

The
5+ A Day Est. 2007
Charitable Trust

Eating in Season with 5+ A Day

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fresh inspiration, recipes and giveaways



*Fresh fruit and
vegetables make
us feel great and
keep us well.*

*Make the most of the
vegetables and fruit in
season for the best variety
and value.*



Why eat with the seasons?

Choosing fruit and vegetables when they are in season and abundant is ideal because:

- In-season produce is locally grown and super fresh
- You'll save money on your food shopping
- You'll have more variety in your meals by celebrating different vegetables and fruit throughout the year

What is a serving?

A serving is about a handful.

Aim for two handfuls of fruit and three or more handfuls of vegetables every day.

A serving is about a handful



What's in season?

Spring fruit



Blueberries
Boysenberries
Raspberries
Strawberries
Tangelos
Valencia Oranges

Spring vegetables



Artichokes
Asparagus
Courgettes
Cucumbers
New Season Potatoes
Peas
Rocket
Sweetcorn



Summer fruit



Apricots
Blackberries
Blueberries
Cherries
Melons (Rock &
Honey Dew)
Nectarines
Peaches
Plums
Tomatoes
Watermelon

Summer vegetables



Beans
Brussels Sprouts
Beetroot
Buttercup Squash
Butternut
Capsicum
Chillies
Courgettes
Eggplant

Imported fruit available all year



Bananas
Grapes
Pineapples

Fruit and vegetables are indicated in the season they usually first become available (some fruit and vegetables are available over more than one season).

What's in season?

Autumn fruit



- Apples
- Avocado
- Feijoas
- Kiwiberries
- Kiwifruit
- Mandarins
- Nashi Pears
- Passionfruit
- Pears
- Persimmons
- Tamarillos

Autumn vegetables



- Buttercup Squash
- Butternut
- Courgette
- Fennel
- Kohlrabi
- Leeks
- Parsnips
- Pumpkin
- Swedes
- Rhubarb
- Turnips



Winter fruit



Apples
Grapefruit
Kiwifruit
Lemons
Limes
Mandarins
Mandarins (Encore)
Navel Oranges
Pears
Persimmons
Tamarillos

Winter vegetables



Parsnips
Pumpkin
Swedes
Yams

Vegetables available all year



Broccoli
Cabbage
Carrots
Cauliflower
Celery
Garlic
Ginger
Herbs
Kale
Kūmara
Lettuce & Salad Greens
Mushrooms
Onions
Potatoes
Puha
Silver Beet
Spinach
Spring Onions
Tomatoes
Taro

Adding fresh fruit and vegetables to your day in summer and spring

Breakfast

- Mash together avocado and peas and spread on toast. Top with feta and a drizzle of olive oil
- Sauté cherry tomatoes in a pan for 5 minutes. Serve on toast with basil leaves and pepper
- Add spinach to your morning eggs – fold through scrambled eggs or pile under poached eggs
- Make banana pancakes: for each person combine 2 eggs and 1 mashed, ripe banana. Cook mixture in a hot pan, turning. Serve with more fruit and yoghurt
- Try different smoothie bowls: combine your favourite berries with a frozen banana, oats, milk and low-fat yoghurt. Try a tropical bowl with frozen banana, mango, avocado and pineapple. Blend, and serve in a bowl topped with more fruit and seeds or nuts
- Try creating a breakfast bowl using seasonal produce like avocado, eggplant and tomatoes



Did you know?

Tomatoes are best stored out of the fridge. In the fridge, they don't ripen, and even red tomatoes kept in the fridge lose their flavour!

See www.5aday.co.nz for more tips on how to store seasonal produce.

Lunch

- Make a beetroot salad with roasted beetroot, rocket, feta, walnuts and balsamic dressing
- Deconstruct the salad! Slice up seasonal fruit and vegetables onto a round platter in sections for a different approach to your salad



- Pimp up your potato salad to make a meal: to cold, cooked potato add celery, spinach, lemon, basil, peas and a mustardy yoghurt dressing
- Stock up on vegetables and fruit at the start of the week, prep and take to work so you have snacks on hand and the makings of a salad to go with every lunch
- Got leftover roast vegetables? Upcycle them into a tasty salad for lunch by adding more salad vegetables and cooked chicken or meat. Dress with a tangy vinaigrette

Dinner

- Use fresh corn and grated courgettes to make tasty fritters. Add feta, mint and a little parmesan for extra flavour



- Having a barbecue? Toss a pile of summer vegetables on the grill - try courgettes, eggplant, capsicum and chillies tossed in garlic-infused oil. Barbecue until soft and golden
- Make fresh salsas to go with barbecued meats and Mexican meals. Cube tomatoes, cucumber, capsicum, red onion, avocado and add lemon or lime juice, chilli, salt and pepper. Try swapping tomatoes out with strawberries or apricots for something different. These keep in the fridge for 2-3 days
- Try stuffed capsicums and eggplants. Make your favourite mince mixture, add a little cooked rice, spoon into vegetable shells and top with grated cheese. Bake in the oven until soft and golden
- Roast summer stone fruit with a splash of balsamic and honey for a gorgeous dessert. Try nectarines, peaches and plums roasted until soft and topped with a dollop of yoghurt

Snacks

- Make tasty dips with broad beans or peas – puree in a blender or processor with olive oil, parmesan and lemon juice. Serve with vegetable sticks
- Blend seasonal summer fruit and freeze in ice block moulds for a sweet treat
- Make your own beetroot or pumpkin hummus. Blend cooked vegetables with drained, canned chickpeas, lemon juice, a pinch of salt and pepper. Keep in the fridge for 2-3 days and serve as a snack with crackers or vegetable sticks
- Slice a banana lengthwise, spread with peanut butter and top with seasonal fresh fruit
- Try avocado ice cream by blending avocado, light coconut milk with a squeeze of lemon and honey and freeze until just set



Adding fresh fruit and vegetables to your day in autumn and winter

Breakfast

- Mix fruit into your porridge for natural sweetness. Try mixing finely chopped banana and blueberries into your cooked porridge; serve with plain yoghurt
- Make a frittata with leftover potatoes, kūmara or pumpkin, add mushrooms mixed with beaten egg and a little cheese. Serve with chutney and salad greens
- Try a breakfast smoothie, blend seasonal fruit and vegetables and top with sliced fruit and seeds



- Cook up a batch of rhubarb - steam in a pot with a little water and a small amount of sugar. Serve with hot or cold cereal
- Grate Brussels sprouts and toss in a hot pan with spring onions and garlic, when soft, add eggs and make a winter scramble

Lunch

- Make simple vegetable soups from winter vegetables, try carrots, kūmara, pumpkin and parsnip, or combinations of these with broccoli and spinach. Cook in a pot with stock and blend until creamy to serve
- Make an easy slaw using thinly sliced Brussels sprouts, grated carrots and thinly sliced fennel. Dress with yoghurt, lemon juice and mustard
- Add vegetables to your classic toasted sandwiches. Try cheese and spinach; mince, cheese and carrot; chilli beans and pumpkin
- Try a warm abundance bowl for a vegetable based lunch. Start with leftover roast vegetables, add spinach leaves, carrots, pumpkin seeds or nuts. Add hummus, kimchi or sauerkraut



Dinner

- Try your hand at making your own sauerkraut or kimchi to garnish winter meals. All you need is cabbage and some other vegetables
- Add extra vegetables to your favourite curries. Cubed pumpkin, potato and kūmara
- Swede works well in hearty meat curries
- Use the leaves and stalks! Celery, broccoli and cauliflower all have leaves and/or stalks that are just as tasty as the main part of the vege. Slice and add to your stir-fries, soups and casseroles
- Try vegetables and fruit together in side dishes like broccolini and mandarin
- Add luscious winter fruit to salads: try mandarins or oranges in a spinach, walnut and feta salad with honey vinaigrette
- Make extra vegetables for the family roast, add couscous for a delicious lunch to take to work



Snacks

- Serve apple or pear, thinly sliced, instead of crackers with cheese. Pear and blue cheese is a classic combination.
- Try a winter fruit salad of mandarin, kiwifruit, persimmon and Nashi with fresh mint, honey and chia seeds
- In feijoa season, save and freeze feijoa flesh in bags to add to cakes and loaves all year round
- Need an afternoon sweet treat? Try sliced oranges with a few squares of finely grated dark chocolate



- Make a classic banana bread (add grated vegetables if you like). Slice and freeze ready to toast for a tasty winter snack
- Add grated vegetables to your favourite fruit loaf or banana cake recipes. Try carrot, kūmara, beetroot or pumpkin. Complement with warm spices like cinnamon and nutmeg
- Add seasonal fruit like oranges and lemons with fresh mint to your water, it tastes great and adds extra Vitamin C to your day to help build immunity

Why should we eat fresh fruit and vegetables every day?

Nutrient name

Health benefits

Vitamin A (carotenoids)



Helps keep our eyes healthy
Vital for healthy new cells and glowing skin

B Vitamins



Helps our bodies unlock energy from food
Supports healthy growth and development

Vitamin C



Helps our bodies absorb iron from food
Supports our metabolism and a healthy immune system

Vitamin E



Helps protect cells against free radical damage, meaning they help protect our bodies from disease and aging
Supports healthy growth and development



Fresh fruit and vegetables give us a wide range of nutrients to help us stay healthy and feel great.

Here are some of the ways fruit and vegetables help us stay healthy.

| Good sources include | Vegetable sources | Fruit sources |
|---|---|--|
| Mango, persimmons, carrots, kale, pumpkin | Orange, yellow and green vegetables, for example; broccoli, carrots, gold and orange kūmara, kale, puha, pumpkin, spinach, silver beet | Yellow and orange fruit, especially: Apricots, mango and peaches |
| Oranges, tamarillos, beans, kūmara, mushrooms | Most green vegetables and butternut, capsicum, carrots, corn, kūmara, mushrooms, parsnip, taro, yams | Apricots, avocado, banana, kiwifruit, mandarins, oranges, strawberries, peaches, tamarillo |
| Cherries, kiwifruit, broccoli, capsicum, potatoes, tomatoes | Broccoli, cabbage, capsicum, cauliflower, courgette, fennel, kale, kohlrabi, leeks, peas, potatoes, puha, pumpkin, swedes, tomatoes, turnip | Most fruit, especially: blackberries, blackcurrants, citrus fruit, honeydew melon, kiwifruit, strawberries |
| Kiwiberry, nectarine | Butternut pumpkin, courgette, orange, capsicum, taro | Avocado, apricots, kiwiberry, kiwifruit, nectarines, peaches |

Fresh fruit and vegetables contain many different antioxidants, vitamins and minerals, however, to be classified as a source it must contain at least 10% of your Daily Recommended Intake (RDI).

Why should we eat fresh fruit and vegetables every day?

Nutrient name

Health benefits

Fibre



Supports digestion and helps us feel full without adding calories

Folate



Important for pregnant mums to support healthy growth

Supports mental wellbeing

Helps fight tiredness and fatigue

Iron



Essential to carry oxygen around our bodies

Supports healthy growth and development

Essential during pregnancy for baby's brain development

Potassium



Essential for healthy fluid and mineral balance

Supports a healthy nervous system

Supports healthy muscles



The vitamins and minerals in the fresh fruit and vegetables we eat are essential for good health.

| Good sources include | Vegetable sources | Fruit sources |
|--|---|--|
| Apples, kiwifruit, parsnip, sweetcorn | Most vegetables contain fibre, especially artichokes, green peas and kale | Most fruit contain fibre, especially passionfruit, pears and strawberries |
| Avocados, asparagus, kale, spinach, taro | Most green vegetables and beetroot, buttercup, red and yellow capsicum, gold kūmara, squash, taro, yams | Avocado, boysenberries, kiwifruit, mango, mandarins, oranges, strawberries |
| Peas, snow peas, spinach | Broad beans, snow peas, spinach | |
| Bananas, mandarins kūmara, silverbeet, sweetcorn, tomatoes | Most vegetables contain potassium | Most fruit contain potassium especially avocado, banana, honeydew melon |

Did you know?

Eating 5+ A Day can keep your heart healthy?

“A high intake of fruit and vegetables reduces the risk of coronary heart disease.”

Australia New Zealand Food Standards Code - Standard 1.2.7 Nutrition, Health and Related Claims

Visit www.5aday.co.nz for inspiration,
fresh recipes and nutrition information



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