we are still looking at the heartier vegetables such as Cabbage, Cauliflower and Broccoli being in season.

We will also look at some exotic fruits on this newsletter.

Swede



Nutritional Information (100g boiled) - 11 kcal, Carbohydrate 2.3g, Sugar 2.2g, Protein 0.3g

Swede makes the perfect side dish, roasted or mashed. It is also great to add to stews or casseroles for extra sweet flavour. Swede is another vegetable great for your immune system full of vitamin C and Beta-carotene, which helps with skin, hair and vision.

Our Swede is from near Goole in East Yorkshire.

Cauliflower



Nutritional Information (100g raw) - 30kcal, Carbohydrate 4.4g, Sugar 2.9g, Protein 2.5g

Largely an overlooked vegetable, generally because it is over cooked becoming mushy. The best ways to cook cauliflower is to sauté it or cook quickly in minimum water. It is also delicious eaten raw and used for dipping along side carrots and cucumber.

Cauliflower is high in antioxidants which help prevent osteoporosis and bone fractures in later life.

Our Cauliflowers are from Boston Lincolnshire.

Pineapple



Nutritional Information (100g raw) -
41kcal, Carbohydrate 10.1g, Sugar 10.1g,
Protein 0.4g

Pineapple is a surprisingly versatile flavour, pairing well with salty foods such as gammon, spice it up with chillies or freshen it up with mint.

It is full of Vitamin B1 and B6 which support brain function and the nervous system; it is also good for reducing stress.

Kiwi Fruit



Nutritional Information (100g raw) -
49kcal, Carbohydrate 10.6g, Sugar 10.3g,
Protein 1.1g

Kiwi fruit are best enjoyed as they are, refreshing and sweet.

As the saying goes good things come in small packages, this little fruit is packed with goodness. Kiwi contains twice as much vitamin C as an Orange, high in fibre and rich in antioxidants, they are also a great digestive aid.

World Book day is the 2nd March here are a few children's books we could think of with food related titles. Can you think of any more? Head over to our Facebook page or twitter account and let us know!

