

The nutrient of the month

Vitamin D, the sunshine vitamin

Vitamin D keeps the bones and teeth strong and supports the immune system. We get it mostly from sunshine but it's also in oily fish, eggs and fortified foods. During darker months, a supplement might help too, check with your doctor.

The fun fact of the month

Fermented Foods: Ancient and Powerful

Fermented foods have been around for thousands of years and modern science is finally catching up to their benefits.

Foods like yogurt, kefir, kimchi, sauerkraut and miso are rich in probiotics: live bacteria that support your gut health. A healthy microbiome can improve digestion, regulate immunity, and even support the health of our minds. Fermentation also makes nutrients more bioavailable, meaning your body can absorb them more easily. Try starting with plain live yoghurt or sourdough bread and explore from there. These foods are not just trendy, they're part of a long-standing tradition of food as medicine.

DID YOU KNOW?

What's in season?

Vegetable: Jersey Royal new potatoes

The fabulous flavour of Jersey Royal new potatoes arises from the unique growing conditions on the island (see below). A true seasonal gem, around 99% of the crop is exported to the UK and the rest are enjoyed by the Jersey inhabitants.

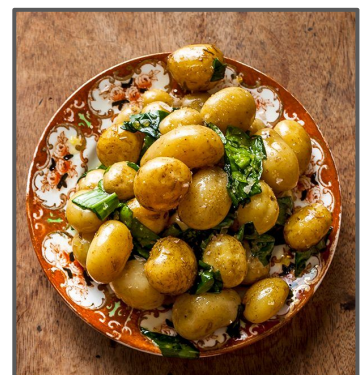
Did you know?

In around 1880 a Jersey farmer, Hugh de la Haye, discovered and harvested a potato that was initially named the Jersey Royal Fluke. This developed into today's Jersey Royal new potato which is now grown by approximately 90 island farmers and accounts for two-thirds on the island's agricultural output.



Jersey Royal new potatoes are a good source of fibre and vitamin C.

Have you ever tried one?



The recipe of the month

Smashed roast Jersey Royals

INGREDIENTS:

750g Jersey Royals
2 tbsp olive oil
50g salted butter, melted
½ x 25g pack fresh coriander, leaves only
1 red chilli finely chopped



METHOD:

Put the potatoes in a pan and cover with cold, salted water. Bring to the boil, then bubble for 15–20 minutes until cooked through. Preheat the oven to 200°C, gas mark 6. Drain the potatoes and set aside to cool slightly. In a large bowl, mix the remaining ingredients. Add the potatoes and toss well until coated; season.

Tip the potatoes onto a large, lipped baking tray, reserving any leftover marinade in the bowl.

Use a potato masher to gently smash the potatoes, just enough to flatten them without breaking apart.

Roast for 40–45 minutes until golden and crisp. Drizzle over the leftover marinade and serve straightaway.

What's in season?

Why eat fruits and vegetables in season?

Seasonal foods are fruits and vegetables that grow naturally at certain times of the year. They often taste better because they are picked when they are ripe and fresh.

When we choose foods grown locally or in season, they don't have to travel far to reach us. This helps the planet by using less fuel and causing less pollution. It also supports farmers in our country.

Eating seasonal, local food is good for our health, our planet, and our local farms!