



## Fact File

22<sup>nd</sup> - 26<sup>th</sup> June, 2009

Asparagus	New Potatoes	Rhubarb
<b>Nutritional Information:</b>		
Vitamin C Folic Acid Potassium Beta Carotene Good source of fibre Glutathione (GSH)	Vitamin C Fibre Potassium Folic Acid Iron Protein Vitamin B	High in Vitamin C Fibre Calcium
<b>Health Benefits:</b>		
Asparagus is one of the most nutritionally well balanced vegetables in existence. GSH is one of the most potent sources of anti-carcinogens and anti-oxidants. Is a good anti-bacterial. Asparagus also stimulates kidneys.	Not fattening but filling, potatoes are full of energy from the complex carbohydrate contained within. Children need this as they are active but also for growth. The rich Vitamin C content keeps germs and colds at bay in winter. The Vitamin B content aids the functioning of the immune and nervous systems.	Rhubarb is actually a vegetable! The leaves of a rhubarb are toxic to humans, so be careful. Is used as a strong laxative and for its astringent effect on mucous membranes of mouth and nose. Rhubarb stalks should always be firm and crunchy – avoid dull looking with black/brown ends.
<b>Ways to incorporate the food into a healthy diet:</b>		
Griddle asparagus with a little olive oil as a great snack. Add to a stir fry. With leek and potato makes a delicious soup. Puree steamed asparagus as a pasta sauce alternative.	For a healthier mashed potato use olive oil instead of butter. Don't deprive your children of potatoes but save chips as an occasional treat. Thin 'burger bar' fries absorb much more fat, at home try slicing potatoes thickly or as wedges, brush with olive oil and bake, as a healthy alternative.	Normally requires cooking, with some sugar to produce a tart sauce for pies and crumbles. Poach in sugar syrup or orange juice for jellies and sorbets. Rhubarb can also be served as a slightly sweetened compote, with meat or oily fish. Cook with strawberries, as a sweetener to make a great jam.