

# APRIL'S HARVEST ON OUR SOHO PLATES

Seasonal eating is more than a trend; it's a commitment to health, the environment, and the local economy. By embracing the fruits and vegetables that nature offers in their natural harvest time, we not only get the best in flavour and nutrition but also contribute to reducing the carbon footprint associated with long-distance food transport. Furthermore, supporting local farmers keeps the community's economy vibrant and ensures the freshest ingredients make their way to your plate.



## ASPARAGUS

Emerging from the soil with a delicate, verdant hue, asparagus symbolizes the onset of spring. Its tender stalks, brimming with antioxidants, vitamins, and a distinct, earthy flavour, inspire dishes that are both light and deeply nourishing.



## RHUBARB

Rhubarb, with its striking crimson stalks, brings a tartness that awakens the palate. Rich in dietary fibre and vitamin C, it's a versatile ingredient that transitions seamlessly from savory to sweet, starring in both our mains and desserts.



## PURPLE SPROUTING BROCCOLI

April also sees the rise of purple sprouting broccoli, a true gem with its vibrant hues and high levels of vitamins A and C. Its slightly nutty flavor enriches our dishes, adding both texture and nutritional value.

