




Autumn – what's in season?

| What colour? | What's in season? | Nutrients |
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| Orange & yellow  | Carrots Sweetcorn Pumpkin Butternut squash | We're used to picking up a pumpkin for Halloween in October, but don't forget butternut squash - it's great for a hearty soup as the weather gets cold. They both provide us with carotenes , vitamin C and potassium and also tastes great roasted and in risottos. Sweetcorn is a good source of vitamin C and potassium , with carrots providing us with beta carotene! |
| Purple  | Beetroot Plums Blackberries | These purple delights provide us with potassium . Beetroot is also a source of manganese and blackberries a source of vitamin C and folate! |
| Green  | Cabbage Kale Watercress Apples | All of these lovely Autumnal green veg are a source of folate . We also get vitamin C from kale and cabbage, calcium and carotene from watercress and kale, iron from watercress and potassium from kale - lots of goodness! Not forgetting apples – they are a good source of potassium too. |