



# Winter Vegetables – Shop for Value

**Making the most of affordable New Zealand grown winter vegetables.**

**Eating well helps us feel great and get the most out of each day!**

This winter, shop for plenty of in season vegetables that are grown here in New Zealand. Shopping locally and in season helps make healthy eating more affordable.

Choose plenty of variety so you can find vegetables the whole family will love, and look out for good value in the produce section.



## Top tips – shop for value and get more vegetables into your day.

- Buy locally grown and in season vegetables
- Look out for in store specials. See over for handy ideas to make extra vegetables go further
- Choose plenty of variety – different colours mean lots of different nutrients which are important for good health
- Think beyond dinner. Start by including vegetables in your breakfast, they are easy snacks throughout the day and can be packed into lunches too
- Lots of vegetables go well in many different dishes – don't be afraid to get creative
- Make meals for the freezer when you have excess vegetables. Soups, curries and casseroles freeze well
- Adding fresh herbs to vegetable dishes gives them a variety of flavours
- Try something new if you spot a good deal – there are plenty of recipe ideas on [www.5aday.co.nz](http://www.5aday.co.nz) and [www.vegetables.co.nz](http://www.vegetables.co.nz)
- Follow [@5adaynz](https://www.instagram.com/5adaynz) and [@vegetables.co.nz](https://www.instagram.com/vegetables.co.nz) on social media for fresh vegetable inspiration and recipes.



## What to do with left overs or a large portion of fresh vegetables?

- Roasted vegetables go well in salads for lunch, pasta sauces or mash with a little yoghurt or hummus to make a delicious dip
- Leafy green vegetables like silver beet and spinach can be frozen and used over the next couple of months – add to curries or pasta meals
- Pumpkin, carrot and parsnip can be grated or cubed and frozen – easy to add to mince dishes, pies, soups or curries
- Vegetables that may be a little past their best can still be grated and used in muffins, sliced in frittatas or pasta bakes.



# 1 vegetable 5 ways

Variety is the key to good health, and also helps when shopping for good value. Try new ways with some of our favourite New Zealand grown winter vegetables.



## Carrots

- Mashed – make into a dip by adding hummus or yoghurt
- Roasted – make a great salad for lunch
- Diced – into soups and pies
- Grated – into muffins, frittatas, wraps, or as an easy salad
- Raw crunchy sticks – a handy all day snack

## Cabbage

- Stir fried
- Raw in crunchy slaw
- Boil ups / broths
- Pickled as kimchi
- Snacks – thinly sliced into spring rolls or dumplings



## Kūmara and potato

- Roasted wedges
- Grated – into fritters
- Baked whole and stuffed
- Mashed with parsnips & carrots or on their own
- Diced – into soups and curries

## Broccoli and cauliflower

- Riced – makes a great base for salads or is easy to add to pasta sauces
- Roasted – lightly seasoned, great for snacks, sides or salads
- Soups
- Chopped small for fritters or curries
- Blanched/steamed – keeping it simple



For more fresh inspiration click on our social media icons below:

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