

## Cooking and eating seasonal food

- Consuming adequate fruits and vegetables supports health and well-being and offers protection against diabetes, heart disease, and some cancers.
- Embrace the flavours of each changing season for optimum flavours and nutrition, for affordability, and environmental sustainability.
- This winter, enrich your diet by incorporating at least one new fruit and vegetable.
- Keep a seasonal food chart handy.
- Cultivate your own garden, for the ultimate freshness and nutrition. There's assistance available through our teaching garden if you're interested in growing your own vegetables, fruits, or herbs.

**A list of the fruits and veggies that are in season during winter. Incorporate as many of these as you can.**

### **WINTER VEGETABLES**

- Brussel Sprouts
- Cabbage
- Turnips
- Swede
- Parsnips
- Carrots
- Kumara
- Pumpkin
- Cauliflower
- Bok Choy
- Garlic
- Silverbeet
- Jerusalem Artichoke
- Persimmon

### **WINTER FRUITS**

- Mandarin
- Grapefruit
- Meyer Lemons
- Oranges
- Tamarillo (early winter)
- Green Apples
- Kiwifruit
- Pears (early winter)

## Meal ideas for autumn & winter dishes

### **Roast**

- Roast your choice of protein with your favourite autumn vegetables and serve with mashed potatoes/kumara and gravy.
- Baked Kumara/potatoes, steam vegetables with meat/fish/plant base protein of your choice.

### **Curry**

Incorporate autumn/winter vegetables into curry dishes to bulk it up and pack your meal with nutrients!

### **Vegetables**

- Stir-fry green Beans/ or other vegetables with your choice of seasoning, enjoy as a side dish.
- Roast Vegetable Salad, cut your favourite winter veggies into small cubes and season with your favourite herbs and spices. Roast vegetables until slightly firm and combine with your choice of protein.
- **Tip:** Roast walnuts, pumpkin or sunflower seeds and sprinkle them on top of your salad for extra flavour, texture, and healthy fats!

### **Spag Bowl**

- Incorporate more seasonal vegetables into your traditional spaghetti bolognaise by adding them to your mince and tomatoes.

### **Soups**

- Roast your favourite winter veggies with your favourite herbs and spices. Blend in a food processor with coconut milk or reduced salt stock to make a delicious soup for the winter evenings.
- Cook your favourite meat, beans or pulses with plenty winter veggies and your favourite spice for delicious soups to nourish you over the winter.