



Aa is for...



Fun Fact!

The Granny Smith apple is an all-Australian native discovered in 1868 as a chance seedling by "Granny" Anne Smith of Ryde, New South Wales.

Apples

Varieties

There are countless apple varieties but the 12 most popular Australian varieties are Jonathan, Royal Gala, Golden Delicious, Red Delicious, Jonagold, Fuji, Braeburn, Pink Lady (Cripps Pink), Granny Smith, Jazz, Sundowner (Cripps Red) and Eve.

What do apples look like?

Round, smooth and glossy, each variety has a different colour from deep red to orange-red, pink-red, green and yellow. Apples have a core with small, glossy brown seeds.

What do apples taste like?

Crunchy and crisp, apples are sweet and juicy – yum!

How do I eat an apple?

Just pick it up, wash it and eat it! Also try peeling, apple slinkies, baking, stewing, in pies, muffins and cakes or dried.

Nutrition bites

Apples are a good source of carbohydrate, fibre and vitamin C. Compared to other fruits, apples have one of the highest levels of antioxidants.

Apricot

Varieties

Castlebrite, Earlicot, Helena, Honeycot, Orange Red, Poppicot, Rival, Robanda, Solarmate.

What do apricots look like?

Small and round, apricots range in colour from a pale orange-yellow to a rich orange. They have a soft furry skin that feels similar to a peach, and a large stone in the middle.

What do apricots taste like?

Apricots are sweet, tart and juicy. They are firm on the outside and soft on the inside.

How do I eat an apricot?

Bite into an apricot and chomp around the seed! They can also be stewed, poached or pureed and used in desserts or Middle Eastern dishes. You can also eat them dried or canned.

Nutrition bites

Apricots are a good source of fibre and potassium. They also contain some beta-carotene which becomes vitamin A in the body.



Fun Fact!

Apricot kernels are poisonous! But they are safely hidden inside the apricots' hard inner shell.



Aa is for...



Fun Fact!

White asparagus is grown in the dark! This stops them from turning green in the sun.

Asparagus

Varieties

Green, white and purple.

What does asparagus look like?

Asparagus looks like long, thin spears, with small, delicate leaves at the tips. Asparagus are either glossy green, snowy white or deep purple in colour.

What does asparagus taste like?

Asparagus tastes fresh, green and slightly nutty. It has a firm texture but can be stringy and tough when it's old (it tastes best when it's young and crisp).

How do I eat asparagus?

Asparagus tastes good when they're steamed, grilled or barbecued. Use in salad, stir fry or soup. Use fresh, young asparagus to dip in hummus, salsa or guacamole. Asparagus also comes canned.

Nutrition bites

Asparagus contains a range of B vitamins including folate. It is also a good source of vitamin C, fibre, vitamin E and contains potassium.

Avocado

Varieties

Hass, Shepard, Reed, Wurtz and Sharwil.

What do avocados look like?

Avocados range from egg-shaped to pear-shaped. Some avocados have rough green skin that turns deep purple-black on ripening, while others don't change colour at all and have smooth green skin. Avocados have a large stone and soft, creamy-white to buttery-yellow flesh.

What do avocados taste like?

Avocados are smooth, rich and creamy due to their fat content. Avocados are soft and have a distinct taste.

How do I eat an avocado?

Use them on bread instead of margarine or butter. Put them in salads or salsas, or use in guacamole.

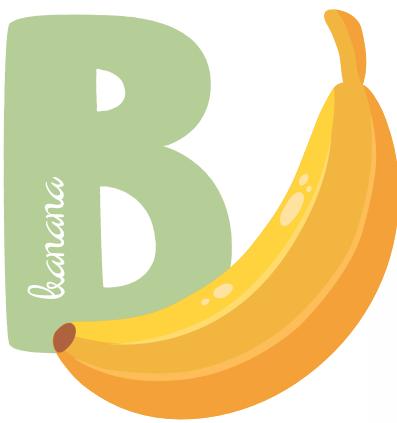
Nutrition bites

Avocados are high in monounsaturated fat and are a good source of folate and vitamin E.



Fun Fact!

The first Australian avocado tree was planted in the Sydney Botanic Gardens in 1840.



Bb is for...



Bananas

Varieties

There are more than 500 varieties of banana plants in the world. The most popular in Australia is the Cavendish. Other varieties include the Lady Finger, Goldfinger, Ducasse, Red Dacca and Plantain.

What do bananas look like?

Bananas are yellow and curved. They develop black spots as they become overripe. Bananas can be long (Cavendish, Gold Finger, Plantain and Red Dacca) or short and stubby (Lady Finger). Bananas are sold in bunches called 'hands' – which is just what they look like!

What do bananas taste like?

Soft, sweet and smooth – delicious!

Fun Fact!

The average Australian eats around 13kg of bananas a year!



Berries

Varieties

Blueberries, strawberries, raspberries, blackberries, boysenberries, cranberries, elderberries and mulberries.

Fun Fact!

Good quality cranberries will bounce when dropped.

Nutrition bites

Bananas are a great source of carbohydrate and potassium. Bananas are also the richest fruit source of vitamin B6. They are also high in fibre, folate and vitamin C.

What do berries look like?

Berries range in size, shape and colour. Blueberries are small and round, and are purplish-blue. Strawberries are heart shaped, bright red and glossy, and are usually larger than other types of berries. Raspberries are small and bright red, while blackberries look like larger, black and glossy raspberries.

What do berries taste like?

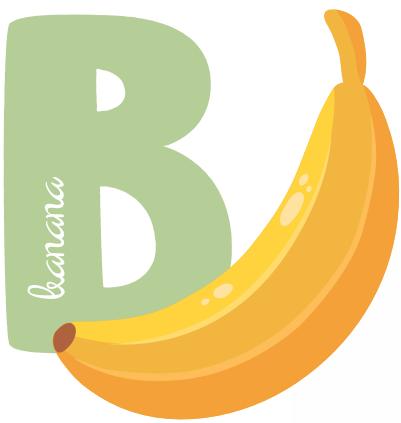
Most berries are juicy and sweet, however some of them are acidic and tart. All of them taste great!

How do I eat berries?

Pop a berry or two in your mouth fresh from the punnet! They can also be canned, frozen, stewed or pureed. You can eat berries on breakfast cereal, mix them with yoghurt, drink them in smoothies or have them with dessert.

Nutrition bites

Berries are a good source of vitamin C and contain fibre, folate and potassium. They are also a source of the powerful antioxidants, the anthocyanins.



Bb is for...



Bitter Melon

What do bitter melons look like?

Bitter melons are long, warty and knobbed. They are pale green in colour. Bitter melons have spongy pulp and bright red seeds.

What do bitter melons taste like?

Bitter melons are just that – very bitter!

How do I eat bitter melon?

In Chinese, Indonesian or Philipino cuisine it is used in stir fries and soups. It is also used in Indian, Nepali, Vietnamese or Pakistani dishes, with other vegetables and meat.

Fun Fact!

In China, a sad face is known as a 'bitter melon' face.

Nutrition bites

Bitter melon provides vitamin C, folate, and fibre.

Other names

Bitter gourd, bitter cucumber, balsam pear, karela.

Broccoli

Varieties

Broccoli isn't sold by variety in Australia. However, your greengrocer may sell cross breeds such as broccoflower or broccolini.

What does broccoli look like?

Green trees! Broccoli has a thick, pale green stalk with dark green florets forming the head.

What does broccoli taste like?

Broccoli has a distinct taste due to the sulphur in it. The stems taste a little like cabbage and have a firm texture. Some people think broccoli tastes bitter, which can happen if it is cooked too long.

How do I eat broccoli?

Broccoli tastes best when it is not overcooked. It can be boiled, steamed or stir fried. Broccoli soup tastes delicious, or you can also eat small florets raw – try with some tasty dip, such as salsa!

Nutrition bites

Broccoli is an excellent source of vitamin C and a good source of folate and fibre. It also provides potassium, iron, beta-carotene and vitamin E. Broccoli contains phytochemicals that have been shown to have an anti-cancer effect.



Fun Fact!

Broccoli has been around for more than 2000 years but was cultivated by the Italians in the 16th Century.



Cc is for...



Fun Fact!

Every year, until 2014, the first box of cherries of the season would be auctioned off for charity at Sydney Markets. In 2014, it raised \$65 000!

Cherries

Varieties

There are more than 80 varieties of cherries grown in Australia. Just a few of the more common ones are Rons Seedling, Supreme, Van, Bing, Stella and Rainier.

What do cherries look like?

Cherries are small, round, plump and glossy. Cherries range from deep black-red to bright 'cherry' red to yellow. The flesh of the cherry reflects the colour of its skin. Cherries have a small stone in the centre, and usually have a stem attached. Sometimes cherries come in bunches of two, three or even four!

What do cherries taste like?

Cherries have a firm texture, and are sweet, juicy and can be a little tart. Cherries have a full, fruity flavour that is delicious!

How do I eat cherries?

Cherries taste great raw, on their own, but you can also stew, poach or freeze them. Cherries can also be used in jams, chutneys and sauces for meats.

Nutrition bites

Cherries provide the diet with vitamin C, potassium and fibre.

Custard Apple

Varieties

African Pride and Pink's Mammoth.

What do custard apples look like?

Custard apples have grey-green scaly skin, and they look a little like a pinecone. Inside, the flesh is creamy white with large black seeds.

What do custard apples taste like?

Custard apples have a creamy, tropical flavour and are sweet and juicy. Some people think they taste like a cross between a strawberry and a pineapple.

How do I eat a custard apple?

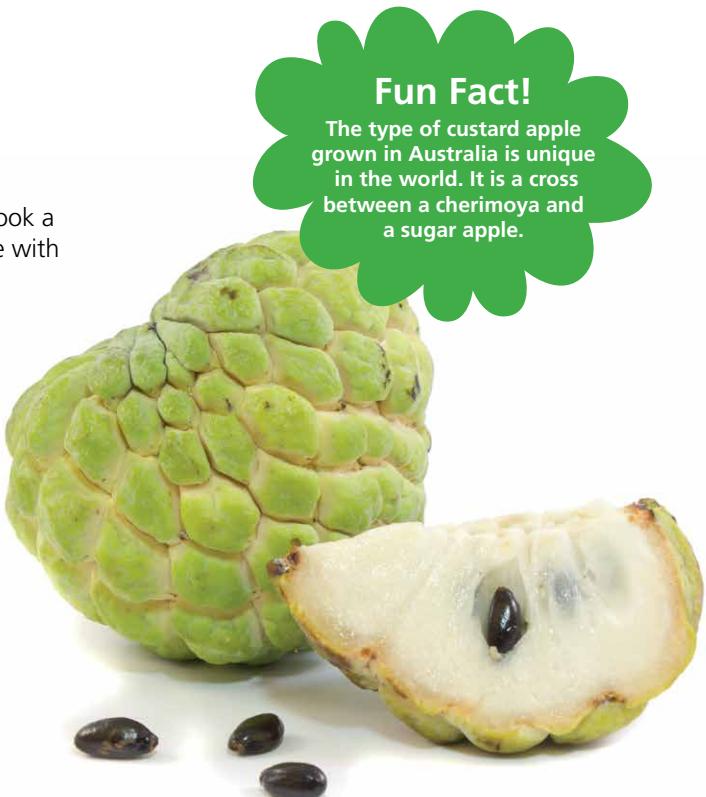
Slice open the custard apple, then scoop out the flesh with a spoon (remove the inedible seeds first). Custard apples can also be mashed, eaten with ice cream or used in a smoothie.

Nutrition bites

Custard apples are a good source of vitamin C and fibre. They also provide potassium and magnesium.

Fun Fact!

The type of custard apple grown in Australia is unique in the world. It is a cross between a cherimoya and a sugar apple.





Cc is for...



Fun Fact!

Early varieties of carrot were red, black or purple. The familiar orange carrot was not developed until the 17th Century.

Carrots

What do carrots look like?

Carrots are bright orange! Small, thin baby carrots have bushy green stalks at their tops. Large, fat carrots are usually sold without their stems.

What do carrots taste like?

When eaten raw, carrots are crunchy and sweet. When cooked, carrots soften and lose some of their sweetness.

How do I eat a carrot?

Munch a raw carrot for a healthy snack. Dip carrot sticks into dips, or grate carrot into salads, burgers or sandwiches. Carrots can be boiled, baked or steamed, or used in cakes and muffins. You can also drink carrot juice.

Nutrition bites

Carrots are a very good source of beta-carotene and fibre. Carrots also contain vitamin C and some minerals such as potassium.

Cauliflower

What does cauliflower look like?

Cauliflowers look like white trees! They have a thick white stem with tightly packed florets. Cauliflowers also have green leaves surrounding them.

What does cauliflower taste like?

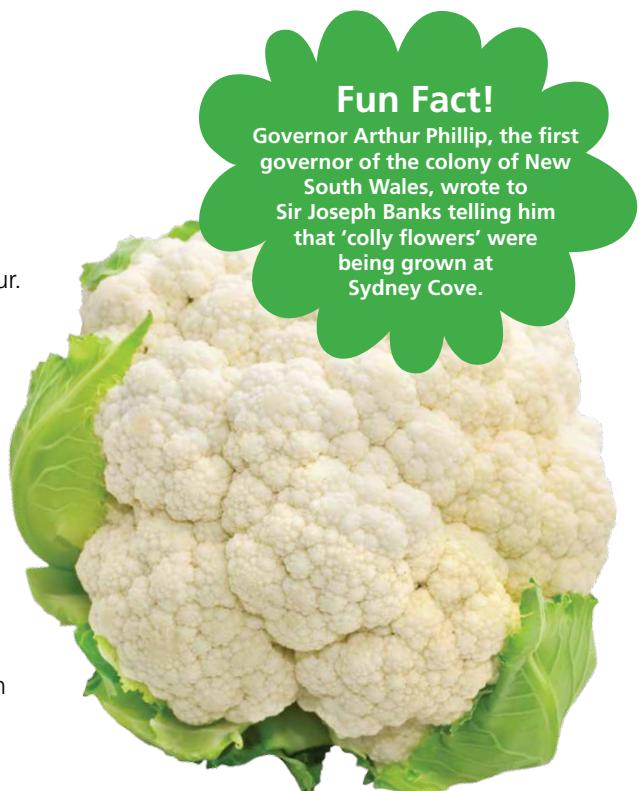
Cauliflower tastes similar to broccoli, but has a milder flavour. Some people use mashed cauliflower as a substitute for mashed potato, but it tastes a little different. When eaten raw, it is crunchy and tasty.

How do I eat cauliflower?

You can eat small florets of cauliflower raw with dips. Cauliflower is usually cooked in some way – you can boil, steam, microwave it, or puree it and use in soups. Cauliflower is also yummy in a stir fry, or served with white sauce and cheese!

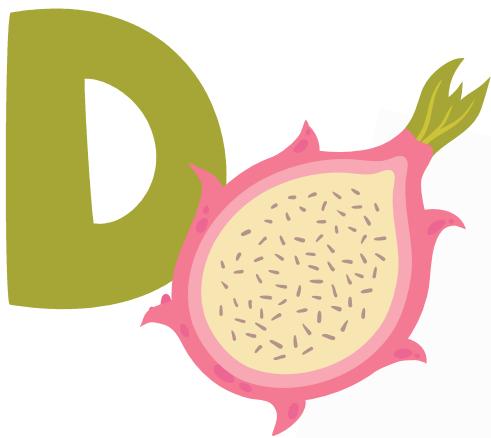
Nutrition bites

Cauliflower is an excellent source of vitamin C and a good source of folate and fibre. Cauliflower also provides vitamin K. Cauliflower, like broccoli and other vegetables from the brassica family, contains cancer fighting phytochemicals.



Fun Fact!

Governor Arthur Phillip, the first governor of the colony of New South Wales, wrote to Sir Joseph Banks telling him that 'colly flowers' were being grown at Sydney Cove.



Dd is for...

Daikon

What do daikon look like?

Daikon are long, thin and white and look like giant white carrots. Inside, they have white flesh.



What do daikon taste like?

Daikon are said to taste like other radishes, but a bit sweeter and more refreshing. They are crisp in texture when eaten raw.

How do I eat a daikon?

Daikon can be eaten raw, cooked or pickled. Daikon can be grated and added to salads or used as a garnish. It is an important flavouring for many Japanese dishes.

Nutrition bites

Daikon are a source of vitamin C and fibre. They also contain potassium and some iron.

Fun Fact!

A large daikon became a celebrity when it was found growing up through a crack in the road in Japan. The daikon was named 'Dokonjo Daikon', which means 'the radish with fighting spirit'.

Fun Fact!
Dates are found on date palms and have been cultivated since 3000 BC. They grow best in dry areas with high temperatures.



Dates

What do dates look like?

Fresh dates are a dull, yellowy-brown colour. They are small and oval-shaped and rather sticky. Fresh dates have a pit (seed) in the centre. Dried dates are darker in colour and appear wrinkled and flatter. You can buy dried dates with or without their pit.

What do dates taste like?

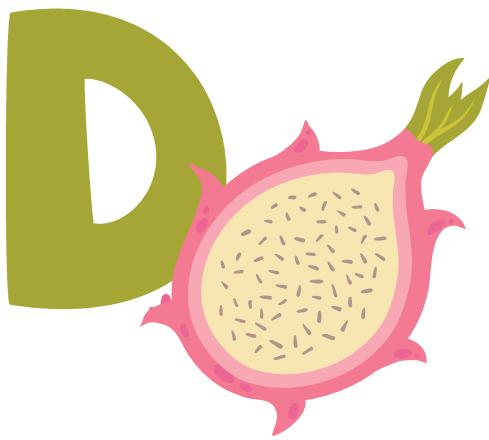
Dates are sweet, sticky and taste a bit like caramel.

How do I eat a date?

Dates are delicious to pop in your mouth and munch. You can also use them in scones, cakes or in any other recipe that has dried fruit.

Nutrition bites

Dates are an excellent source of fibre. Fresh dates are a good source of vitamin C.



Dd is for...

Dragon Fruit

What does dragon fruit look like?

Dragon fruit are oval-shaped with yellow or bright pink and green skin. The skin is smooth with triangles sticking out. Inside, the flesh is bright pink or white with many tiny black seeds.

What does dragon fruit taste like?

Dragon fruit taste sweet and tart and a little like melon. The tiny seeds give the soft fruit a nice crunch.

How do I eat a dragon fruit?

Dragon fruit are best eaten with a spoon. Slice one in half and scoop out the flesh. You can sprinkle a little lime or lemon juice on them, or use them in fruit salad. The flesh can also be used in marmalades, jellies and ices.

Nutrition bites

Dragon fruit are a good source of fibre and vitamin C.

Other names

Pitaya, pitahaya, strawberry pear, nanettika fruit and thanh long.



Fun Fact!

Dragon fruit actually grow on a species of cactus!



Fun Fact!

The durian is known as the 'king of fruit'. Due to its pungent smell, it was banned from Singapore's rail system.

Durian

What does durian look like?

Durians are large, greenish/yellow to brown fruit with pointed spikes all over. The flesh is creamy yellow with seeds embedded. Durians do not smell good (the smell has been described as like rotting onions!), however they do not taste the way they smell.

What does durian taste like?

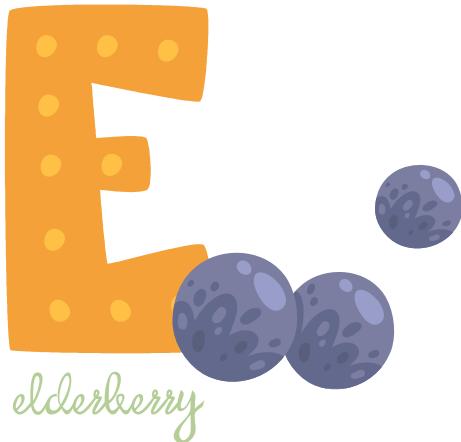
The taste of durian is difficult to describe. They are sweet and, in 1856, the naturalist Alfred Russel Wallace famously described the taste as like a 'rich custard highly flavoured with almonds'.

How do I eat durian?

Durians are quite difficult to eat. First you need to cut through the tough skin. Then pull open the fruit and remove the sticky segments. Cut out the seeds and then eat the segments. Durians are best eaten fresh, but they can be frozen for a cold snack. You can also use them in chilli or curry dishes, cakes and desserts.

Nutrition bites

Durian is an excellent source of vitamin C.



Ee is for...



Eggplant

Varieties

Eggplants come in many different shapes and colours. You can get purple, white, lavender, red striped or pea.

What do eggplants look like?

Most eggplants are teardrop shaped, with deep purple glossy skin. Inside, the flesh is white and contains many small, edible seeds.

What do eggplants taste like?

Eggplant tastes a bit like mild zucchini, but more bitter. It picks up the flavours of whatever it is cooked with it.

How do I eat eggplant?

Eggplants taste yummy when they are grilled with some herbs. You can also stuff and bake them, steam them, fry them or use them to make dips like baba ghannouj.

Nutrition bites

Eggplants provide fibre and small amounts of many vitamins and minerals including vitamin C, potassium, iron, niacin and folate. The skin of the purple eggplant contains antioxidants.

Other names

Aubergine or brinjal.



fig



Fun Fact!

In medieval times, fennel was hung over doorways to ward off evil spirits!

Fennel

What does fennel look like?

Fennel looks a little like celery with finer leaves and a thick, white bulb. Fennel has green stems and soft, wispy green leaves.

What does fennel taste like?

Fennel tastes like aniseed or licorice, but a little less strong. Its leaves are fine and feathery with a stronger taste, and the bulb is crunchy and milder than the leaves.

How do I eat fennel?

Use fennel in salads instead of celery or bean sprouts for a different crunch. Bake, boil, microwave or stir fry fennel, or try putting it in dishes like lasagne or soup. You can also use the leaves as a garnish or the seeds as a spice.

Nutrition bites

Fennel provides vitamin A, vitamin C, folate and fibre. It also contains manganese and iron.

Ff is for...

Fig

Varieties

Black Genoa, Brown Turkey and Preston Prolific are the most commonly grown varieties for fresh fruit.

What do figs look like?

Figs are small and bulb-shaped with skins that can be green, purple or brown. Figs are soft with white, cream, pink, brown or crimson flesh. The flesh contains many soft, edible seeds.

What do figs taste like?

Figs are very sweet and taste a little like honey, caramel and vanilla. They have firm, chewy flesh, smooth skin and crunchy seeds. A very interesting flavour and texture!

How do I eat a fig?

Figs are a delicious snack, eaten fresh or dried. You can also eat them cooked as a dessert – try them grilled or baked, or served in a pie, cake or pudding. Figs are also yummy with cheese and other fruits on a platter.

Nutrition bites

Figs are a good source of fibre.



Fun Fact!

It is believed that the 'apple' eaten by Adam in the garden of Eden was actually a fig.



Fun Fact!

Fuji fruit are a type of persimmon. In Japan they are known as the 'food of the gods'.

Fuji Fruit

What do Fuji fruit look like?

Fuji fruit are about the size of an orange, but are flattened a bit like a pumpkin. When unripe, Fuji fruit are a yellow orange, and they turn a bright orange when ripe. They have glossy, smooth skin. Fuji fruit also have a tough green stem and leaves at the top, and dark brown seeds inside.

What do Fuji fruit taste like?

Fuji fruit are very sweet, with a firm, juicy flesh. They taste a little like honey, and have a sweet, tropical flavour.

How do I eat a Fuji fruit?

Fuji fruit are best eaten fresh. Chomp on a Fuji fruit as a tasty snack (watch out for the seeds!), or slice up and use in salads and fruit salads. Fuji fruit tastes great with chicken, pork or lamb. Fuji fruit can also be made into jam or jelly, or used in cakes or muffins.

Nutrition bites

Fuji fruit are a good source of vitamins C, beta-carotene and fibre.

Other names

Fuyu fruit



Gg is for...



Garlic

What does garlic look like?

Garlic is usually white, although you can get purple or grey types too. Garlic look like plump bulbs, with a fat bottom and a skinny top. Garlic is made of many smaller 'cloves' wrapped in a fine, papery cover.

What does garlic taste like?

Raw garlic has a hot flavour, but this sweetens when it is cooked. Garlic has a strong smell and taste, and is usually used to flavour foods, but can be eaten as a vegetable too.

How do I eat garlic?

Break the garlic bulb into cloves and slice the hard bit at the bottom off. Remove the papery skin. Then you can slice and add to salads, chop or crush and use in garlic bread, pasta sauce, marinades or to season meat. You can also bake garlic whole, which makes them go creamy and delicious!

Nutrition bites

As garlic is usually eaten only in small amounts, it does not contribute useful quantities of any particular vitamin or mineral. Garlic is a rich source of allicin, a phytochemical.

Globe Artichoke

Varieties

Green and purple.

What do globe artichokes look like?

Globe artichokes look like a large, green, unopened flower bud. Globe artichokes are actually many green leaves tightly wrapped around a hairy 'choke' or core in the middle.

What do globe artichokes taste like?

Artichokes have a unique flavour that some people say is a little like broccoli, a little like asparagus and a little like fennel.

How do I eat globe artichokes?

Eating a globe artichoke can be tricky! First you need to throw away the tough outside leaves, and then cook it. You can boil, steam or bake globe artichokes, and they taste good with some herbs or lemon juice. Throw away the hairy 'choke', eat the soft heart and scrape the leaves with your teeth. Artichokes are yummy stuffed, or you can buy preserved globe artichoke hearts, which are not as fussy to prepare and taste great on pizza.

Nutrition bites

Globe artichokes provide fibre, vitamin C, potassium and small amounts of other vitamins and minerals.



Fun Fact!

Globe artichokes contain an organic acid that can make water taste sweet for most people.



Gg is for...

Grapes

Varieties

There are many grape varieties available in Australia. You can get grapes with seeds and seedless. Some popular varieties include red globe, flame seedless, Thompson seedless, Menindee seedless and muscats.

What do grapes look like?

Grapes are small, oval to round shaped fruit. Grapes hang in bunches on the vine, and the grapes are sold in bunches. They can be green, purple (black) or red.

What do grapes taste like?

Sweet, juicy and delicious! Some grapes are crisp and have crunchy skin while others are softer.

How do I eat grapes?

Pop a couple into your mouth and enjoy the sweet, juicy taste! You can also use them in fruit salad or freeze them for a cold treat on a hot day. Grapes also come dried, like sultanas and raisins, which can be used in cakes, muffins, puddings, biscuits and other dishes. Adults also drink grape juice as wine, and you can get both black and white non-alcoholic grape juice.



Fun Fact!

'Old Vine', located in Slovenia, is the world's oldest vine. It is said to be over 400 years old and continues to produce fruit.

Nutrition bites

Grapes contain flavanoids, vitamin C, potassium and fibre.

Guava

Varieties

Cattley and common.

What do guavas look like?

Guavas are round to pear shaped, and are green when unripe but they turn yellow when they are ripe. Guavas are firm, but become softer when ripe. Inside, guavas have salmon pink or cream coloured flesh, with many small edible seeds.

What do guavas taste like?

Guavas have a firm outer layer and soft, squishy seeds inside. Guavas are sweet, tart and delicious!

How do I eat a guava?

Fresh guavas are good to eat raw. Try munching on the outer layer first then eating the sweet seeds. Guavas can also be poached, pureed or made into jams and jellies. Guavas make a tasty addition to a fruit salad or cheese platter!

Nutrition bites

Guavas contain almost five times more vitamin C than an orange! Guavas are also high in fibre and provide beta-carotene.



Fun Fact!

Guava leaves can be used to treat diarrhoea, and eating too many guavas will cause constipation!



Hh is for...



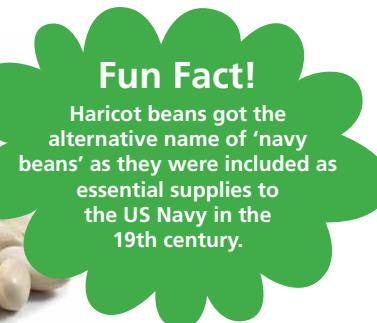
Haricot Beans

What do haricot beans look like?

Haricot beans are small, white, round little beans. They aren't normally sold in their pods but come dried or canned – often as baked beans!

What do haricot beans taste like?

Haricot beans have a smooth texture and a nutty flavour.



How do I eat haricot beans?

To prepare dried haricot beans, soak them for two to three hours then cook for one to one-and-a-half hours. They can also be cooked in soups, stews or other 'wet' dishes. Or crack open a can of baked beans and enjoy with a spoon, or heat up and eat on toast.

Nutrition bites

Haricot beans are an excellent source of fibre, iron, potassium and protein.

Other names

Navy bean or pea bean.

Honeydew Melon

Varieties

White honeydew (Honey Dew, Honey Dew Green Fresh) has smooth white skin and green flesh. Yellow honeydew (Honey Dew Gold Rind) has yellow to gold skin and green flesh.

What do honeydew melons look like?

Honeydew melons are round and grow to be about the size of your head. They are smooth skinned, and inside have juicy green flesh. Right in the centre of a honeydew melon there are many hard, oval shaped cream seeds which are inedible.

What do honeydew melons taste like?

Very juicy and very sweet! They are a little like refreshing honey, with a tropical flavour. Mmmm!

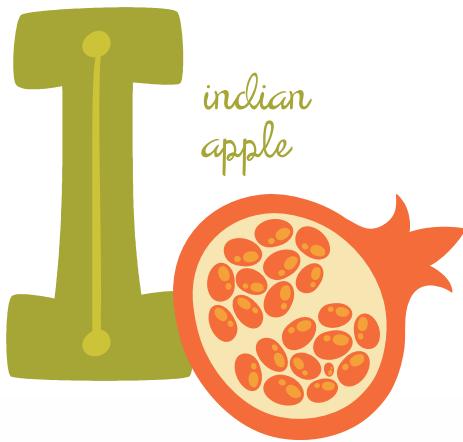
How do I eat honeydew melon?

Honeydew melons are delicious to eat fresh – cut into slices, scoop out the seeds and remove the skin. They are great in fruit salad and interesting when eaten with seafood. Honeydew melons taste yummy with ice cream, and you can make sorbet out of them too.



Nutrition bites

Honeydew melon is an excellent source of vitamin C, and contains some calcium.



Fun Fact!

Iceberg lettuce used to be transported in big wooden crates with blocks of ice stacked on top of the crates to keep them cold. That's how they got the name 'iceberg'!

Ii is for...

Iceberg Lettuce

What does iceberg lettuce look like?

Iceberg lettuces are round, white to green balls of leaves. Each lettuce is made up of many leaves wrapped around each other. Some iceberg lettuces have frilled or fringed leaves.

What does iceberg lettuce taste like?

Iceberg lettuce tastes crisp and fresh.

How do I eat iceberg lettuce?

Iceberg lettuce is a perfect base for a salad. You can eat it in sandwiches, rolls and wraps. A delicious Chinese dish called San Choy Bau uses iceberg lettuce leaves as cups to hold a filling of meat and vegetables – you eat the lettuce cup with the filling!

Nutrition bites

Iceberg lettuce, like other lettuces, contains folate, potassium, fibre and some vitamin C. Lettuce also has a very high water content.

Illawarra Plum

What do Illawarra plums look like?

Illawarra plums are a native Australian plant. They are a deep purple, glossy fruit about the size of a large grape. Joined to the top of the fruit is a large, external and inedible seed.

What do Illawarra plums taste like?

Illawarra plums taste similar to regular plums but are a little less sweet.

How do I eat an Illawarra plum?

They can be eaten raw as a fruit, or stewed with ice cream. Illawarra plums can also be used in sauces, preserves, jams, muffins and desserts, and taste delicious combined with garlic and chilli in marinades and dressings.

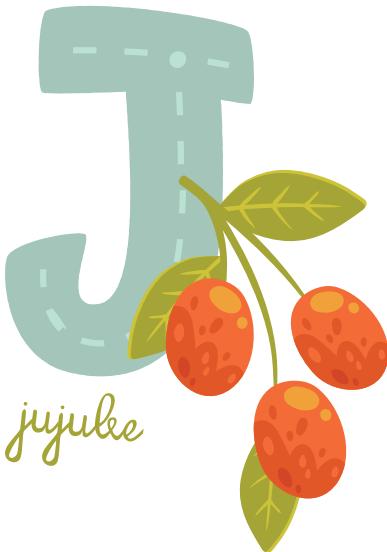
Nutrition bites

Illawarra plums contain vitamin C.



Fun Fact!

Illawarra plums have antioxidant levels three to five times higher than blueberries.



jujube

Jj is for...

Jackfruit

What do jackfruit look like?

Jackfruit are large, oval shaped fruit. They have yellowish skin with small spikes all over. Inside, the flesh is pale yellow with large, white seeds.

What do jackfruit taste like?

Jackfruit are very sweet and juicy, with the flavour a bit like a cross between a banana and a pineapple. The smell is also very sweet. The seeds can be eaten if boiled or roasted.

How do I eat jackfruit?

Slice a jackfruit open and remove the core. Then the sections containing the seeds can be removed. Slice out the seed and eat the rest. You can also use jackfruit in curries as a vegetable.

Nutrition bites

Jackfruit contain fibre, beta-carotene, potassium and iron.

Other names

Jakfruit, jak, jaca, khanun, and nangka.



Fun Fact!

Jackfruit can grow to 50kg in weight!

Fun Fact!

Jerusalem artichokes aren't actually from Jerusalem (they're from North America), and they aren't actually artichokes (they're tubers)!



Jerusalem artichoke

What do Jerusalem artichokes look like?

Jerusalem artichokes are tubers (underground, root vegetables) with small knobs. They grow to about 10cm long and 5cm thick. They vary in colour from pale brown to white, red or purple.

What do Jerusalem artichokes taste like?

Jerusalem artichokes have a fresh taste, and some say they taste like a cross between a potato, water chestnut and sunflower seeds. It tastes earthy and nutty.

How do I eat a Jerusalem artichoke?

You can eat Jerusalem artichokes raw in salads or cooked. You can boil, steam or stir fry them, barbecue them or grill them. Try pan-frying with a small amount of olive oil and some garlic – yum!

Nutrition bites

Jerusalem artichokes contain potassium, iron and thiamin.

Other names

Sunroot, sunchoke or topinambur.



Fun Fact!

Kiwifruit have an enzyme in them that can tenderise meat.

Kiwifruit

Varieties

Kiwifruit is not generally sold by variety but the most commonly grown kiwifruit is the Hayward variety. Gold kiwifruit is also sometimes available.

What do kiwifruits look like?

Kiwifruit are shaped a bit like an egg, with fuzzy reddish-brown skin. Inside, kiwifruit are either bright green or gold, with a white core and tiny black seeds.

What do kiwifruits taste like?

Kiwifruit are sweet and tart, and they can be very juicy. They are soft to eat but have a little 'crunch' caused by the seeds.

How do I eat a kiwifruit?

Chop a kiwifruit in half and eat it raw. Scoop the juicy flesh out with a spoon – the skin is a bit hairy! You can also use them on top of desserts, in fruit salads or pureed in drinks.

Nutrition bites

Kiwifruit are an excellent source of vitamin C. They also are a good source of fibre.

Other names

Chinese gooseberry.

Kk is for...

Kohlrabi

Varieties

White and purple.

What do kohlrabi look like?

Kohlrabi are nearly spherical in shape and about the size of a shot put. They can be bright purple or pale green, and have little stems coming off them. When these stems haven't been cut, green leaves grow on the ends. Usually kohlrabi's stems are cut off before they are sold.

What do kohlrabi taste like?

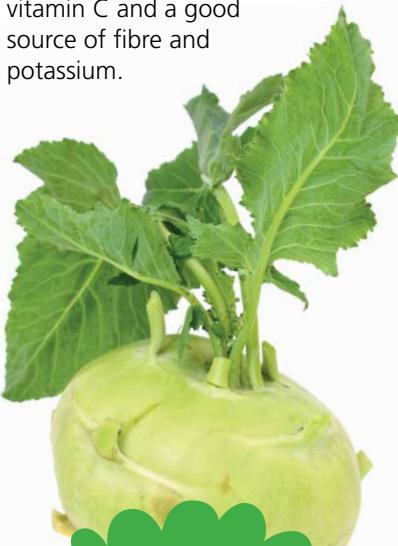
Kohlrabi tastes a bit like a turnip, a bit like cabbage and a little bit sweet. They have a firm texture, and some people say they taste like the stalk of a broccoli.

How do I eat kohlrabi?

Kohlrabis can be eaten raw in salads, steamed or stir-fried. The skin needs to be removed before eating because it is quite tough.

Nutrition bites

Kohlrabi is an excellent source of vitamin C and a good source of fibre and potassium.



Fun Fact!

In German, 'kohlrabi' means 'cabbage turnip'!



Fun Fact!

Kumara is a Maori word. Kumara was a staple food of the Maori people.

Kumara

What do kumara look like?

Kumara are sausage-shaped vegetables that have orange skin. Inside, the flesh is orangey-pink.

What do kumara taste like?

Kumara are a type of sweet potato, and their flavour is sweet. It has a soft but firm texture when cooked.

How do I eat kumara?

Kumara tastes great in both savoury and sweet dishes, and is usually eaten cooked. You can boil, bake, roast, microwave, grill or barbecue kumara. You can also use it in scones.

Nutrition bites

Kumara provides fibre, beta-carotene, vitamin C and vitamin E.

Other names

Yam, sweet potato, kumera or camote.



Ll is for...

Leek

What do leeks look like?

Leeks look like a giant spring onion. They are cylindrical with a thick, white stalk and dark, grey-green leaves at their tops. The stalk is made of leaves tightly enclosing each other.

What do leeks taste like?

Leeks have a sweet, mild onion flavour.

How do I eat leeks?

Leeks can be steamed, boiled, microwaved or baked. Add leeks to make tasty soups, add to quiches or stuff with cheese or meat.

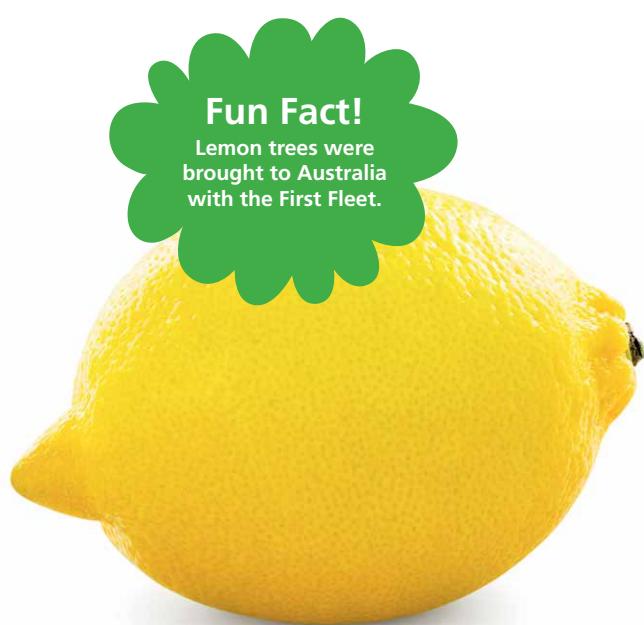
Nutrition bites

Leeks are a good source of vitamin C and provide fibre, folate and vitamin E. The green part of the leek also provides beta-carotene. Leeks also contain the phytochemical allicin.



Fun Fact!

During the time of King Cadwallader, Welsh soldiers famously wore leeks in their hats during battle so they could tell who their allies were!



Fun Fact!

Lemon trees were brought to Australia with the First Fleet.

Lemons

Varieties

Meyer, Eureka and Lisbon.

What do lemons look like?

Lemons are oval shaped with a pointed tip and shiny yellow skin. Inside, the lemon-coloured flesh is divided into segments with thick white pith surrounding it.

What do lemons taste like?

Lemons are rather sour! They have a citrusy flavour and are very acidic. Lemons have a fresh, fruity smell also.

How do I eat a lemon?

Most people don't eat lemons as a fruit – they are just too sour! But lemons are useful – they taste great in salad dressings, as a dressing on fish and seafood and as an ingredient in drinks and desserts. They also stop cut fruit and vegetables going brown and have a type of fibre (pectin) that is useful in setting jam.

Nutrition bites

Lemons are an excellent source of vitamin C, and also contain fibre and small amounts of other vitamins and minerals.



Ll is for...



Lentils

Varieties

Red, green or brown.

What do lentils look like?

Lentils are very small and almost round, when split look lens-shaped (almost like half a sphere) and are mostly dried. Lentils are red, green or brown when they are raw, then the red and brown lentils turn a yellowy brown when cooked, while the green lentils remain green.

What do lentils taste like?

Lentils have a nutty, earthy flavour. Lentils are soft when cooked.



Fun Fact!

Archeologists have found evidence of lentils in a cave in Greece that dates their use as a food as far back as 13,000 to 9,500 BC.

How do I eat lentils?

Lentils are used in dishes from many cultures (such as Indian, Middle Eastern and European). Lentils are an excellent substitute for meat in vegetarian burgers, and are tasty in soups, stews and sauces. Unlike many other legumes, they generally don't need to be soaked before cooking.

Nutrition bites

Lentils are very high in protein, iron and zinc. Lentils also provide isoflavones, a group of phytochemicals and a number of the B group vitamins.

Lychees

Varieties

The most common types grown are Kwai Mai, Tai So, Bengal, Fai Zee Siu, Yai Chee, Gee Kee, No Mai Chee.

What do lychees look like?

Lychees are the size of a small plum. They have tough, pink to red and green skin, which is peeled off before eating. Inside, the flesh is white and pearly, and is almost jelly-like. Lychees have a smooth, shiny, inedible seed in the centre.

What do lychees taste like?

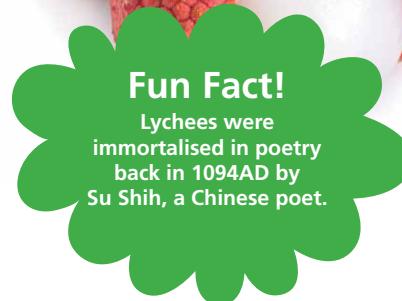
Lychees have a funny texture – they're firm but jelly-like. They are sweet and tart and some say taste a little like honey – delicious!

How do I eat a lychee?

Peel the skin off the lychee, then bite the flesh off the seed. You can also bite the top off, squeeze the fruit into your mouth and spit out the seed. Lychees can be used in fruit salads, stir fries and drinks. You can also buy canned lychees which are yummy when lychees are out of season.

Nutrition bites

Lychees are a good source of vitamin C and fibre.



Fun Fact!

Lychees were immortalised in poetry back in 1094AD by Su Shih, a Chinese poet.



Fun Fact!

Mandarins were very highly regarded in Imperial China – they were named after the officials of the Imperial court.

Mandarins

Varieties

Ellendale, Imperial and Murcott (or Honey Tangarine).

What do mandarins look like?

Mandarins are small, round and bright orange coloured. They have a skin similar to that of an orange but thinner, and inside the flesh is divided into segments covered by white pith.

What do mandarins taste like?

Mandarins are juicy and sweet. They taste citrusy and fresh, and very ripe mandarins taste a little like honey. Sweet!

How do I eat a mandarin?

Peel the skin off a mandarin and eat the sweet segments raw. Mandarins are tasty in salads and fruit salads, or you can use them in cakes or muffins. Marmalade can also be made from mandarins.

Nutrition bites

Mandarins are an excellent source of vitamin C. They also provide fibre.

Mm is for...

Mango

Varieties

Kensington Pride, Bowen Special, Keitt, R2E2, Irwin, Kent and Nam Dok Mai.

What do mangoes look like?

Mangoes are egg or kidney shaped with smooth skin. Mangoes vary in colour from yellowish-green to deep red, and their flesh is peach coloured with a large stone in the middle.

What do mangoes taste like?

Mangoes have a strong, sweet smell, and are very juicy, sweet and rich flavoured – mmm!

How do I eat a mango?

Slice the ‘cheeks’ of a mango, then slice the flesh in a criss-cross pattern, without cutting the skin. Push the flesh outwards and suck the mango out of the skin. Or peel one and eat the whole flesh until you reach the seed. This is messy as mangoes are very juicy! Mangoes are great in salads, fruit salads, curries and desserts. You can also buy canned or dried mangoes.

Nutrition bites

Mangoes are a rich source of vitamin C and beta-carotene. They also provide vitamin E and fibre.

Fun Fact!

In India, it is believed that Buddha used to meditate under a mango tree, making mangoes sacred.



Mushroom

Varieties

Cultivated mushrooms include: Flat, Cup, Button, Shiitake, Swiss Brown, Enoki, Shimeji, and Oyster.

What do mushrooms look like?

Most mushrooms have a domed cap sitting on a stalk. They range from snowy white to dark brown, and have small gills underneath the cups.

What do mushrooms taste like?

Mushrooms have a distinct, earthy and almost meaty taste. They are rich and delicious! They have a firm texture when eaten raw, which softens when cooked.

How do I eat mushrooms?

Mushrooms can be eaten raw in salads or cooked. Mushrooms can be stir fried, steamed or roasted, and they taste great when they are stuffed and baked!

Nutrition bites

Mushrooms are a rich source of B group vitamins including niacin, riboflavin, pantothenic acid, biotin and folate. Although popularly thought to be a good source of vitamin B12 for vegetarians and vegans, this is not true. They also provide fibre.

Fun Fact!

There are more than 250 edible varieties of mushrooms in the world! However, there are many others that are poisonous, so NEVER eat a mushroom from the wild unless you know exactly what type it is!



Nn is for...

Nashi Pear

Varieties

Nijisseiki, Hosui, Ya Li and Kosui.

What do nashi pears look like?

Nashi pears are a round fruit, about the size of a tennis ball, with greenish-yellow, brown or white skin. Nashi pears have white, crisp and very juicy flesh with a small core where the seeds are.



Fun Fact!

'Nashi' is the Japanese word for 'pear'. So a 'nashi pear' is 'pear pear'!

What do nashi pears taste like?

Nashi pears are very sweet and very juicy! They are sourer around the core, but generally very refreshing. Nashi pears are very crisp.

How do I eat a nashi pear?

Bite into a nashi pear like you would an apple or a pear. They are great to eat raw, but also delicious cooked in either savoury or sweet dishes. You can stew or poach them, and they taste great in pies, cakes and muffins. You can also use fresh slices as a dipper for hummus or baba ghannouj.

Nutrition bites

Nashi pears have small amounts of fibre, vitamins and minerals. Nashi pears are mostly water.

Other names

Nashi, Asian pear, Chinese pear, Japanese pear or Taiwanese pear.

Nectarines

Varieties

There are many varieties of nectarines, but they can be classified into yellow or white fleshed. Common varieties include Swanzee, Artic Sweet, Snow Queen, Firebite, Fantasia, August Glo, and Flaming Red.

What do nectarines look like?

Nectarines are a smooth, glossy fruit. They have red and yellow or red and white skins, and are rather pretty looking! Inside, they have firm yellow or white flesh and a stone in the centre, which is not eaten.

What do nectarines taste like?

Nectarines taste sweet, juicy and a bit like a peach. They can be a little more tart, and can range from firm to soft in texture.

How do I eat a nectarine?

Nectarines are a delicious fruit that can be eaten raw or cooked. Munch on a raw nectarine for a sweet snack, or poach, stew, bake or grill nectarines for a tasty dessert. Nectarines go nicely with strawberries, peaches and pineapple in kebabs. Nectarines also make an interesting combination with chicken or other meat.



Fun Fact!

It is not uncommon for a nectarine to grow on a peach tree or a peach to grow on a nectarine tree!

Nutrition bites

Nectarines contain vitamin C and fibre. The yellow varieties also provide some beta-carotene.



Fun Fact!

Okra seeds were roasted and ground to produce a coffee substitute during the American Civil War.

Okra

What do okra look like?

Okra are pale green, thin, pointed vegetables. They are about 5-10cm in length and have ridged sides.

What do okra taste like?

Okra have a very distinct taste, but at the same time can take on the taste of anything it is cooked with. Described as a bit like asparagus, a bit like eggplant and a bit like zucchini flowers.

How do I eat okra?

Okra can be steamed and eaten as a vegetable, or used in soups, stews and casseroles. Okra turns thick and syrupy when cooked, so it is also useful as a thickener for wet dishes.

Nutrition bites

Okra is full of fibre, and also contains vitamin C and folate.

Other names

Lady's finger, bhinda or gumbo.

Oo is for...

Onions

Varieties

In Australia, onions are not sold by variety but by colour, size or sweetness – red (Spanish), white, brown, yellow, pickling.

What do onions look like?

Onions can be purple, yellow, white or brown in colour and range in size from the size of a squash ball to the size of a tennis ball. Onions look like a bulb, with layers of slippery and papery skin on the outside. Inside, onions have a series of crisp fleshy layers.

What do onions taste like?

When eaten raw, onions can have a hot flavour, but once cooked they become sweeter.

How do I eat an onion?

Onions can be eaten raw in salads or cooked in many dishes. Onions can be fried, baked or grilled, or included in dishes like spaghetti bolognese, stir fries or fillings for pies. Small pickled onions can also make a tasty snack or can be used on a cheese platter.

Nutrition bites

Onions have small amounts of many vitamins and minerals, and are rich in allicin.



Fun Fact!

To prevent crying when cutting onions, put the onions in the freezer for 10 minutes or the fridge for one hour first.



Orange

Varieties

Valencia, Navel, Seville and Blood Oranges.

What do oranges look like?

Oranges are round – about the size of a tennis ball – with glossy, orange, dimpled skin. Inside, orange flesh is divided into segments covered by white pith. The seeds are in the centre of each segment. Blood oranges have rich red flesh.

What do oranges taste like?

Oranges are sweet and juicy, with a fruity citrus smell and taste.

How do I eat an orange?

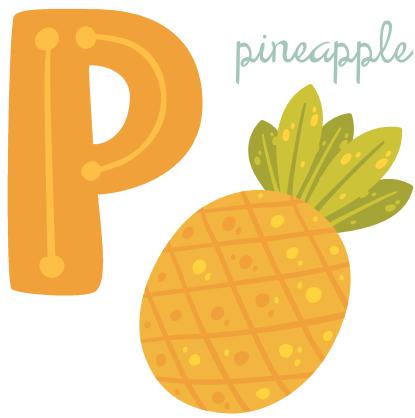
There are many ways to enjoy oranges. Peel the skin off an orange into a snake, slice one into quarters and munch out the flesh, or just use your fingers to peel back the skin. Oranges can be used in salads and fruit salads, frozen to make an icy treat or in cakes, muffins and biscuits. Oranges also make a tasty dessert when sliced and grilled with a little brown sugar!

Nutrition bites

Oranges are an excellent source of vitamin C. They are a good source of fibre and bioflavonoids (antioxidants). They also provide some folate, calcium, potassium and beta-carotene.

Fun Fact!

A green tinge on the skin of an orange does not mean it is not ripe. The green colour comes from chlorophyll which is used by the plant to protect the fruit from the heat of the sun.



Pp is for...

Pawpaw

Varieties

Hawaiian Solo, NT Red, yellow.

What do pawpaws and papayas look like?

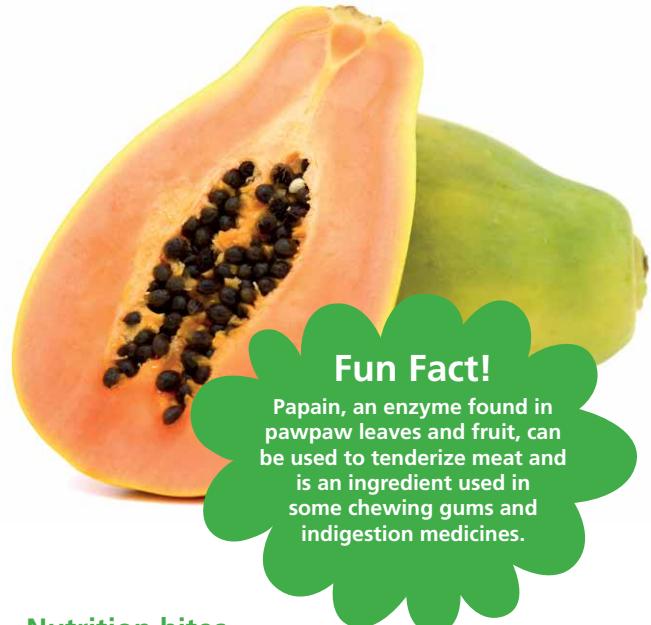
The yellow pawpaw is round and tends to have a pale orange skin. The red papaya is pear shaped and has bright orange/red coloured flesh with yellow or green coloured skin. Both contain many small, round, slimy black seeds in the centre.

What do pawpaws and papayas taste like?

Pawpaws and papayas have a sweet, tropical and tangy taste. Some people think they taste like a cross between a melon and a peach, others say a cross between a banana and a mango. Papaya tends to be sweeter than pawpaw.

How do I eat pawpaw and papaya?

Pawpaws and papayas can be sliced and eaten raw (remove the skin and seeds first). They taste great with a squeeze of lemon or lime juice. Add pawpaw and papaya to fruit salads or desserts – try rolling chunks of pawpaw or papaya in orange juice and shredded coconut.



Fun Fact!

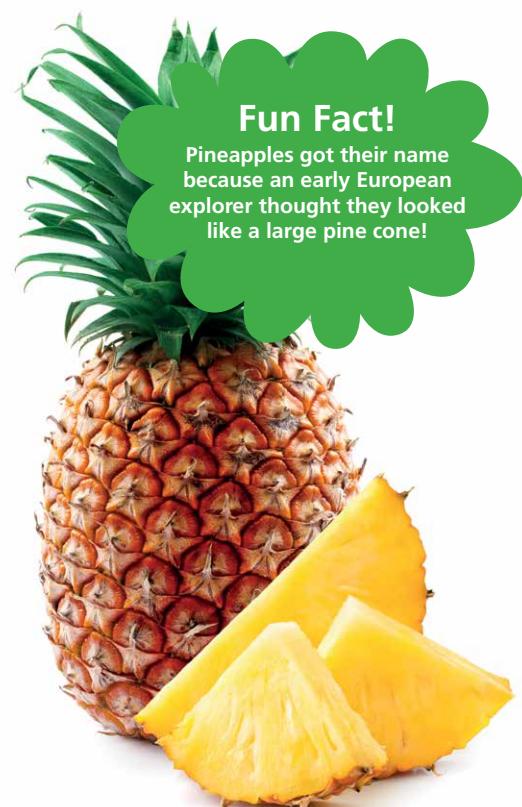
Papain, an enzyme found in pawpaw leaves and fruit, can be used to tenderize meat and is an ingredient used in some chewing gums and indigestion medicines.

Nutrition bites

Pawpaw and papaya have high levels of vitamins C, beta-carotene and fibre.

Other names

Tree melon.



Fun Fact!

Pineapples got their name because an early European explorer thought they looked like a large pine cone!

Pineapple

Varieties

Rough leaf or smooth leaf.

What do pineapples look like?

Pineapples are like large cylinders, with tough, yellow and green diamond shaped scales and sharp, pointy leaves at the top. Pineapples have yellow flesh inside, with a hard yellow core in the centre.

What do pineapples taste like?

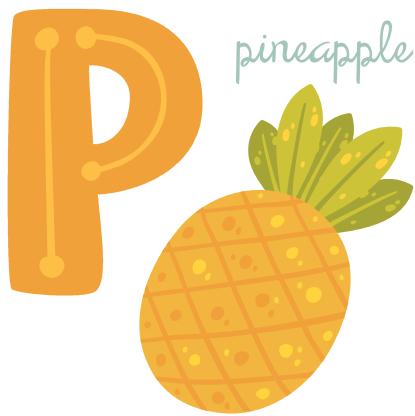
Pineapples are very juicy and have a tangy, sweet flavour that is very tropical. Pineapples are quite fibrous to eat. Yummy!

How do I eat a pineapple?

Pineapples can be cut into slices, the skin removed and eaten fresh for a tropical treat. Pineapple segments can be frozen for hot days or you can get canned or dried pineapple. Pineapple is delicious in salads and fruit salads, and can be grilled or fried, or used in stir fries and sweet and sour dishes. Pineapple can also be added to cakes, muffins, pies and other desserts.

Nutrition bites

Pineapples have lots of vitamin C and fibre. Pineapples also contain small amounts of other vitamins and minerals.



Pp is for...

Potato

Varieties

The most common varieties sold in Australia are Sebago, Pontiac, Desiree, Pink Fir Apple, Kipfler, Pink Eye, Russet Burbank, Spunta, and Nicola. Other varieties that may be seen at the greengrocer include Bintje, King Edward, Jersey Royal, Ratte, Purple Congo and Nadine.

What do potatoes look like?

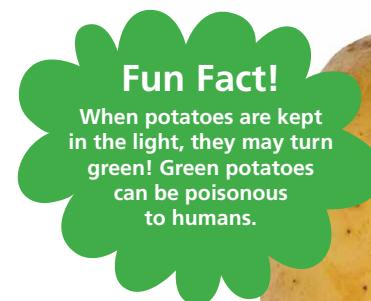
Potatoes vary in size, from around the size of a ping pong ball to larger than oranges. They also vary in shape and texture. Some are round, others are oval shaped or long and thin, some are gnarly and others are smooth as river stones. The colour of a potato can be white, brown, purple or pink, and they can be washed or unwashed (with dirt on). Inside, potatoes are creamy-white and starchy.

What do potatoes taste like?

Potatoes must be cooked, and different varieties have different textures, from soft (and good for mashing) to firm. Potatoes have a creamy flavour and take on the taste of other seasonings cooked with them.

How do I eat a potato?

Potatoes can be boiled, steamed, baked, grilled,



microwaved or barbecued. You can peel potatoes with a vegetable peeler, or potatoes with smooth skins can be eaten unpeeled. Try grilling slices of potato with a little oil and herbs – delicious!



Nutrition bites

Potatoes are a good source of carbohydrates, vitamin C and fibre as well as smaller amounts of other vitamins and minerals.

Other names

Spud, chat, tater, or Irish potato.

Pumpkin

Varieties

Queensland Blue, Jap, Butternut, Sweet Dumpling, and Golden Nugget.

What does pumpkin look like?

There are many different shaped, sized and coloured pumpkins. Many pumpkins are round but flat, with ribs running up and down. There are also round, oblong or oval shaped pumpkins. They can be as small as a tennis ball or larger than a soccer ball. They can have smooth or warty skin, and can be grey, orange or green and spotty. The flesh is usually yellow to orange, with a mass of flat seeds in the centre.

What does pumpkin taste like?

Pumpkins are usually served cooked, and are sweet and soft to eat. You can also eat the dried seeds (also known as pepitas).

How do I eat pumpkin?

You don't usually eat the skin of pumpkins, so remove before or after cooking. Pumpkins can be baked, boiled, mashed, grilled, microwaved or barbecued. They can also be used in cakes, breads and scones, and make



a delicious pie. Try slicing the top off a small pumpkin, scooping out the seeds and filling with rice, mince or vegetables and seasonings. Then bake – delicious!

Nutrition bites

Pumpkins are a good source of fibre, vitamins C, potassium and beta-carotene. They also contain some iron.



Qq is for...



Quandong

What do quandongs look like?

Quandongs are native to Australia. They are small, round, bright cherry red fruits with white or cream flesh. Inside, they have a large, pitted stone that is inedible.

What do quandongs taste like?

Quandongs have a sweet, mild but tart flavour. Some people say they taste like a cross between a peach and an apricot. Quandongs are fleshy in texture.

How do I eat a quandong?

Quandongs can be eaten raw, straight off the tree. Just eat the flesh from around the stone. You can also get dried quandongs from bush tucker suppliers. Quandongs can also be used in sauces for meats, in fruit compotes or as jam. The large seed inside the quandong can be roasted and eaten like a nut.

Nutrition bites

Quandongs contain vitamin C and some iron.

Other names

Wild peach, native peach or desert peach.

Quince

What do quinces look like?

Quinces are hard, yellow fruits covered in a soft, light brown fur. Quinces are pear shaped. Inside, they have creamy coloured flesh which is hard and quite grainy. Once cooked, the flesh turns pink.

What do quinces taste like?

Quinces are usually eaten cooked. When cooked, quince tastes sweet and a little tart, and has a smooth texture. Some people say quince tastes like a cross between an apple and a pear.

How do I eat a quince?

Quinces can be stewed, slow baked or made into jams or jellies. Stewed quince and custard is a delicious dessert, or you can add quince to pies, cakes or muffins. Cooked quince and quince paste also goes very well with cooked meats, on cheese platters or fresh bread.

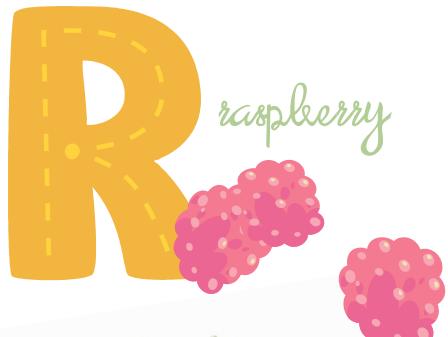
Nutrition bites

Quinces are high in fibre and vitamin C, and contain small amounts of other vitamins and minerals.



Fun Fact!

The quince was used by the ancient Greeks in their marriage ceremonies.



Fun Fact!

The slaves working on the great pyramids in ancient Egypt were paid in radishes, onion and garlic.

Radish

Varieties

There are many varieties of radishes found in Australia that vary in shape and colour. Globe varieties are usually red and include Red Prince, Scarlet Knight and Fireball. Mars varieties are an oval-shaped radish. Oblong varieties include Red Baron (red), French Breakfast (red with a white tip), Inca (red), and White Icicle (white). There are also long white radishes such as the Daikon radish. It is also possible to get a black skinned variety!

What do radishes look like?

Radishes can vary in their shape and skin colour but generally have white flesh and a green, leafy stem at the top.

What do radishes taste like?

Radishes are crisp and peppery.

How do I eat a radish?

Radishes are usually eaten raw, and add a great peppery crunch to salads. To reduce the hotness, radishes can be peeled. Radishes can be steamed or boiled and are also tasty when made into dips.

Nutrition bites

Radishes contain vitamin C, fibre and small amounts of other vitamins and minerals including folate, riboflavin, calcium and potassium. The white radish contains more fibre than the red variety.

Rr is for...

Rambutan

What do rambutans look like?

Rambutans are about the size of a small plum, and can be round to oval shaped. They are bright red or orange with soft, 'hairy' spines all over. Inside, they have pearly white, juicy flesh and a seed in the centre.

What do rambutans taste like?

Juicy, sweet and slightly tart tasting with a flavour similar to a grape. Rambutans are very refreshing.

How do I eat a rambutan?

Slice through the skin only then pop the flesh of a rambutan into your mouth. Make sure you spit out the seed! Rambutans look beautiful on a fruit platter or in salads. They also go well with pork, chicken or fish dishes, but are best eaten fresh.

Nutrition bites

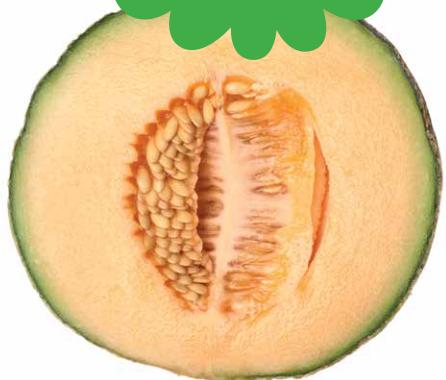
Rambutans are an excellent source of vitamin C and also provide some fibre.

Other names

Hairy lychee.

Fun Fact!

Rockmelons come from the same family as pumpkins, cucumbers and zucchinis.



Rockmelon

What do rockmelons look like?

Rockmelons are round to oval shaped fruit with pale brown skin that appears to have netting or scales over it. Inside, the flesh is peach coloured and very juicy with flat, oval shaped seeds in the centre.

What does rockmelon taste like?

Rockmelons are very sweet and juicy, and have a musky aroma and flavour.

How do I eat rockmelon?

Slice a rockmelon open, scoop out the seeds and eat the flesh from the skin. You can also freeze small chunks of rockmelon as an icy snack for a hot day. Rockmelons are best when eaten raw, so try in a fruit salad, with cold chicken or seafood or in cold desserts.

Nutrition bites

Rockmelons are an excellent source of vitamin C and provide beta-carotene.

Other names

Cantaloupe.





Ss is for...

Snow Peas

What do snow peas look like?

Snow peas are glossy green, flat peas sold and eaten in their pods. Inside the pod lie small, unripe peas.



What do snow peas taste like?

Snow peas are sweet, crisp and crunchy vegetables. They can also be eaten cooked – cooked snow peas are soft and sweet.

How do I eat snow peas?

Snow peas can be washed and eaten raw, used in salads, stir fried, boiled or steamed. They taste great when stir fried in a little oil with some chilli!

Nutrition bites

Snow peas are an excellent source of vitamin C and also provide fibre, some iron, protein and potassium.

Fun Fact!

Snow peas have been specially bred so that the fibre in the pod only goes one way – this makes the pod easy to eat.



Starfruit

What do starfruit look like?

Starfruit have yellow-green skin that is very glossy and is shaped like a five-pointed star. Inside, starfruit have yellow flesh and small white seeds in the centre.

What does starfruit taste like?

Starfruit are sweet and tart and it has been said they taste like a cross between apples, pears and grapes. They have a crisp texture.

How do I eat a starfruit?

Starfruit should be eaten raw. Slice across the fruit to create star-shaped pieces and eat. Starfruit look beautiful in fruit salads and on fruit platters.

Nutrition bites

Starfruit is an excellent source of vitamin C and provides some fibre.

Other names

Carambola or five corner fruit.



Tt is for...



Tamarillo

What do tamarillos look like?

Tamarillos are egg sized and shaped with shiny and smooth purple, red, yellow or orange skin. Inside, the flesh is yellow or orange with masses of tiny black to red edible seeds attached to a core.

What do tamarillos taste like?

Tamarillos taste like a tangy and sweet tomato – they have a similar texture to a tomato too.

Fun Fact!

It is believed that tamarillos were eaten by the ancient Incas.

How do I eat a tamarillo?

Slice a tamarillo open and scoop out the flesh and seeds. Or you can gently squeeze a tamarillo until it is very soft, then bite off the top and squeeze the pulp and seeds into your mouth. Tamarillos are tasty in salads and fruit salads, or they can be blended and added to curries and stews. Tamarillos can also be made into jam or chutney or stewed.

Nutrition bites

Tamarillos are high in fibre and vitamin C and are a good source of beta-carotene.

Other names

Tree tomato

Turnip

Varieties

Yellow or white.

What do turnips look like?

Turnips are cylindrical with a pointed, tapered bottom and green leafy stalks at the top. They can either be yellow or white tinged with purple, and have a rough, dull skin. Inside, turnips have creamy or yellow flesh.

What do turnips taste like?

Turnips are starchy and sweet and taste similar to kholrabi. Turnips are generally eaten cooked, which makes them soft.

How do I eat a turnip?

Turnips need to be peeled, then they can be boiled, mashed, steamed, stir fried, microwaved or baked. Turnip greens (the stalks above the turnip) can also be steamed, stir fried or used in salads.



Fun Fact!

The first Halloween jack-o'-lantern was made from a turnip, not a pumpkin!

Nutrition bites

The turnip is a good source of vitamin C and also provides some fibre. It has smaller amounts of other vitamins and minerals. Turnips are also good sources of indoles, a phytochemical.



Tt is for...



Tomato

Varieties

Common, Roma, cherry, grape and egg.

What do tomatoes look like?

Common tomatoes are apple sized and round with glossy, bright red skin. Cherry tomatoes are cherry sized and bright red, grape tomatoes are about the size and shape of a grape and Roma and egg tomatoes are egg shaped. Inside, tomatoes have soft flesh and moist edible seeds. You can also buy pink and yellow-fleshed tomatoes.

What do tomatoes taste like?

Grape and cherry tomatoes are sweet and bite sized, while the larger tomatoes are juicy and fresh tasting. The riper the tomato is, the sweeter it tastes, while less ripe tomatoes can be acidic and sour.

Fun Fact!

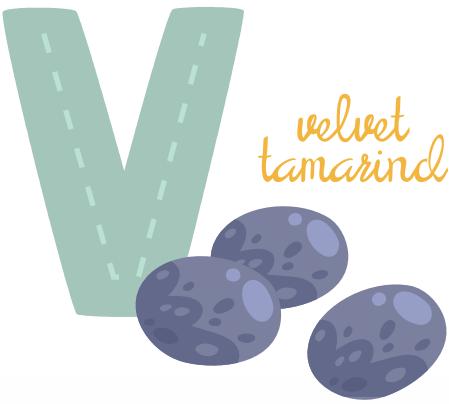
Tomatoes originated in South America and when they were first brought to Europe many people thought they were poisonous!

How do I eat a tomato?

Pop a couple of cherry or grape tomatoes in your mouth for a healthy snack. Tomatoes are great raw in salads and sandwiches, or can be baked, stuffed or grilled. You can also buy canned tomatoes that are useful for pasta sauces. Tomatoes can be made into sauce, chutneys, pickles or juiced. Sun dried tomatoes are a delicious addition to cheese platters, sandwiches or pasta dishes.

Nutrition bites

Tomatoes are a great source of vitamins C, beta-carotene and lycopene. Tomatoes also contain fibre.



Vv is for...



Vine Leaves

What do vine leaves look like?

Vine leaves are the new spring growth of a grape vine. They are tender, new green leaves that are almost round with a jagged edge. When cooked, they go a black-green colour.

What do vine leaves taste like?

Vine leaves take on the flavour of the food that they are wrapped around. Tender young leaves are easy to eat, but they get tougher as they age.

How do I eat vine leaves?

Vine leaves are usually used to wrap other foods (such as rice and meat or fruit) in. They can be purchased preserved and ready to use. You can also pick your own (young leaves) or buy fresh in summer or autumn. Fresh vine leaves are blanched before being used.

Nutrition bites

Vine leaves provide fibre and small amounts of some vitamins and minerals such as calcium and vitamin A.



Ww is for...

Watermelon

Varieties

Red Tiger, Viking, All Sweet, Sugar Baby and Champagne.

What does watermelon look like?

Watermelons vary in size, but are generally cylindrical or spherical shaped. They have pale and dark green-flecked skin, and inside have a white rind and crisp bright pink flesh (except for the champagne melon – it has yellow flesh). Many watermelons have small, dark brown seeds, but there are also seedless varieties available.

What does watermelon taste like?

Watermelons are very juicy, sweet and refreshing.

How do I eat watermelon?

Slice up some watermelon and chomp into a slice! Watermelons do not cook well, but can be used in frozen desserts or drinks, such as granitas or sorbets. They are a delicious addition to fruit salads or platters, and melon balls are a fun way of eating watermelon (maybe combine pink watermelon, orange rockmelon and green honeydew to make a colourful melon ball salad).

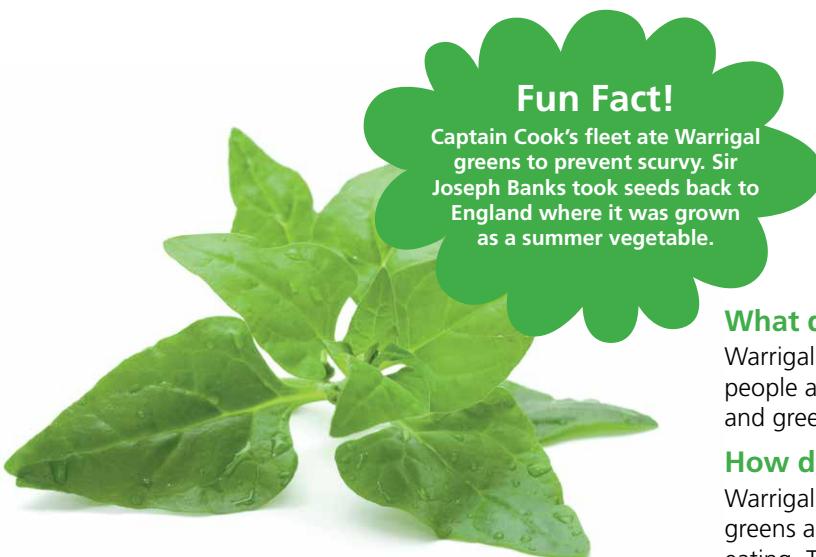
Nutrition bites

Watermelon is a good source of vitamin C. They also provide fibre and lycopene, a phytochemical. The darker the flesh, the more lycopene they contain. Watermelons are mostly water – around 90%.



Fun Fact!

In Chinchilla, Queensland, a watermelon festival is held in February every second year. Events held at the festival include watermelon skiing, watermelon bungee and pip spitting!



Fun Fact!

Captain Cook's fleet ate Warrigal greens to prevent scurvy. Sir Joseph Banks took seeds back to England where it was grown as a summer vegetable.

What do Warrigal greens taste like?

Warrigal greens have a taste similar to spinach, but some people also say they taste like a cross between silverbeet and green beans.

How do I eat Warrigal greens?

Warrigal greens can be used wherever spinach or Asian greens are used. They do need to be blanched before eating. Then try them in stir fries, salads, pastries or in pasta sauces.

Nutrition bites

Warrigal greens provide vitamin C and fibre.

Other names

Botany Bay spinach, Sea spinach, or New Zealand spinach.

Warrigal Greens

What do Warrigal greens look like?

Warrigal greens are native to Australia and New Zealand. Warrigal greens have green oval to diamond shaped leaves that are about 10cm long.



Ww is for...



Water Chestnut

What do water chestnuts look like?

Although there are four major types of water chestnut, the main one found in Australia is the Chinese water chestnut. The Chinese water chestnut is a small, dark brown, bulb-shaped vegetable. Inside, it has a crisp, white flesh. In Australia, water chestnuts are usually sold canned, either whole or sliced, without their skins.

What do water chestnuts taste like?

Water chestnuts are very crisp and crunchy and have a sweet, mild flavour.

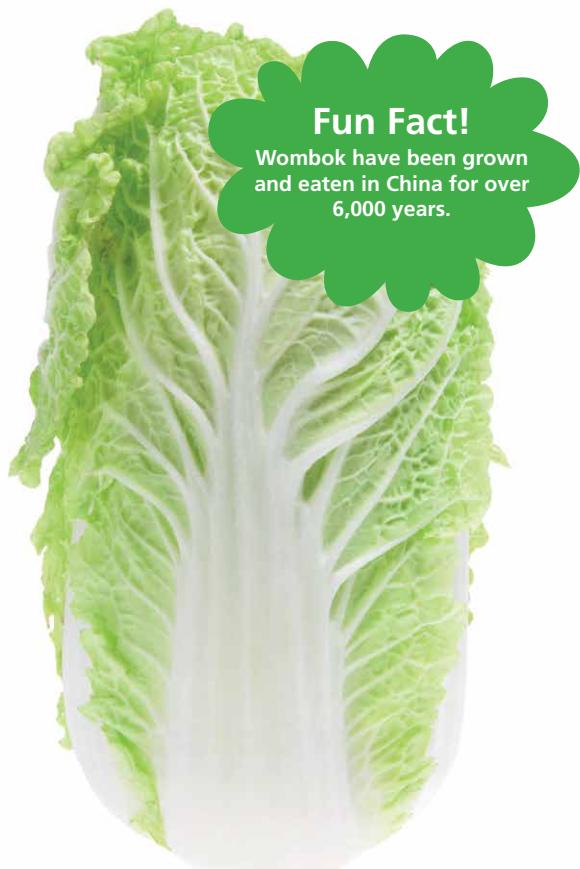


How do I eat water chestnuts?

Water chestnuts can be eaten raw and in salads, or they add a delicious crunch to stir fries, soups, casseroles and curries. If you have fresh water chestnuts, they must be peeled first.

Nutrition bites

Water chestnuts provide carbohydrate, fibre, vitamin C and potassium.



Fun Fact!

Wombok have been grown and eaten in China for over 6,000 years.

Wombok

What does wombok look like?

Womboks look like large, cylindrical cabbages. They have white, thick, crisp blades in the centre of each leaf, and pale green frilled leaves with white, juicy ribs.

What does wombok taste like?

Womboks are like sweet cabbage but without the sulphur smell and taste cabbage has. The blades have a peppery taste and the ribs are sweet and juicy.

How do I eat wombok?

Womboks can be used in many ways. Raw, they can be used in salads, rice paper rolls or San Choy Bau, or they can be stir fried, steamed, boiled, braised, pickled or wrapped around other foods. Wash the leaves, remove the hard core and slice thinly or use whole for San Choy Bau.

Nutrition bites

Wombok is a good source of vitamin C and folate.

Other names

Napa cabbage or Chinese cabbage.



Yy is for...



Fun Fact!

Native yams are found by looking for the vegetation, then digging to a depth of about a foot to find the tubers.

Yams

Varieties

There are types of yams native to Africa, South East Asia, America, New Zealand and Australia. The Australian native yam is found in various parts of Australia.

What do yams look like?

Native yams are long, cylindrical tubers. They are creamy white on the inside, and dirty grey-brown on the outside.

What do yams taste like?

Native yams are said to have a similar flavour to sweet potato but a creamier texture.

How do I eat a yam?

These yams can be eaten either raw or roasted. They can be seasoned with herbs or spices.

Nutrition bites

Yams provide carbohydrate, fibre, potassium, some vitamin C and small amounts of other vitamins and minerals.



Zz is for...



Fun Fact!

The bright yellow flowers of the zucchini can be eaten. They are delicious stuffed with ricotta cheese and seasonings and baked!

Zucchini

Varieties

Green and yellow.

What do zucchinis look like?

Zucchinis are long, cylindrical, sausage shaped vegetables. They vary in colour from grey green to dark green (nearly black) and yellow. They often have speckled skin. Inside, the flesh is white with many tiny, edible seeds.

What do zucchinis taste like?

Zucchinis are soft and moist and have a fresh taste.

How do I eat a zucchini?

Zucchinis are usually eaten cooked, except when they are used in coleslaw. They can be boiled, steamed, stir fried, grilled, barbecued or stuffed. Zucchinis can also be grated for a tasty addition to muffins, cakes and scones.

Nutrition bites

Zucchinis have good levels of vitamin C and fibre and small amounts of other vitamins and minerals.

Other names

Courgette or squash.