

Food Feature: Sweet Potatoes

Contrary to what their name might suggest, sweet potatoes are actually an edible root in the morning glory family, and unrelated to true potato tubers. Immediately recognisable by their vibrant orange flesh, sweet potatoes come in a dazzling array of col

Cruciferous Superheroes

While this newsletter focuses on holistic diets covering a range of plant-based food groups, we want to call out a superstar food group – the cruciferous vegetables! Native to temperate East Asia, these vegetables can be found around the world; Broccoli,

Vitamin C: the most well-known vitamin

Probably the most familiar nutrient in the world! Where people would struggle to name food sources of niacin or thiamin, most can easily point to citrus fruits as sources of vitamin C. But what does it actually do for our body?