

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 K and its health benefits

Named after the German word 'Koagulation' (or coagulation), Vitamin K refers to a group of three basic types of vitamins; K1, K2 and K3. Vitamin K1 is easily found in most plant foods, especially green vegetables, along with K3 which is found in most food