

Seckford Hall



of recommendations within. We tried the pino grigio which was chilled just right and packed with floral, tropical notes.

Price

Dining at 1530 won't break the bank. The dinner menu is £21.50 for two courses and £26.50 for three, which represents fantastic value for the portion sizes and quality of food.

Summary

A chilled out restaurant with friendly, welcoming service and superb food. You really do have to eat here.



Get the very best from your five-a-day

Nowadays, the art of knowing when our fresh food is 'in season' tends to be restricted to the people who produce it. The constant availability of our favourite fruit and veg fools us into thinking that it's growing all year round.

But there are many significant benefits to getting clued up about seasonal, locally grown food, especially for those who have made a five-a-day New Year's resolution, as Kevin Warden, Sourced Locally manager at East of England Co-op explains.

"If you want to experience the true taste and real flavours of foods, seasonal and local is the best way to guarantee you're getting the best nature provides. Transporting food to bring it into the country outside of the UK season often requires the use of intense refrigeration to keep the produce longer. This can not only impact on flavour but also the nutritional value of your five-a-day. That's two of the best bits of fruit and veg gone!"

"Checking what's currently in season in the UK is easily done on the internet and by looking at our own Sourced Locally range. By reflecting this in your shopping list and meal plans, you can



ensure your fresh food is at its peak in natural, healthy goodness. What better time to encourage the kids to eat their veggies than when they taste at their very best!

"At the moment, we are in the middle of the season for many different fruits and vegetables. We've got another two months until vegetables like parsnips, beetroot, swede and celeriac start slowing down, and all of these are rich in blood pressure-lowering potassium, fibre and vitamin C.

"As for fruit, pomegranates are in season, which have very high antioxidant properties, as are apples, pears and oranges. Apples have properties that could help protect against heart disease while pears are rich in vitamin B6 and oranges in vitamin C.

"To get the best out of your fruit and veg look out for some of our fantastic seasonal produce suppliers which include Home Farm in Nacton, R Tacon & Son in Rollesby and Good Food Growers in Saxmundham."

