

Welcome to the first week of Fruit and Veg Month

Get your hands dirty this August!

- Now is the time to plant snow pea seeds and seed potatoes!
- Try planting snow pea seeds in small pots, old egg cartons or tomato punnets until they sprout, when you can then transfer them to the garden or a larger bed.
- Talk to your local farmer's market stall holders or vegetable outlet about which potatoes would best suit your needs and for help on planting and growing. Kennebec, Pink Eye, Dutch Cream, Bintje and King Edward are all delicious and popular varieties.



Brussels have sprouted!

Brussels sprouts are grown in northern Tasmania, and are available from March until September. These little balls of nutritional goodness are part of the brassica family and are high in Vitamin C, Vitamin K, potassium and folate.

Store your Brussels sprouts in a bag in the fridge and eat within 3 days.

For even cooking, cut a cross in the stem and steam, boil, roast or microwave til tender. Try not to overcook them or else they will develop an unpleasant flavour and turn a dull green! Brussels sprouts can also be

grated fresh for use in salads, patties, dumplings and stir fries.

Roasted Brussels Sprout Salad with Soft Boiled Egg and Walnuts

- 6 Brussels sprouts
- 2 Eggs
- ½ cup walnuts
- 1 Tbspn Olive Oil
- Cup of fresh Rocket
- 1 clove Garlic, crushed

Heat oven to 180°C. Halve Brussels sprouts lengthways and coat in olive oil and garlic. Place into an oven proof dish and roast for 15 minutes, mixing occasionally. Add walnuts for last 5 minutes on a separate tray to roast.

Soft boil eggs by cooking for 4-6 minutes in a saucepan of boiling water. When Brussels sprouts are roasted but still a bit crunchy, add to a bowl and toss together with walnuts and rocket.

Serve with boiled eggs broken open on top with salt and cracked pepper to taste. Enjoy for breakfast, as a light salad or as a side dish!

