

# What's in Season? – July

Kia ora koutou,

As we step into July, embracing the winter chill, we also welcome a delightful array of seasonal fruits and vegetables. While colder months can seem to pose challenges in finding a diverse selection of fresh produce, fear not! We're here to guide you through making the most of what's available, with some savvy tips and a delicious budget-friendly recipe to tantalize your taste buds.



## Fruits

- Kiwifruit
- Mandarins
- Oranges
- Lemon
- Apple

## Vegetables

- Asparagus
- Broccoli
- Carrots
- Brussels sprouts
- Turnips
- Butternut and buttercup pumpkins

The [vegetables.co.nz](http://vegetables.co.nz) website has an amazing chart on various vegetables and when they are available, check it out over [here!](#)

## Kumara lentil curry

- 2 tablespoons cooking oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 kumara, peeled and diced
- 1 cup red lentils, rinsed and drained
- 1 can (400g) coconut milk
- Vegetable broth (2 cups of water + 1 stock cube)
- 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- Salt and pepper to taste
- Fresh coriander for garnish (optional)
- Cooked rice or naan bread, for serving

1. In a large pot, heat the cooking oil over medium heat. Add the diced onion and cook until softened, about 5 minutes.
2. Add the minced garlic and grated ginger to the pot. Cook for another 2 minutes, stirring frequently. Stir in the diced kumara and red lentils.
3. Add the coconut milk and vegetable broth to the pot. Stir in the curry powder, ground turmeric, and ground cumin.
4. Bring the mixture to a simmer, then reduce the heat to low. Cover and let it simmer for about 20-25 minutes, or until the kumara and lentils are tender and cooked through.
5. Season the curry with salt and pepper to taste. Adjust the seasoning as needed.
6. Serve the kumara and lentil curry hot, garnished with fresh coriander if desired. Serve with cooked rice or naan bread on the side.

Stay warm, stay well, and happy eating!

Ngā mihi nui,  
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