

Monthly Newsletter



October 2026



The Nutrient of the Month

Calcium is essential for building strong bones and teeth during childhood. Because children rapidly replace their skeletons, they have high daily requirements. If kids do not get enough calcium, they risk poor growth and rickets. Vitamin D is crucial for the body to absorb it.

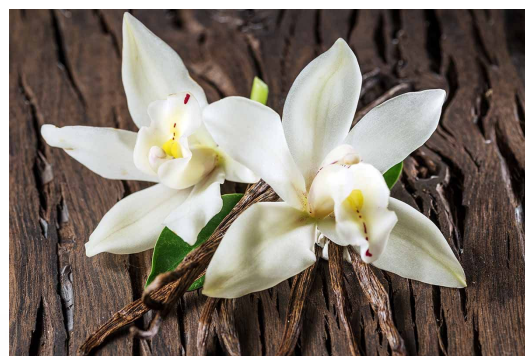
It's In The Teeth! About 38% of our teeth are made of calcium, which is exactly what gives them the strength to bite into apples



Curious Facts about Food

Natural vanilla flavour comes from an orchid!

Natural vanilla comes from the seed pod of an orchid plant. Vanilla planifolia is a vigorous, vining orchid that can reach up to 300 feet in its native tropical American environments. The vine produces greenish-yellow flowers that must be hand-pollinated outside of its native habitat to ensure good fruit set. The pods grow to about 6-9 inches long and are harvested when fully grown but not yet ripe, about 8-9 months after flowering. Vanilla flavour is then further developed by curing and fermenting the pods. Most commercial production of vanilla takes place in the tropical regions of Mexico and Madagascar where the climate is warm and humid, the soil is rich with organic matter and the vanilla plant is shaded from intense sun by other tropical plants.



What's in season this month in the UK?



Pumpkin

Pumpkin season peaks in the UK from October to December. While widely celebrated as glowing jack-o'-lanterns for Halloween on October 31st, these versatile winter squashes are highly nutritious and fantastic for hearty seasonal soups, pies, and curries.

Before pumpkins became the face of Halloween in the UK, the Celtic holiday of Samhain featured lanterns carved from large, hollowed-out turnips.

These lanterns were tied to the Irish legend of "Stingy Jack," a man who roamed the earth with a burning coal inside his carved-out turnip.

When Irish immigrants travelled to America, they found pumpkins to be far more abundant and much easier to carve than turnips, solidifying the pumpkin as the iconic Jack-o'-Lantern.



The Seasonal Recipe Of The Month



Sweet potato and pumpkin seed rolls

INGREDIENTS:

200g strong white bread flour
75g strong wholemeal flour
7g sachet fast action/ easy bake yeast
5g fine salt
100g sweet potato, finely grated
2 tbsp balsamic vinegar
75g pumpkin seeds, plus extra for topping
50g feta cheese, crumbled
1 large egg, beaten

METHOD:

Put the flours, yeast, salt, grated sweet potato, vinegar and 130g warm water in a bowl (or freestanding mixer with dough hook) and mix briefly to combine. Cover and leave for 30 minutes to allow the wholemeal flour to start breaking down. Add the pumpkin seeds and feta; knead until the dough is smooth and elastic (about 5 minutes in a mixer on medium speed or 10 minutes by hand). Put the dough in an oiled mixing bowl. Cover with cling film or a tea towel; allow to rise until doubled in size (1 hour–1 hour 30 minutes at room temperature).



When the dough has risen, divide into 6 equal portions..

With floured hands, shape each into a neat ball (flatten the dough slightly, then bring the edges into the centre and roll into a tight ball.. Line a baking tray with baking parchment then arrange the dough balls on it, smooth side up, leaving 4cm between each. Cover loosely with cling film or a tea towel and allow to rise until doubled in size. Preheat the oven to 220°C, gas mark 7. When the rolls have doubled in size, glaze them with the beaten egg and sprinkle with some pumpkin seeds. Bake for 15 minutes, until risen and golden brown.

Have a great month! See you by the counter!

