

The nutrient of the month

Vitamin C, the immunity booster

Vitamin C helps protect the body, repair tissues and keep the skin healthy. It's a superstar for your immune system. Citrus fruits, strawberries, peppers and broccoli are all rich in vitamin C. Perfect to avoid those spring sniffles!

The fun fact of the month

Water: Your Brain and Body's Best Friend

Water might be the simplest, most overlooked part of your wellbeing. Every cell in your body relies on it, especially your brain. Even mild dehydration, just 1–2%, can affect memory, mood and concentration. Dehydration also impacts digestion, joint health and body temperature regulation. For children, dehydration can show up as tiredness, irritability, or difficulty focusing in school. Get into the habit of drinking water regularly throughout the day, not just when you're thirsty. Add fruit, herbs, or cucumber for flavour if needed. Hydration is a habit that pays off daily.

DID YOU KNOW?

The recipe of the month

Courgettes and cheddar soda bread

INGREDIENTS:

10 small muffin or a whole bread

400g self-raising flour, plus extra for dusting

2 medium courgettes

50g rolled oat

1 and 1/2 tsp bicarbonate of soda

75g mature cheddar, grated

small bunch thyme, leaves only

284ml pot buttermilk

1 tbsp clear honey/ replacement for nursery date syrup

1 egg, beaten



TIP: you can add many other vegetables like dried tomatoes, kale and herbs like basil or thyme.

METHOD:

Heat oven to 200C/180C fan/gas 6 and dust a baking sheet with a little flour. Place a box grater on top of a clean tea towel and coarsely grate the courgettes. Lift the corners of the tea towel and, holding it over the sink, twist to compact the courgettes and squeeze out as much liquid as you can.

Put the flour, oats, bicarb and 1 tsp fine salt in a large bowl. Add most of the cheddar (save a little for the top), the thyme and the courgette.

Mix the buttermilk and honey, then pour into the flour mixture. Stir with a wooden spoon until the dough starts to clump together, then tip onto a work surface and knead briefly to bring all the loose bits together – try not to overwork the dough or the bread will be heavy.

Shape into 10 muffin cases and place them into a muffin tin (or shape the dough into one classic round shaped soda bread).

Brush with egg and sprinkle with the remaining cheese.

Use a sharp knife to score a deep cross on top of the muffin, then bake for until deep golden brown.

Best served warm, but leftovers will keep for 1-2 days.

What's in season?

Vegetable: Asparagus

Asparagus is a super-fast growing spring vegetable that can grow up to 10 inches in a single day. It belongs to the lily family, comes in green, purple, and white colors, and has been eaten for over 5,000 years

It is packed with vitamin K, which helps you build strong bones.

White asparagus and green asparagus come from the same plant! Exposure to sunlight turns the stalks green.



Did you know?

Asparagus plants are perennials, meaning they grow back on their own every year for up to 15 years!



Have you ever tried one?

What's in season?

Why eat fruits 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!