



# Grow Together



Thank you for being part of the Grow Together program. Enliven Victoria and partners are proud to offer this program to community members in the City of Greater Dandenong, City of Casey, and Cardinia Shire.

We hope that you find this booklet useful to help you continue your food journey beyond the garden and into the kitchen. Please remember that this information is general and you should see your health professional if you have any concerns or questions about your health.

Happy growing!

**enliven**



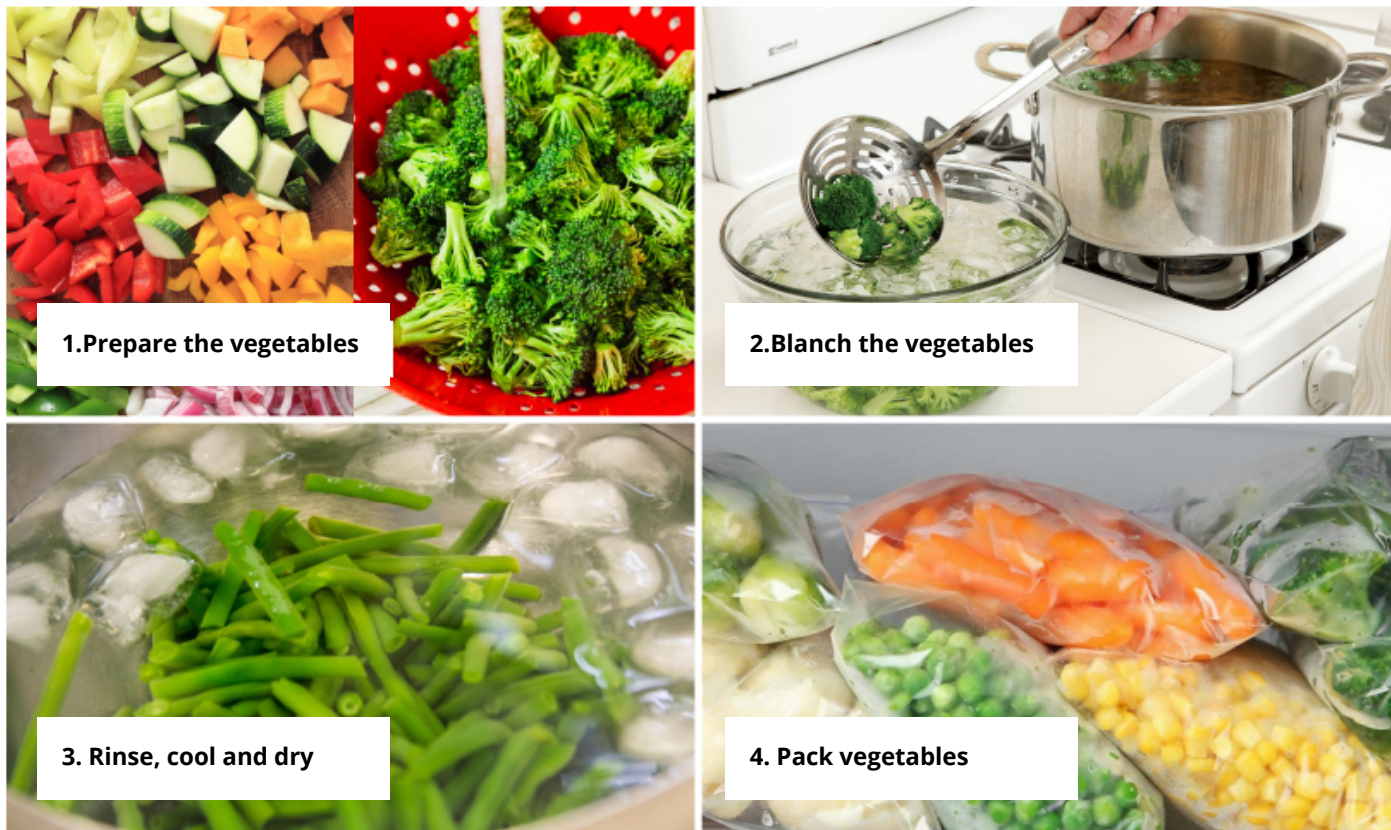
## Vegetables

**Vegetables are very healthy for our bodies.**  
They give us lots of different vitamins.

Each day, we should try and eat as many different coloured vegetables as we can.  
The vegetables can be frozen, tinned or fresh.  
Try to fill up half your plate with vegetables at lunch and dinner.

**Some healthy ways of cooking vegetables are:**

- Steaming
- Stir frying
- Boiling (but not for too long)
- Roasting



## Freezing Vegetables

**Step 1:** Prepare the vegetables. Chop large vegetables into smaller pieces. Wash vegetables very well.

**Step 2:** Blanch vegetables. Boil a large pot of water and add the vegetables. Bring the water back to a boil. Different vegetables require a different length of boiling time.

Vegetable	Boiling time	Vegetable	Boiling time
Artichoke hearts	6 min	Cauliflower	3 min
Asparagus	2-4 min	Leafy greens	1-2 min
Beans	3 min	Okra	2-3 min
Broccoli	2 min	Peas in a pod	2-3 min
Brussel sprouts	3-5 min	Peas (shelled)	1.5 min
		Pumpkin	3 min

**Step 3:** Rinse, cool, and dry. After blanching the vegetables, drain and cool the vegetables by pouring them to a bowl of ice water. Cool the vegetables for as long as you blanched them.

**Step 4:** Pack vegetables. When vegetables are dry, pack your vegetables in zip lock freezer bags. Squeeze as much air out of the bag as possible before closing the bag.



## Re-growing vegetables

There are many common vegetables that you grow can re-grow from scraps. When cutting vegetables, you can use the leftover pieces to sprout fresh leaves. They will be ready to eat in just a few weeks!

### Why should you re-grow vegetables?

- Reduces food waste
- Saves money on buying fresh produce
- Easy for beginners
- Fun for the kids

### What vegetables can I re-grow?

*Spring onion and leeks* - keep the white part of the onion or leek with the roots. Place in a glass with water.

*Lettuce* - cut off the bottom of the lettuce. Place in small bowl of water.

*Basil* - cut the plant a few centimetres below the leaves. Place in a cup of water.

*Mint* - cut the plant a few centimetres below the leaves. Place in a cup of water.

*Oregano* - cut the plant a few centimetres below the leaves. Place in a cup of water.

*Celery* - cut off about 5cm off the bottom of the plant. Place in a small bowl of water.

*Carrot* - place the cut-off end in a shallow bowl of water. You can't regrow an actual carrot, but you can regrow the carrot leaves and add to salads or use to make pesto.

*Bok Choy* - cut off the bottom of the stalk. Place in a small bowl of water.



## Re-growing vegetables (continued)

There are plenty more vegetables you can regrow.

The list below can be started in water but should be planted in soil for full growth.

*Beetroot* - Cut the top and plant in the garden. Pick the leaves for salads.

*Red or white onion* - Cut off the top and plant in the ground with the base of the onion in the soil. Pick the green shoots to use like a spring onion.

*Garlic* - Plant the whole clove into the garden. Pick the green shoots to use like garlic chives.

*Turnip* - Plant the whole turnip pointy side down. Pick the leaves for salad.

*Radish* - Plant the whole radish pointy side down. Pick the leaves for salad.

*Rosemary* - Cut a sprig and add plant in the garden.

*Mint* - Start as above in water and then transfer into the garden when roots appear.

*Basil* - Start as above in water and then transfer into the garden when roots appear.

*Oregano* - Start as above in water and then transfer into the garden when roots appear.

**For more information on how to re-grow food scraps and vegetables, visit:**

[www.foodfromhome.org/how-to-guides/](http://www.foodfromhome.org/how-to-guides/)



## Salt

Adding too much salt to food can make our blood pressure go up.

To help you reduce the amount of salt that you use in cooking, you could add herbs and spices such as:

- Oregano
- Turmeric
- Paprika
- Chilli
- Spring Onion
- Rosemary
- Cinnamon
- Black pepper
- Any other of your favourite herbs and spices



## Fruit

### **Fruit gives us lots of different vitamins.**

Adults need two servings of fruits a day. Be careful of having too much fruit because they have sugar in them which can make your sugar levels go up. Try to have different fruits every day, and choose fruits that are in season.



# Seasonal Food Guide

A U S T R A L I A

[seasonalfoodguide.com](http://seasonalfoodguide.com)

## Seasonal Produce Guide – Melbourne/VIC

### FRUIT

Apples	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Bananas	Spring	Summer	Autumn	Winter
Berries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Figs	Spring	Summer	Autumn	Winter
Grapefruit	Spring	Summer	Autumn	Winter
Grapes	Spring	Summer	Autumn	Winter
Kiwifruit	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Limes	Spring	Summer	Autumn	Winter
Mandarins (Imperial)	Spring	Summer	Autumn	Winter
Melons	Spring	Summer	Autumn	Winter
Oranges (Navel)	Spring	Summer	Autumn	Winter
Oranges (Valencia)	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter





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## Seasonal Produce Guide – Melbourne/VIC

### VEGETABLES

Artichokes (Globe)	Spring	Summer	Autumn	Winter
Artichokes (Jerusalem)	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Basil	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
Brussel Sprouts	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Carrots	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Corn	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Leeks	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Onions	Spring	Summer	Autumn	Winter
Parsley	Spring	Summer	Autumn	Winter
Parsnips	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Peas (Snow)	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onion	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Sweet Potatoes	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter



## Helpful herbs

Did you know that herbs can help you with many different types of illnesses and improve your health?



**Rosemary** can help soothe a sore throat



**Basil** can help you feel happier



**Turmeric** can relieve muscle and joint pain



**Mint** can help relieve stomach pain



**Dill** can help keep your stomach healthy



**Parsley** can reduce bloating



**Cayenne pepper** can help a blocked nose



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## Fluid

### Fluid can help to keep your body healthy by:

- Helping with constipation
- Helping to flush out the kidneys
- Lower your chance of getting urinary tract infection or UTI

As we get older, our feeling of thirst reduces. This makes it important to remind ourselves to drink through the day. We need lots of fluid even in winter when the weather is cold.

### Fluid does not just mean water, it can include:

- Water
- Milk
- Fruit juice
- Vegetable juice
- Coffee
- Tea
- Soup

### Here's some tips to increase your fluid intake:

- Try to have a glass of fluid with each meal and snack.
- Leave a jug of water where it can be easily seen.
- Have a large glass of water with medications.
- Try to flavour water naturally by adding slices of lemon, orange or berries.

## RECIPE Vegetable frittata

### Ingredients

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 tsp garlic, minced
- 1 red capsicum, finely chopped
- 1 carrot, grated
- 190g (1 bunch of 8 stems) broccolini (can replace with broccoli)
- 150g (1 cup peas)
- 6 eggs
- 2 tbsp milk
- 35g (1/2 cup) grated cheese
- 1 tsp dried oregano

### Method

1. Preheat oven to 220c
2. In a mixing bowl, whisk together the egg, milk, cheese, herbs and seasoning.
3. Heat oil in a fry pan over medium heat. Add the onion and garlic and cook for approximately 5 mins. Add the capsicum and carrot and cook for a further minute. Add the broccolini and cook for a further minute. Stir in the peas.
4. Pour vegetables into the egg mixture and mix together.
5. Pour into a well-greased 9 inch square baking dish and bake in the oven for around 20 mins. Keep an eye on it, you want the middle to have a slight jiggle to it, or to be just set.
6. Allow to rest for 5 minutes and the inside will continue to cook.



## RECIPE Tropical Smoothie

### Ingredients

1/2 ripe banana, frozen, roughly chopped

1 mango cheek, frozen, roughly chopped

1/2 cup strawberries

1 cup low-fat milk

Pulp of 1 large passionfruit

### Method

1. Place frozen fruit, pineapple and milk into a blender jug; blend until smooth.

2. Pour into 2 serving glasses.

3. Spoon pulp of half a passionfruit on top of each smoothie; serve immediately.

*Hint:* Mango flesh and ripe peeled bananas can be frozen in ziplock bags for use in smoothies and fruit sorbet. Freeze for several hours or overnight before blending.





# Grow Together

## RECIPE Easy cheesy dip

### Ingredients

- ½ cup smooth low fat ricotta cheese
- ¼ cup low fat natural yoghurt
- 1 grated or crushed garlic clove
- Pepper
- ¼ cup coriander
- ¼ cup parsley

### Method

1. Place herbs, spring onion and garlic into blender.
2. Blend for 30 seconds.
3. Add yoghurt and cheese and blend for another 30 seconds.
4. Serve with cut up vegetables like carrots, cucumber, celery, radish or capsicum.





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## Acknowledgements

Enliven Victoria would like to thank the following *Grow Together* partners:

- Department of Families, Fairness & Housing
- Springvale Neighbourhood House
- North Dandenong Neighbourhood House
- Bunyip & District Community House
- Hampton Park Community House
- Balla Balla Community Centre
- Doveton Neighbourhood Learning Centre
- Oakgrove Community Centre
- Upper Beaconsfield Community Centre
- Berwick Neighbourhood Centre
- Noble Park Community Centre

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- Seasol Australia
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