

HEAL Foods to look out for in

# SPRING.



Eating fresh food in season is the easiest way to look after your health. Keep your eye out for these superhero fruit and veg next time you are stocking up the pantry.

## FRUIT

- Apple
- Asparagus
- Avocado
- Banana
- Blueberries (from November onwards)
- Cantaloupe
- Cherry
- Cumquat
- Grapefruit
- Honeydew
- Lemon
- Lime
- Loquat
- Lychee
- Mandarin
- Mango
- Mulberries
- Orange
- Papaya
- Pepino
- Pineapple
- Rhubarb
- Strawberries
- Starfruit
- Tangelo
- Watermelon

## VEGETABLES

- Artichoke
- Asian greens
- Avocado
- Beans
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Choko
- Corn
- Daikon
- Eggplant
- Fennel
- Leek
- Lettuce
- Mushrooms
- Okra
- Onion
- Parsnip
- Peas
- Potato
- Pumpkin
- Radish
- Shallot
- Silver beet
- Spinach
- Spring onion
- Squash
- Swede
- Sweet potato
- Tomato
- Turnip
- Watercress
- Witolf
- Zucchini

## HERBS & SPICES

- Basil
- Chervil
- Chilli
- Chives
- Coriander
- Dill
- Garlic
- Ginger
- Kaffir leaves
- Lemongrass
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme

Turn me over to see places where you can access HEAL Foods in Cardinia and surrounds.

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**Accessing fresh and healthy food locally and in season is easy if you know where to go.**



## **FARMERS MARKETS**

### **Officer Farmers Market**

16 Tivendale Rd, Officer  
Fourth Saturday of every month  
9am to 1pm

### **Berwick Farmers Market**

34 Homestead Rd,  
Berwick VIC 3806  
Every second Saturday  
8am to 12:30pm

## **COMMUNITY GARDENS**

### **Hills Community Garden**

73 Healesville - Koo Wee Rup Rd,  
Cockatoo VIC 3781  
5968 7000

### **Garfield Community Garden**

Garfield Recreation Reserve,  
16 Beswick St, Garfield VIC 3814  
0466 496 107

### **Pakenham Community Garden**

5B Henry St,  
Pakenham VIC 3810  
5941 2389

### **Koo Wee Rup Community Garden**

Rossiter Road,  
Koo Wee Rup VIC 3983  
5997 9687

### **Lang Lang Community Gardens**

Whitstable St,  
Lang Lang VIC 3984  
5997 5704

## **GREEN GROCERS**

### **Pakenham Fruit and Veg Market**

Unit 35/33-37 Bald Hill Rd,  
Pakenham VIC 3810  
0420 688 853

### **GreenSoul Organics**

2/46-50 Old Princes Highway,  
Beaconsfield VIC 3807  
9796 1650

### **Garfield Fresh Harvest**

2895 Princes Hwy,  
Garfield VIC 3814  
5629 2027

### **Emerald Fruit Barn**

5-7 Kilvington Dr,  
Emerald VIC 3782  
5968 5544

### **The Australian Green Growers**

574 Woori Yallock Rd  
Cockatoo 3781  
0417 637 375

### **Sherwood Park Orchard**

3165 Princes Hwy,  
Bunyip VIC 3815  
5629 5139

### **Peppermint Ridge Farm**

540 Tynong N Rd,  
Tynong North VIC 3813  
5942 8580

### **Hardings Orchard Pty Ltd**

485 Toomuc Valley Rd,  
Pakenham VIC 3810  
5942 7326

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