

What's Plentiful in November



Community and Public Health

Kia ora koutou,

A warmer season means that we are starting to get a more plentiful supply of fruits and vegetables back in the market again! What could be better than fresh seasonal produce that is reasonably priced while we are dealing with the increased cost of living?

Apart from being a good way to save money, eating seasonally also allows us to be creative with getting all the nutrients that we need to nourish our body. Let's see what's available at this time of the year and how to get the most out of them:



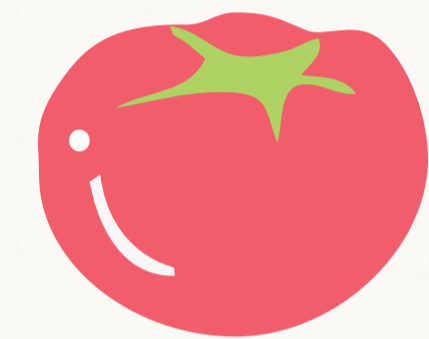
Asparagus



Avocado



Strawberries*



Tomatoes

*Look out for roadside stall in your local area too or see if they're on sale in the supermarket ;)

Mushroom and Asparagus Pizza

1 homemade or store bought pizza base
2 cups mushrooms of your choice, sliced,
(Portobello, Button, or Swiss Brown)
1 bunch fresh asparagus
a couple of frozen broccoli florets
1/2 red onion, sliced
1/4 cup tomatoes in sauce
100g mozzarella cheese
Thyme to garnish

1. Preheat oven to 200°C

2. Peel some of the asparagus with a potato peeler and slice the rest in half lengthways.

3. Lay the pizza base on a baking tray, spread tomato sauce over the base.

4. Top with mushrooms, asparagus, broccoli, onion, then garnish with thyme and sprinkle with cheese.

5. Bake for 7-10 minutes until cheese is golden.

3 Ways to enjoy avocado

1. It can be used as a substitute of mayonnaise in chicken, tuna, or egg salad.
2. Spread avocado on toast just like margarine, use a pinch of salt and pepper to taste if you like.
3. Smash some avocado on top of roasted kūmara.

If you find the avocado is very mushy or overripe, recipes like baked goods or dressing as mentioned above can be a good way to consume them. Don't chuck them in the bin unless they have a sour taste or smell, or if the flesh is extremely discolored. Hope you enjoy!

Ngā mihi nui,
Beyning