

Fruit and vegetable colours

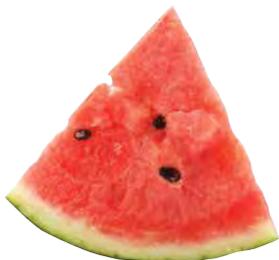
Red fruit and vegetables include:



strawberry



cherry



watermelon



capsicum



tomato



beetroot

These can help keep our heart healthy.

Orange or yellow fruit and vegetables include:



apricot



orange



pineapple



sweet potato



corn



carrot

These can help keep our eyes healthy.

Blue or purple fruit and vegetables include:



plum



blackberry



blueberry



purple
asparagus



purple
carrot



eggplant

These can help keep our heart healthy.

Information sheet 1.2 | Fruit & Vegetable Information

Green fruit and vegetables include:



apple



kiwifruit



grapes



broccoli



cucumber



lettuce

These can help keep our heart and bones healthy.

White or brown fruit and vegetables include:



pear



white nectarine



date



cauliflower



potato



mushroom

These can help keep our body feeling healthy.

Types of vegetables

Root vegetables (we eat the root) include:



beetroot



carrot



parsnip

Fruit-type vegetables (has seeds inside) include:



capsicum



tomato



eggplant

Tuber vegetables (a lump that grows underground on the root or stem) include:



sweetpotato



potato



yam

Flower vegetables (we eat the flower heads) include:



broccoli



cauliflower

Leafy vegetables (we eat the leaves) include:



lettuce



kale



spinach

Seed or pod vegetables (we eat the seeds or pods) include:



corn



peas



snow peas

Fungi



button



shitaki



field

How do fruits and vegetables grow?

On a tree



Examples:

- Apples
- Cherries
- Oranges
- Avocados
- Mangoes
- Olives

Bushes/vines



Examples:

- Beans
- Capsicum
- Blueberries
- Grapes
- Kiwi
- Tomatoes
- Watermelon

Underground



Examples:

- Asparagus
- Broccoli
- Lettuce
- Leeks
- Brussel sprouts
- Sweet corn

What part do we eat?

The fruit: apple, avocado, tomato, capsicum, pumpkin, strawberries, orange, cucumber, eggplant

The stem: asparagus, celery, leek, rhubarb,

The root: carrots, fennel, onion, parsnip, radish, beets,

The leaves: cabbage, kale, spinach, lettuce,

The seeds: corn, beans, peas

The flower: broccoli, cauliflower, artichoke

The tuber: sweet potato, potato, yam

When do fruit and vegetables grow?

Depending on where you live, many fruit and vegetables will have a time they will be 'in season'. It can be a good idea to eat fruit and vegetables that are in season, because these are often fresher and tastier. Furthermore, often in season produce don't have to travel from farm to plate very far and will require less resources such as water and heat (electricity) to grow in a season or area that they don't usually grow.

On the next page you find a list when fruit and vegetables are in season in NSW.

Buy local fruit and vegetables

Benefits of buying local food:

- riper, tastier foods (because it is not spending a long time in transit and can be harvested when riper)
- supports local farmers and growers
- less 'food miles' (distance from farm to fork) and thus better for the environment

However, when buying local, one must also consider that some fruit and vegetables cannot be grown locally and you won't have access to many fruit and vegetables you are used to. In addition, some foods might be grown locally, but will need extraordinary amounts of water and/or heat to grow (e.g. in greenhouses), which is not ideal for the environment.

List of fruits and when they are in season in NSW

Apples	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Berries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Kiwifruit	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Mandarins	Spring	Summer	Autumn	Winter
Melons	Spring	Summer	Autumn	Winter
Nectarines	Spring	Summer	Autumn	Winter
Oranges	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Persimmons	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter

Source: Seasonal Food Guide Australia

List of vegetables and when they are in season in NSW

Artichokes (Globe)	Spring	Summer	Autumn	Winter
Asian Vegetables	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beans (Broad)	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Chinese Cabbage	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Lebanese Cucumbers	Spring	Summer	Autumn	Winter
Leek	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Mushrooms	Spring	Summer	Autumn	Winter
Okra	Spring	Summer	Autumn	Winter
Parsley	Spring	Summer	Autumn	Winter
Pecans	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Pumpkins	Spring	Summer	Autumn	Winter
Radish	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Sweetcorn	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnip (White)	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter

Source: Seasonal Food Guide Australia