

FRUITFUL NEWS from FRUIT & VEGIES ON THE MOVE January, 2009



Hi

Hope you and your family had a lovely Christmas and exciting New Year. Keep working on those resolutions too. The only one we made was to have the best year ever. We are so looking forward to having fresh fruit & vegies again. I refuse to shop at the supermarket.

What's in the Box

It's been a very disappointing season for mangoes this year. They have been in very short supply, quite expensive and not the best quality. Peaches and nectarines have been lovely and grapes should be in full swing soon. No zucchinis this week, someone left them in the ground too long and they were the size of watermelons! Sweet corn really is sweet and juicy at the moment.



Fruit and Vegies Explosion

We have decided to expand our business to cover all of the Gold Coast. You may have met Steve our Vegie Driver and Louise will now be joining me in the office to help too. We should be able to cover from Mudgeeraba to Ormeau within the next month.



How We can Help Each Other

If you are enjoying our service, chances are your neighbours will too. For every referral we receive from you we will give you a half price box. 2 referrals = FREE BOX! There is no limit to how many half price boxes you can receive. Just remember to tell them to mention your name when placing their order.

What are you waiting for? How great will half price fruit & vegies taste?!

Thanks to Marcus from Mind, Body and Soul Personal Training for the following info and recipe.

TIPS FOR CONSISTENTLY GOOD EATING HABITS

1. Maintain food variety, there are many different colours of fruits and vegetables try and vary these when ever possible.
2. Go light on fats and oils, although our bodies need some fats and oils keep them to a minimum where possible. Low fat means less chance of health problems like heart disease diabetes and some cancers.
3. Don't be scared of CARBS, grain foods, fruit and vegetables are all fantastic carbohydrates which are our bodies preferred source for energy.
4. Cool Fluids, sweating is the way the body releases heat from the body so we need to replace all lost fluids. Water is the preferred source of fluids and we need to drink approximately 1 litre per 25 kilograms of body weight plus an extra litre per hour of exercise.

Whether you are going for gold or just want to be in the best shape of your life you need to be eating the correct foods. Good eating and exercise are the two major keys in achieving this success, the choices we make at each meal time is critical to your health and weight loss or gain plans. While there is no perfect eating plan some are much better than others. There are some common foods that help you to be well fueled for each training session and also give us energy for day to day tasks. Below is a sample of some fantastic healthy meals that my family enjoys and hopefully yours will to.

Rice, Pork & Mango Salad

Ingredients

500 grams pork fillets, trimmed
1 teaspoon minced ginger
2 tablespoons hoi sin sauce
400 gram can of mango slices
1 Lebanese cucumber
2 cups cooked long grain rice
1 small red capsicum, sliced
125 ml lemon juice
2 tablespoons of honey
1 teaspoon chopped fresh chili
300 grams of mixed salad greens
Spray of canola or olive oil

Method

Cut the pork into strips. Spray a nonstick wok or frying pan with oil and heat. Stir fry the pork in two batches for 3 minutes each. Add ginger and hoi sin sauce to the pork and mix, drain the mangoes and keep a third of the juice. Cut the cucumber in half lengthways then into slices and combine with the rice and capsicum. In a small bowl mix mango juice, lemon juice, honey and chili then pour over the rice salad. Toss together and gently stir the mango slices and pork through the rice. Serve on the mixed salad

TIP- if mango is in season it may be used then replace the mango juice with fresh orange juice.

Serves 4

Calories per serve 520

Carbs 71 g

Protein 39 g

Fat 9 g

Thought for the month:

"You can conquer almost any fear if you will make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind." Dale Carnegie 1888-1955, Speaker and Author

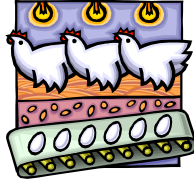
To Make Your Life even Easier, we also Deliver:

Farm Fresh Eggs

Large	\$3.90
Extra Large and	\$4.30
Free Range	\$5.00

Freshly Roasted Coffee from the Coffee Roaster 250gms \$9.00

Fresh Herbs basil, coriander etc bunch from \$2.20



Are You Looking for More Customers for Your Business?

Word of mouth marketing is the best way to attract new customers to your business. Most of us would prefer to be referred to a reputable business than take our chances on Google or Yellow Pages.

BNI is an international organisation that teaches networking and using word of mouth marketing to its best advantage.

If you would like to see how it works and how it could benefit your business, ring me or email me and I will give you the details.

We are currently looking for tradesmen, a cleaner and a florist.

How is Your Financial Health?

Do you have plan for your future?

We can show you how to create wealth over a ten year time frame by investing in property. Not get rich quick but get rich slow and steady.

Now is a fantastic time to be investing! Property prices are stable and interest rates are low.

Next Workshop is 31/01/09 at Burleigh Heads.

For more info you can ring on 5522 7400 or email at arlene.dowdell@tic.com.au

If you fail to plan, you plan to fail



Home Delivery Meat

We have been having our meat delivered from Southern Cross Organic Butchery for over a year now. We had the best ham ever over Christmas

Their website is www.southerncrossbutchery.com.au or you can ring them on 02 6672 1064

I think that covers everything now, groceries, milk, meat and of course, fruit & vegies all delivered to my door!

If you're not happy—tell us

If you are happy—tell everyone!

OUR PROMISE TO YOU

Our Fruit & Vegies are SO GOOD that we offer a
110% MONEY BACK GUARANTEE

If you are not completely satisfied with our produce, just let us know and we will either replace the item or provide you with a full refund plus 10%.

