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### KEEP YOUR RESOLVE TO EAT WELL WITH RED TRACTOR

Over indulging is common at Christmas time but to ensure your New Year resolutions don't disappear along with the snow, Red Tractor has created a month-by-month seasonal food guide that will guarantee you're eating fresh, nutritional produce all year round.

Nearly all fresh foods have a season, which is when they are most widely available and taste their very best. For the first few months of the year why not get lots of fresh, winter vegetables into your diet — earthy vegetables such as cauliflower, parsnips and turnips are abundant at this time and can be used as side dishes, or as a base for warming and nutritional casseroles. And with the long, dark evenings upon us it's the perfect time to turn up the heat in the kitchen and get creative with winter recipe ideas such as...

- Carrot and Ginger soup with Lemon Herb Cream...this vibrant soup makes a perfect starter or enjoy a big bowlful on its own
- Crispy Ham Wrapped Chicken looks good and tastes even better — finish off with seasonings such as tarragon and rosemary
- Orchard Pie is a delicious dessert that is packed with healthy fruit such as apples and pears

Apples and parsnips may be in season for the first few weeks of the year but springtime brings with it new flavours. To ensure you are getting the most from your fruit and veg all year round, visit [www.myredtractor.co.uk](http://www.myredtractor.co.uk) and check out the new seasonal guide. This easy to follow chart not only details what foods are in season and when but you'll also find many delicious recipe ideas that show you the best ways to enjoy them.

Red Tractor covers all the basic ingredients for a balanced diet and guarantees that the food you are buying has been produced to high standards — from the farm right through to the supermarket shelf. Look out for the Red Tractor logo on a wide range of every day products including chicken, pork, lamb, beef, turkey, fruit, vegetables, salad and dairy. The Union Flag in the logo lets you know that the food has been farmed in the UK.

All the major supermarkets and a growing number of independent shops stock a range of Red Tractor assured food so keep an eye out for the logo the next time you are shopping and know what you are serving to your family.

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For further information and recipe photography please contact Caroline Lott or Katie Wallace on 0870 774 0707 or email [caroline@touch-pr.co.uk](mailto:caroline@touch-pr.co.uk)

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