

**HALLWOOD FRESH
VEG**

Local food for local people

Hallwood Farm
Petrockstowe
Okehampton
EX20 3HP

Phone: 01837 811762
Mobile: 07831 186269
Email: kelsey.kelsey@btconnect.com
www.hallwoodfreshveg.co.uk

BRUSSEL TOPS

Brussel Tops (the growing tip of the sprout stems) is a real old fashioned favourite which is rarely available in the shops these days.

Cut the stemmy bits away then chop / shred the leaves. Steam or cook in a little salted boiling water until tender.

Serve with freshly ground pepper and a knob of melted butter—traditionally served with a sprinkle of vinegar like spring greens.

An extremely healthy vegetable full of anti-oxidants - delicious too!

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