

Caiger & Company Catering Comments Study Proving Organic Food More Healthful

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London, UK, OCT 3, 2015 ? A newly released study from Newcastle University has indicated that 'that eating organically-grown produce has more health benefits than conventional crops'. President of the non-profit group ?Food Tank? and Women?s International Perspective contributor, Danielle Nierenberg, just authored a brief summary of the study. Alix Caiger of Caiger & Company Catering (www.caigerandcocatering.co.uk) has just published a new blog post discussing this entitled 'Autumn: Great Time for London Catering Companies to Serve Organic Food'.

The article noted that the study showed that 'Organic crops contain an average of 17 percent more antioxidants than conventionally grown crops' and that 'levels of pesticides were found to be ten to 100 times lower in organic food than in conventionally produced food.'

?With the coming of autumn in the U.K., people would definitely want to sink their teeth into organically-grown fruits and vegetables that only grow this season, like apples, potatoes, and pumpkins,? stated Alix Caiger, ?One thing that diners can definitely expect this season is the variety of recipes that involve mushrooms, either as the main ingredient or as a side dish.?

The article describes how 'Trompette mushrooms, for example, have a unique autumnal taste and texture, which make them a good ingredient for pastas or risotto dishes. Even the more common porcini mushrooms, better known as ?ceps,? can be given an autumn twist by sautéing them in butter, shallots, and garlic'.

What the article points out is that 'Growing these ingredients organically will give people plenty of health benefits, like antioxidants, without sacrificing their taste; something only an experienced caterer in London would know.'

As a bespoke catering company, Caiger and Company take pride on having a wide range of experience in the bespoke catering industry, having worked with large event companies, corporate clients, as private chef work and even as film location catering.

To read the article, visit www.caigerandcocatering.co.uk.

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Caiger & Co Catering

Alix Caiger, Chef / Owner at Caiger & Co. set up her bespoke catering company after graduating from university.

Alix then went on to train at Leith's School of Food and Wine.

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