



STUART'S FOODS

FAST FRESH FOODSERVICE



Welcome to Stuart's Foods July Newsletter

Seasonal Vegetables

Fine (Green) Beans



Nutritional Information (100g Boiled) - 26kcal, Carbohydrate 4.0g, Sugar 3.0g, Protein 2.1g, Vitamin K 304mg and Vitamin C 6mg

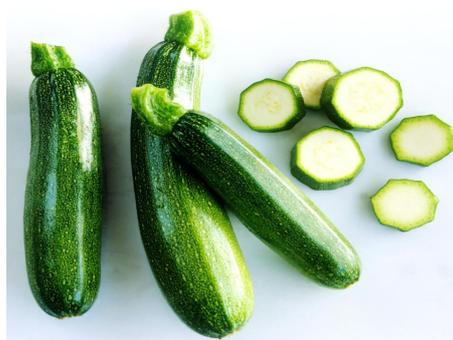
Fine beans are a healthy source of vitamin K & C and fibre. Steaming or boiled in unsalted water for 3-6 minutes increase most of the vitamins and minerals making them even better.

Vitamin C is great for supporting the immune system and Vitamin K helps look after the cardiovascular system and bones.

Try adding a touch of lemon to them once they are cooked to bring them to life.



Courgette



Nutritional Information (100g Raw - 18 kcal, Carbohydrate 1.8g, Sugar 1.7, Protein 1.8g, Water 93.7g

Courgette are not packed full of loads of different vitamins and minerals but they do contain good amounts of vitamin C for the immune system and potassium for controlling blood pressure. They are low in calories and high in water content, the fibre in the skin is good for slowing down digestion and helps stabilise blood sugar and insulin levels.

Courgettes have become very versatile in the last few years, due to being a favourite in the healthy food industry. Such things as courgetti (long spirals) are seen to replace spaghetti and noodles, also being made into fritters and even cakes (Courgette and Lime is very nice and moist due to the water content in the courgette).

Seasonal Fruit

Redcurrants



Nutrition information (per 100g)- 56 kcal, carbohydrate 14g, sugar 7.0g

Red currants are commonly used in jams, sauces and baked goods, but they are also great eaten as a snack. They are a little berry but jammed full of goodness; a good source of Vitamin C, Vitamin K and antioxidants, they also contain a moderate amount of Iron which helps transport oxygen to muscles and around the body.

Why not try adding a small handful to your breakfast?

Gooseberries



Nutrition information (per 100g stewed with sugar) - 54 Kcal, carbohydrate 12.9g, Sugars 12.9g

Gooseberries are a bit of a love or hate them fruit, most commonly used in pies or crumbles but also in jams and desserts. Like most fruits they are full of vitamin C as well as high in fibre which is great for digestive health, they are also a good source of potassium and vitamin A.

Gooseberries pair well with Elderflower another English summer flavour or make them into chutney to go with a cheese.

Notes for July



By the end of July we will have mainly new season potatoes coming through, these are best enjoyed boiled, they are firmer and smaller than old season potatoes and for this reason they do not mash or chip very well. Also for an alternative try boiling them and then roasting to make mini roast potatoes, you could even add some herbs or garlic.

Don't forget to keep using the lovely berries this season and if you struggle to use them before they start to turn why not try freezing them or blitzing them into a puree and freezing in ice cube containers for using



We want to hear from YOU!

Do you have any recipe ideas or tips you would like to share? Email them to michelle@stuartfoods.co.uk to have a chance to be featured in up and coming newsletters.