

Our school is participating in Fruit & Veg Month 2020. This year's theme is 'Planet Fruit & Veg', because eating more fruit and veg is good for us and the planet. This information is about how to 'up the fruit and veg' at your place - for yourselves and the planet.

# CHOOSE LOCAL AND IN SEASON

Where possible, choose locally grown (e.g. grown in your city, town or region) and in season fruit and vegetables. They will taste better, be more nutritious, are more likely to cost less and will reduce the environmental impacts of food transport and cold storage.

Read on for more information

## Buy in season fruit and vegetables

Buying fruit and vegetables when they are in season is great for you, your wallet and the planet.

To find out what's in season you can check out this short guide, talk to your local greengrocers or visit [sydneymarkets.com.au/markets/produce-market/whats-in-season](http://sydneymarkets.com.au/markets/produce-market/whats-in-season) for more information.



### FRUIT

#### Summer

Berries  
Cherries  
Grapes  
Mangoes  
Melons  
Stone fruit

#### Autumn

Apples and pears  
Dragon fruit  
Figs  
Limes  
Quinces  
Passionfruit  
Persimmons

#### Winter

Apples  
Citrus  
Kiwifruit  
Nashi pear  
Rhubarb

#### Spring

Berries  
Citrus  
Melons  
Papaya and pawpaw  
Pineapples

### VEGETABLES

#### Summer

Beans  
Capsicum  
Cucumber  
Eggplant  
Lettuce  
Sweetcorn  
Tomatoes  
Zucchini and squash

#### Autumn

Beans  
Sweetcorn  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Pumpkin  
Swiss chard, spinach and silverbeet

#### Winter

Avocados  
Beetroot  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Kale, spinach and silverbeet  
Onions  
Pumpkin  
Potatoes  
Parsnip  
Sweet potato

#### Spring

Asian greens  
Asparagus  
Cucumber  
Garlic  
Green beans and broad beans  
Kale, spinach and silverbeet  
Lettuce  
Mushrooms  
Peas  
Spring onions and shallots





## Choose locally grown fruit and vegetables.

Buying locally grown fruit and vegetables is not only good for the environment, it's good for your community and your family.

So how can you find local growers? Try searching the internet, look for local community gardens and visit local markets. You could also group with neighbours or other school families to grow and swap produce.

## Grow your own quick growing crops.

There are many quick growing crops that don't require much space to grow and can be used in lots of family-friendly recipes.

These include:

- lettuce
- rocket
- kale
- radish
- spinach
- Chinese cabbages

Plant these crops in the garden if you have space or try growing them in recycled food containers or old pots in a sunny spot.

As they can be so quick to grow, they are a great 'paddock to plate' activity for kids – they can see their efforts rewarded in a meal in just 4-8 weeks!



## What if you can't find local produce?

- Fruit and vegetable produce and products require a country of origin label. Avoid buying fruit and vegetables that have been air freighted over long distances.
- When you can, choose fresh produce that is Australian grown.
- Canned or frozen fruit and vegetables that have been grown in Australia can be a good alternative to fresh produce too.
- Look for the 'Grown in Australia' and 'Product of Australia' symbols.



**Grown in Australia**



**Product of Australia**