

Summer Core Range - December to February

ECO-FARMS
CERTIFIED ORGANIC

Sweet Corn



Sweet corn can be boiled, barbequed, made into soup and tossed into salads. It is a good source of vitamin C, thiamine, niacin and dietary fibre. In Victoria, sweet corn is at its peak between September and May. Corn is native to the Americas, originating in Mexico thousands of years ago. It played a substantial part in the diet of the Mayans, Aztecs, Incas and Native North Americans. Christopher Columbus introduced it to Spain and it eventually spread to other parts of Europe. Source: www.betterhealth.vic.gov.au

Zucchini



Zucchini, like all squash, has its ancestry in the Americas. However, the varieties of green, cylindrical squash harvested immature and typically called "zucchini" were developed in northern Italy, long after the introduction of cucurbits from the Americas. Zucchini are low in food energy (approximately 71 kilojoules or 17 kilocalories per 100 g fresh zucchini) and contain useful amounts of folate, potassium. Zucchini can be shaped into noodle-like spirals and used as a low-carb substitute for pasta.

Broccoli



Broccoli has been around for over 2000 years. Cultivated by the Italians in the 16th century, it also appeared in England in the mid-18th century. Broccoli is very high in vitamin C, eating 100g of cooked broccoli provides 30 mg of vitamin C, which is well over your daily requirement. It is also a good source of dietary fibre, potassium, vitamin E, folate and beta-carotene. 100 g of cooked broccoli supplies 129 kJ of energy. Broccoli can be stored in the crisper section of your fridge and can keep for up to five days.

Stone Fruits



Peaches, Plums, nectarines and Cherries are part of the stonefruit family and reach their peak season and availability during the summer months in Australia. Rich in vitamins A, C and E, as well as dietary fibre, potassium and antioxidants, these vibrant fruits pack a potent nutritional punch. Add them to your smoothies, salads and desserts or just savor them on their own. Vitamin C also plays a key role in the production of collagen, which helps keep your skin healthy, strong and supple. One cup of sliced plums or apricots contains around a quarter of your daily vitamin C.

Beetroot



Red beetroot are made up of both an edible root and leaves, and have a ruby red, smooth, bulbous root. Small to medium beets will generally be more tender than larger ones. As beets have the highest sugar content of any vegetable, their flavor is typically sweet with earthy undertones. Available throughout the year in Australia with sporadic small gaps.

Sweet Potato



Three varieties of sweet potato are available in Australia. The most common type is gold which has orange skin and bright orange flesh. Sweet Potatoes contain minerals such as potassium, manganese and also contain dietary fibre, which is important for a healthy bowel. 100 g of sweet potato (gold) supplies 270 kJ of energy (320 kJ for white-fleshed varieties). Choose medium-sized sweet potatoes with smooth, undamaged skin. Avoid black spots, soft patches, cracked skin or sprouting.

Carrot



Carrots have been grown throughout the world for thousands of years. This common, long and tapered vegetable is an excellent source of beta-carotene and other vitamins and minerals. Carrots are an excellent source of beta-carotene (which is converted to vitamin A), a crucial substance required for vision. They are a great source of folate, which is essential for the healthy development of the unborn baby in early pregnancy. Carrots are also a great source of dietary fibre, important for bowel health. 100 g of carrots supplies 130 kJ of energy.

Spinach



Spinach, with its delicate flavour, can be eaten raw in salads, made into soups or sautéed with garlic and oil to make a simple vegetable dish. It is packed with vitamins and minerals and provides dietary fibre. Spinach is at its peak between March and November. It is a popular ingredient in a vast array of cuisines and an excellent source of vitamins A, B2 and B6, C and K. It also contains minerals such as iron, potassium (which helps to regulate blood pressure) and manganese. Spinach contains dietary fibre, which is important for a healthy bowel. 100 g of spinach supplies 50 kJ of energy.

Salad Leaves



Salad mix, sometimes referred to as Mesclun Mix is comprised of assorted small, young salad green leaves that originated in Provence, France. The traditional mix includes chervil, arugula, leafy lettuces and endive, while the term mesclun may also refer to a mix of many different fresh, available baby salad greens that might include: lettuces, baby spinach, arugula (rocket or roquette), Swiss chard (silverbeet), mustard greens, endive, dandelion, frisée, mizuna, mâche (lamb's lettuce), radicchio, sorrel, or other leaf vegetables.

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Banana



There are more than 500 varieties of banana plants in the world. The most common are Dwarf Cavendish, Valery, and Williams Hybrid bananas. In Australia, Cavendish is the most common variety of banana. It grows on a more compact plant than earlier varieties and was developed to resist plant diseases, insects and wind storms. Cavendish is a medium-sized banana loved for its creamy, smooth texture and thin peel and Australians munch through 5,000,000 bananas every day. Bananas are always bent due to a phenomenon known as negative geotropism. * Source: Bananas Australia

Grapes



Sweet, juicy grapes add subtle flavour to many dishes. They can be eaten raw or used in savoury dishes. Grapes are a good source of vitamin C and contain dietary fibre, certified organic grapes usually start in January and will be available until March/April. Thompson seedless are light green, medium-sized and oval-shaped. It is sweet and juicy and does not have any seeds. The Menindee seedless grape has a subtly tart flavour and is similar to the Thompson.

Kent Pumpkin



Also known as a Jap pumpkin, the Kent has ribbed, grey-green mottled skin and a nutty, deep yellow flesh. It's great mashed, roasted or steamed. Pumpkin is an excellent source of beta carotene and is also rich in dietary fibre, potassium, and vitamins C and E. Look for pumpkins with a hard, thick skin that are heavy for their size. Once cut, remove seeds, cover and store in the fridge for up to one week. Use a sharp knife or vegetable peeler to remove skin. Cut the flesh into pieces. Roast with sprigs of fresh rosemary.

Green Beans



Fresh beans are popular in many cuisines and are a good source of dietary fibre, vitamins A and C and contain iron and folate. The most common variety of bean sold is the green bean. Fresh and dried beans are also good sources of dietary fibre. 100 g of cooked green beans have about 90 kJ of energy. Choose bright-coloured beans that are not damaged. Younger beans are tastier than older beans (these have large seeds and swollen pods). To check for freshness, snap a bean in two - it should break easily with a crisp, snapping sound.

Tomato



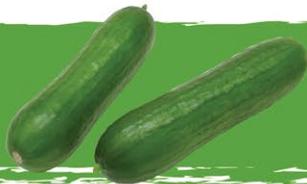
Tomatoes are scientifically considered a fruit and are rich in vitamins A, C and niacin with a variety of minerals that are beneficial to your health. In Victoria, tomatoes are at their peak between December and May. The most common variety available organically certified is the humble gourmet tomato, followed by roma, cherry and cherry roma. Great source of the antioxidant, lycopene. Best kept at room temperature.

Kale



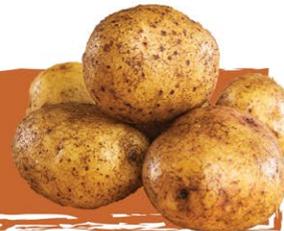
Kale originated in the eastern Mediterranean and Asia Minor, where it was cultivated for food as early as 2000 B.C. Curly-leaved varieties of cabbage already existed along with flat-leaved varieties in Greece in the 4th century BC and was used as a medicinal food source. The main difference between kale varieties is the length of the stem, along with the variety of leaf types. Curly-leaf (Scots kale) Bumpy-leaf (black cabbage, aka 'cavolo nero', Tuscan Cabbage, Tuscan Kale, lacinato and dinosaur kale).

Lebanese Cucumber



Like the English cucumber, Lebanese cucumbers are nearly seedless. This is a sweet variety of cucumber with dark green, thin skin. Its flesh is crisp and pale and has tiny seeds. It provides a small amount of vitamins and minerals, plus some dietary fibre. Cucumbers are an excellent source of vitamin K and molybdenum. They are also a very good source of the pantothenic acid.

Sebago & Dutch Cream Potato



For versatility, this is your spud, but we particularly like them thrown into a lamb roast while it's in the oven. They'll soak up all those flavour-filled juices, while still achieving a crispy exterior. A long to oval shaped all-rounder with white flesh and skin that's common in supermarkets and green grocers around Australia. This potato is great for boiling, mash, roasting, baking and chips.

Dates



Medjool dates are often called the king of dates and are picked early in their ripening season, when they are quite soft, which is why they are included in the "soft" category of dates. The other common form of dates are Deglet Noor dates, which fall in the semi-dry category of dates. In terms of nutrition, Medjool dates are almost identical to Deglet Noor dates, The largest difference is their consistency; Medjool dates are squishy and easier to eat. Medjool dates include dietary fiber, potassium, manganese, copper, B family vitamins, vitamin A, magnesium, and calcium.