

Press Release

Adelaide Produce Market



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Top 5 Most Romantic Fruit & Veg

Luscious, succulent, sumptuous, juicy and sweet smelling, sound romantic? What better way to express your love for that special someone in your life than with a romantic selection of fruit and veg.

Traditionally, South Australians have often associated Valentine's Day with the buying of cards, flowers and chocolates for their valentine, but all three of these more common presents could be easily out ranked by the simple idea of a basket made up of romantic fruit and veg.

So what constitutes romantic fruit and veg? The Adelaide Produce Markets conducted a survey and found for some it was all about the shape, while others concentrated on taste and colour. The results are in, and we've found that South Australia's top romantic fruit and veg are:

Top 5 Fruit and Veg:

1. Strawberries
2. Grapes
3. Cucumbers
4. Cherries
5. Bananas

With most South Australians only eating half the amount of fruit and vegetables recommended for good health, a romantic basket of fruit and veg will not only win you points with you partner, but you will also help them in reaching the Go for 2&5® mark everyday.

South Australians go for something really romantic this year...

Go for 2&5® everyday!

For tips and recipes, go to: www.gofor2and5.com.au

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