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BRIGHTON & HOVE

Life



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makes a Brazilian entrance



Healthy Fruitfulness

Nutrition Consultant **Susan Perry** from Smart Nutrition looks into what seasonal fruits and vegetables are available at the start of autumn

The Equinox was on Tuesday 21st of September bringing us officially into autumn. The long summer days are over, no more jumper-free evenings and little chance of sun-kissed skin from here on. Surely it's not all doom and gloom – doesn't autumn have a charm of its own? I relish crisp fresh days with bright blue skies, long woodland countryside walks scrunching through fallen leaves, and late Sunday afternoon lamb roasts with crispy roast potatoes and rich gravy all washed down with a fine bottle of red wine. Nature has a wonderful way of providing us with what we need to survive and this time of year is no exception. It's time to ditch the salads and prepare for winter by cooking up some healthy seasonal autumnal treats.

PUMPKINS



Where would we be on Halloween without a decent pumpkin to carve! Pumpkins are great fun for kids and also highly versatile in the kitchen. These orange beauties can be sliced and oven roasted with rosemary and olive oil, they can be chopped and made into soup or sliced, steamed and mashed and made into pumpkin pie. The pumpkin orange comes from beta-carotene, a precursor to the potent immune nutrient, vitamin A. Boosting your immunity before entering into winter helps to build your protection against winter colds and flu's.

BLACKBERRIES

Blackberries have a good long season from early September through to mid-October. These delicious berries may be a little precarious to collect but they are packed full of nutritional value. High in antioxidants and Vitamin C these little gems can help to protect you against a whole host of ailments. Antioxidants protect cells from the effects of ageing, they protect the heart and help to build strong arteries and capillaries. Great for a pre-winter health boost.

GREENGAGES

This very traditional English fruit can only be



described as a deliciously sweet green plum. You may be lucky enough to catch the last of these at the beginning of this month. A mouth-watering start to the day is homemade greengage jam on warm wholemeal toast. Don't miss out on these autumnal delights.

APPLES

There are about 120 variety of English apples so if you only ever buy a Cox or a Granny Smith then it's time to break out and try something a little more rare. Take a day trip to Middle Farm, Firlie near Lewis and have a taste of what England is famous for: Apples and Cider! Try a Jersey Royal (no not a potato, an apple!) or a Worcester Pearmain both these apples have quite unique and complex flavours and textures. Don't stick to imported fruits, support local seasonal produce and enjoy a fruit with fuller



flavour. Apples are rich in pectin a soluble fibre which helps to keep you regular. Pectin binds with toxins in the gut aiding detoxification and elimination helping to keep your insides clean and fresh. Don't forget you can always stew and freeze apples to enjoy all through the winter.

ELDERBERRIES

These deep purple almost black-looking berries can be found in any English hedgerow. Traditionally, the white flowers which precede the berries have been used for cordials, lemonades and champagnes for generations. The elderberries are ripe and ready around this time of year. Used to make cordials and tinctures these berries have a unique health property that any English countryman should cherish. Elderberries are strongly anti-viral. Drink hot or cold elderberry cordial for a sniff, throat tick and cough-free winter.

For more information contact Smart Nutrition on 01273 239 431 or visit www.smartnutrition.co.uk