

# WHAT'S IN SEASON AT CRESCENT SCHOOL?

SEPTEMBER

**WHAT'S IN SEASON**  
**SAVOY CABBAGE**

TRY THIS SUPER cabbage!

SAVOY CABBAGE AN UNDERRATED SOURCE OF VITAMIN C!

CITRUS FRUITS ARE OFTEN ASSOCIATED WITH VITAMIN C, BUT MANY KNOW THAT MANY GREEN LEAFY VEGETABLES ARE ALSO jam packed WITH VITAMIN C!

**DID YOU KNOW?** SAVOY CABBAGE IS FREE OF FATS AND CHOLESTEROL! IT'S ALSO RICH IN VITAMIN A, K, C AND B6! delicious cooked, pickled or even raw!

PERFECT FOR Soup!

**SUPER FOOD**

Nutritious & Delicious



OCTOBER

**WHAT'S IN SEASON**  
**CELERIAC**

THE UNSUNG SUPER FOOD!

CONTAINS VITAMIN K, WHICH IS CRUCIAL FOR BONE HEALTH AS IT ENSURES YOUR BODY ABSORBS CALCIUM!


LOW IN CHOLESTEROL

**DID YOU KNOW?** LOW IN SATURATED FATS

THE HIGH VITAMIN C AND OTHER ANTIOXIDANT CONTENT IN CELERIAC IN THE RIGHT PROPORTION MAKES CELERIAC AN EXCELLENT FOOD FOR BOOSTING THE IMMUNE SYSTEM, PREVENTING HEART DISEASES, COLDS AND THE FLU!

HIGH IN fibre

**SUPER FOOD**



NOVEMBER

**WHAT'S IN SEASON**  
**BUTTERNUT SQUASH**

super healthy and DELICIOUS

BUTTERNUT SQUASH IS ONE OF THE HEALTHIEST VEGETABLES FOR EATING WILDLY with its low calories and high levels of fibre.

WHAT IT COMES TO MENTION BUTTERNUT SQUASH IS A FIBRE SUPER FOOD TO BE PRAISED WITH A BUNCH OF OTHER NUTRITIOUS ANTIOXIDANTS AND HEALTHY FIBRE TO BURN UP YOUR CALORIES AND HELP YOU FEEL FULL!

CHICKEN & SOY SAUCE  
BEEF & SOY SAUCE  
BEEF & SOY SAUCE

**DID YOU KNOW?** BUTTERNUT SQUASH IS ONE OF THE LONGEST KEEPING VEGETABLES, LASTING OVER 3 MONTHS IF STORED PROPERLY.

**SUPER FOOD**



DECEMBER

**WHAT'S IN SEASON**  
**POMEGRANATES**

a sweet, delicious natural treat

**DID YOU KNOW?** A 150ML GLASS OF POMEGRANATE JUICE CONTAINS AS ONE OF YOUR FIVE A DAY THESE TASTY FRUITS BELONG TO THE BERRY FAMILY!

A POWERFULL ANTIOXIDANT AND GREAT SOURCE OF VITAMINS

THE WORD POMEGRANATE MEANS APPLE WITH MANY SEEDS

FREE FROM CHOLESTEROL AND SATURATED FATS!

**SUPER FOOD**

GREAT SOURCE of fibre

EXCELLENT FOR OVER 200 FLAVOURS