

New Zealand summerfruit salad

Treat your family and friends to this fabulously simple and delicious fruit salad, it makes a great dessert served with sorbet.

Serves: 4-6

Preparation time: 10-15 minutes

Ingredients

2 plums
2 nectarines
2 peaches
2 apricots
1 orange
2 passionfruit (optional – adds a crunch to the texture)
Juice from half a lemon
A few fresh mint leaves

Method

- Wash stone fruit, peel orange and chop into chunks. Place into mixing bowl
- Scoop out passionfruit and mix with lemon juice
- Toss thoroughly
- Top with torn fresh mint leaves prior to serving

Tip: This summerfruit salad is great for breakfast with yoghurt if you have any left over



BBQ vegetables

You can grill vegetables directly on the BBQ or wrap in a tinfoil parcel.

This recipe can be adapted to feed lots of people, as a guide count on using one of each vegetable for each person.

At 5+ A Day we dry BBQ our vegetables to bring out the flavour of the produce, dress your vegetables once they are off the grill.

Ingredients

Choose a variety of vegetables. Asparagus, corn, eggplant, capsicum, carrots, tomatoes, mushrooms and onions all work well (you can BBQ capsicum whole, blacken the skin and peel it off)

Dressing

¼ cup olive oil
Juice of one lime or lemon
Fresh basil
1 tbsp honey
Seasoning to taste

Method

- Slice or chop vegetables into uniform sizes
- Place on BBQ until cooked to your liking (less is more here and some vegetables cook quicker than others so it is a good idea to group them)
- Put cooked vegetables in a bowl and pour over the dressing and toss
- Serve warm or at room temperature

Tip: These vegetables are great in a salad, in a sandwich or on a pizza the next day



Tips for getting 5+ A Day every day

- **Half Your Plate.** Try to fill half your plate with fruit and vegetables at every meal and snack
- **Add More.** Add extra fruit and vegetables to dishes
- **Steam and Flavour.** Steamed vegetables make great sides. Add flavour with low-calorie or low-fat dressings and herbs and spices
- **Grab and Go.** Always have fresh fruit and vegetables in easy-to-grab places (a fruit bowl or sliced in the fridge)

Breakfast

- Chop berries into low-fat yogurt with a little honey
- Add fruit to cereal and porridge
- Spread cottage cheese on toast, top with sliced banana, sprinkle with cinnamon and grill
- Add spinach, onion, tomatoes and mushrooms to a weekend omelet
- Add grilled tomatoes and capsicum as sides to a poached or scrambled egg
- Spread avocado on toast top with sliced tomato and basil

Lunch

- Bake a potato or kumara and fill with chopped capsicum, red onion and grated courgette
- Roast pumpkin, kumara and potato with olive oil, honey and balsamic vinegar and add to your favourite salad
- Vegetable pizza topped with spinach, mushroom, onion, beans, capsicum and a sprinkling of fresh herbs and cheese, this is delicious hot or cold
- Try vegetarian sushi, wraps and rolls packed with lettuce, baby spinach, grated carrot, pineapple, shredded cabbage and sprouts

Dinner

- Add extra vegetables to old favourites; try grated carrot and courgette in your homemade spaghetti sauce
- Layer spinach, mushrooms and yellow capsicum in lasagna
- Try replacing meat patties with grilled Portobello mushrooms
- Make vegetable kebabs for the BBQ
- Give Meatless Monday a try, like us on facebook for inspiration

Snack on 5+ A Day

- Vegetable sticks with hummus
- Fresh fruit salad with a splash of white balsamic vinegar and fresh mint
- Tomato and avocado on rice crackers
- Fruit smoothie with blended banana, berries and honey

Spring into summer with 5+ A Day

Seasonal produce, storage
information, recipes and tips



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Get the most out of seasonal produce in spring and summer

Seasonal produce offers exciting opportunities to try something different and experiment with new recipes. Fruit and vegetables that are in season taste great, are economical and very nutritious. After a long winter, we can look forward to an excellent variety of fruit and vegetables harvested in the spring and summer.

Spring fruit

Boysenberries	Artichokes
Raspberries	Asparagus
Strawberries	Courgettes
Tangelos	Cucumbers
	New Season Potatoes
	Peas
	Rocket

Spring vegetables

Summer fruit

Apricots	Beans
Blackberries	Beetroot
Blueberries	Buttercup Squash
Cherries	Butternut
Melons (Rock and Honey Dew)	Capsicum
Nectarines	Chillies
Peaches	Eggplant
Plums	

Summer vegetables

Year-round produce

Some vegetables can be harvested all year round, and some fruit and vegetables are imported. Other vegetables are grown indoors making them available 12 months of the year.

Year-round fruit

Bananas	Broccoli
Oranges	Cabbage
Pawpaws	Carrots
Pineapples	Celery
	Garlic
	Ginger
	Herbs
	Kumara
	Lettuce and Salad Greens
	Mushrooms
	Onions
	Potatoes
	Silver Beet
	Spinach
	Tomatoes

Year-round vegetables

Storage for best flavour

Storing your produce correctly is important to maximise taste and quality. Many vegetables are sensitive to ethylene, a gas emitted by many fruit and some vegetables. Ethylene triggers the ripening process and exposure to ethylene also causes vegetable deterioration, therefore fruit and vegetables should be stored separately in the fridge.

- Produce that emits ethylene includes apples, avocados, bananas, pears, peaches, plums and tomatoes
- Produce that absorbs ethylene includes brassicas, leafy greens, beans, capsicums, carrots, cucumbers, eggplant, peas and potatoes

Store in the crisper in your fridge

Fruit

Apples	Asian pears	Cherries	Figs
Apricots	Berries	Cut Fruit	Grapes

Vegetables

Artichokes*	Capsicum*	Eggplant	Parsnip
Asparagus*	Carrots*	Green Onions	Peas*
Green Beans*	Cauliflower*	Herbs (not basil)	Radishes
Beetroot	Celery*	Leafy Vegetables*	Spinach*
Broccoli*	Courgette*	Leeks	Sprouts
Brussels Sprouts*	Cucumber*	Lettuce*	Sweet Corn*
Cabbage*	Cut Vegetables	Mushrooms	Witloof*

Storage tips

- *Ethylene sensitive – store in a separate crisper drawer from ethylene producing produce
- Keep asparagus ends wet with a damp paper towel or stand on the bench in a jar with 2cm water
- Always keep produce separate from raw meat, poultry, and seafood
- Lettuce or leafy greens remain crisper when washed and dried before refrigerating

Ripen on the bench out of direct sunlight

Avocado	Nectarines	Pears
Kiwifruit	Peaches	Plums

Storage tip

- After ripening, store in the fridge

Store at room temperature

Fruit

Bananas	Mango	Papayas	Pomegranates
Citrus fruit	Melons	Pineapple	

Vegetables

Basil (in water)	Garlic	Onions	Taro
Butternut	Ginger	Potatoes*	Tomatoes
Cucumber+*	Kumara*	Pumpkin	Buttercup Squash

Storage tips

- *Ethylene sensitive – store away from ethylene producing fruit and vegetables
- +Cucumbers can be stored on the bench during cooler times of the year
- Many fruit and vegetables should only be stored at room temperature. Refrigeration can cause cold damage or prevent them from ripening to good flavour and texture. For example, tomatoes ripen to a better taste and red colour if they are left at room temperature. In the fridge, they do not turn red, and even red tomatoes kept in the fridge lose their flavour
- Store produce on the bench away from direct sunlight
- Store garlic, onions, potatoes, taro and kumara in a well-ventilated cupboard, in the dark if possible
- Store onions away from potatoes

Remember - rinse produce under running tap water prior to use.



Asparagus and strawberry salad

Make the most of seasonal produce with this fresh and easy salad.

Serves: 8

Preparation time: 15 minutes

Ingredients

2 bunches asparagus
1 punnet strawberries
4 cups baby spinach leaves
2 avocados
Lemon juice

Dressing

2 tbsp lemon juice
2 tbsp balsamic vinegar
½ tsp caster sugar
¼ cup avocado oil (can be replaced with olive oil or similar)
1 clove garlic, crushed
About ½ cup fresh basil leaves loosely packed (then sliced finely)
Salt and pepper to taste

Method

- Break the ends from the asparagus and blanch in boiling water (you can do this by boiling the jug and pouring over asparagus in a bowl or in the sink and leaving for 5 minutes). Then dip asparagus in a bowl of ice water to ensure it stays bright green
- Hull strawberries and chop in half
- Wash spinach and dry by patting with paper towels
- Cut avocado in half lengthwise and take out the stone, slice lengthwise and squeeze lemon over to stop from browning
- Place all salad ingredients in a bowl and toss
- Put all dressing ingredients into a bowl and whisk
- When ready to serve put salad on a platter and drizzle dressing over the top

