

# Spring to life with Fruit and Veg!

September - November


Put a spring in your step by enjoying the bounty of fruit and vegetable available this season. With spring just a few days away, now is the perfect time to get up-to-date on the fantastic range of fruit and vegies available for the season.

Enjoy the freshest fruit and vegetables this spring by choosing South Australian grown and, when that's not available, Australian grown produce. Your taste buds will thank you. Your wallet will thank you. Local farmers will thank you... and the environment will thank you.

## Eating more fruit and veg is easy!

Why not try a vegetable frittata? Packed full of vegetables this recipe will definitely boost your intake of vegies and get you on your way to 5 serves of vegetables a day!

### Vegetable Frittata

 5 minutes preparation  
+ 10-15 minutes cooking

 19



1 teaspoon vegetable oil  
1 medium onion, sliced  
500g sweet potato, peeled and sliced thinly  
1/4 cup water  
1 cup sweet corn kernels, cooked or 440g can, drained  
2 cups broccoli, cut into florets  
60g reduced-fat cheddar cheese, grated or 30g Parmesan, grated  
6 eggs  
125mL (1/2 cup) skim milk

Preheat oven to 190°C. Use oil to grease a 20cm square baking

tin. Combine onion, sweet potato and water in a large microwave-safe bowl, cover with cling film and microwave on High for 3 minutes. Add broccoli and microwave on High for a further 2 minutes. Layer the baking dish with half the sweet potato, top with corn, broccoli, onion and remaining sweet potato. Whisk eggs, milk, and black pepper. Pour over the vegetables. Top with grated cheese. Bake in a moderate oven for 30 minutes or until firm in the centre. Add cracked black pepper to taste.

**Variation:** Substitute with 5 cups of any cooked vegies, and potato can replace sweet potato. Serves 4

### WHAT'S IN SEASON

**FRUIT:** Apples, Bananas, Blueberries, Cherries, Cumquats, Dates, Grapefruit, Honey Dew, Kiwi Fruit, Lemons, Limes, Mangoes, Nashis, Oranges, Pawpaw, Papaya, Passionfruit, Pears, Pineapple, Rhubarb, Starfruit, Strawberries, Tamarillos, Tangelos, Watermelons.

**VEGETABLES:** Artichokes, Asparagus, Avocado, Beans, Beetroot, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Capsicums, Carrots, Cauliflower, Celeriac, Celery, Chicory, Cucumbers, Eggplant, Fennel, Horseradish, Leeks, Lettuce, Lobok, Mushrooms, Okra, Onions, Parsnips, Peas, Potatoes, Pumpkins, Radish, Salsify, Shallot Bulbs, Shallots, Silverbeet, Spinach, Squash, Swedes, Sweet Corn, Sweet Potatoes, Taro, Tomatoes, Turnip, Witlof, Zucchini.

\* **Bold** represents SA grown

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FRUIT VEG

An Australian Government, State and Territory health initiative.



Government  
of South Australia  
Department of Health