

Press Release

Adelaide Produce Market



Monday, 15 March 2010

Eat your Greens on St Patrick's Day

In keeping with the tradition of St Patrick's Day don't forget to eat your greens.

Although, associated with various symbols and meanings, green is more readily known to most as the colour to wear on St Patrick's Day. Some do it in respect of their Irish ancestry, where as others do it to join in on the fun of the festivities with the hope of gaining a bit of Irish luck along the way.

This St Patrick's Day get involved by going green with what you eat. Going green will definitely get you closer to eating two serves of fruit and five serves of vegetables everyday, which is a target that most South Australians have been unable to meet.

With an abundant amount of green fruit and vegetables to choose from start your St Patrick's Day festivities with some green vegetable recipes;

- Beef, broccoli and snow pea stir fry
- Green Guacamole (containing avocado and parsley) with some freshly cut up cucumber and celery sticks and for a light refreshment, a green avocado and banana flip.

Or for those really wanting to get into the spirit of St Patrick's Day what could be a more fitting recipe than;

- Honeyed Greens, containing assorted green vegetables – zucchini, leek, celery, asparagus, green beans, brussels sprouts, broccoli, green capsicums, snow peas and beanshoots.

As a snack, throughout the day, don't forget your green apples, pears and grapes.

Go Green this St Patrick's Day and Go for 2&5® everyday!

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

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