

What produce is in season this: *October!*

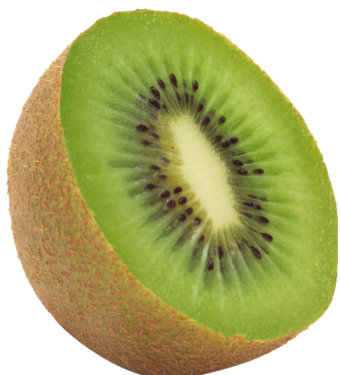
Spring is here, which means plenty of fresh Australian fruit and vegetables are coming into season. Eating seasonally can be a great way to add more variety to your meals and save \$\$\$ on groceries. Carrots and Oranges are also in Season.



Strawberries

- Sweet, versatile, easy
- Vitamin C
- Fibre

PAIR WITH:
YOGHURT,
OVERNIGHT
OATS/WEETBIX,
SMOOTHIES



Kiwi Fruit

- Vitamin C
- Fibre
- Antioxidants
- Easy Snack

PAIR WITH:
BREAKFAST
BOWLS, YOGHURT,
NUTS AND SEEDS



Broccoli

- Fibre
- Vitamin C & K
- Folate

ADD TO:
STIR FRYS, GRAIN
BOWLS, PASTA



Asparagus

- Breakfast, Lunch & Dinner
- Fibre, range of Micronutrients
- Fibre

ADD TO:
OMELETTES,
PASTA, ROAST
DINNER

MORE INFO

The Wholesome Effect PM

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