

# FRUITFUL NEWS from FRUIT & VEGIES ON THE MOVE May, 2010



Hi

It has certainly been a week of wild and beautiful weather, as the flooding rain was confined to the Gold Coast it shouldn't have any effect on produce, there's not much grown here. It is now only 6 weeks until our next public holiday and 8 weeks until school holidays, time flies when you're having fun. We have just finished all our children's birthdays in April, with our youngest now 20 years old - we are now a teenage free zone! Yippee!

## What's in the Box?

As we head into the winter months there are less varieties of fruit around: we always have apples, bananas and oranges, and mandarins are just coming into their own with strawberries coming into season July/August. Lots of delicious vegies to make up for it though, hope you enjoyed the squash this week. I used some in a stir fry and it not only tasted great but looked colourful too. We are looking forward to some silverbeet too and brussels sprouts for the person who likes them, I'm sure there are one or two of you! (The only vegie we don't eat)



## Housekeeping

If you would like to receive an email list of the varieties we are planning on having each week please let us know and we will add you to the list. All you need do then is reply to us deleting the varieties you don't want that week and letting us know any extras you would like instead. We are not technological enough to process who is weekly and who is fortnightly so it comes out to everyone each week. We call it our 'choices' email.

Our mission is to get your box just right for you and your family so we are happy to make changes but we do need to have two days notice to be able to do this. Your box is packed especially for you and this takes us time to organise. You can ring (answering machine is always on), fax or email.

Our boxes are constantly recycled so please leave your clean box out for collection each delivery. Lost or damaged boxes can be purchased for \$5.00 each.

## Healthy Inside and Out

I know we are all trying to get fit and be active so here are some tips on fitness nutrition to help you:

### **Eat Regularly - graze**

Eat every three hours or so to boost your metabolism and control your appetite

### **Focus on Proteins**

Women should have one serving of protein every few hours, men should get two. A serving equals the size of the palm of your hand or 90 to 115 gms, this will help control your appetite and blood sugar levels which help you maintain lean muscle

### **Only have starchy carbs after you exercise**

Up to 2 to 3 hours after then back to fruit, veggies & nuts to help with weight loss and gaining lean muscle

### **Include Fruit & Veggies with each meal**

Aim for 8 to 10 servings a day, 2 servings with each meal – easy!

### **Have healthy Fats**

A balanced intake includes healthy fats like flaxseeds & flax oil, fish & fish oil, hemp & hemp oil, olive oil, canola oil and walnuts. One tablespoon of oil or two tablespoons of seeds is enough; this will help balance your health and hormones.

### **Keep Drinks Simple**

Tea (especially green tea) and water are ideal for promoting hydration. No sugar, calories or chemicals that diet drinks have

### **Eat Unprocessed Foods**

You will usually find, the closer a food is to its natural state, the better it is for you. Avoid canned or packaged foods, unless it's in its own package called peel or skin

### **Be Organised**

It's easy to eat healthily if you do some preparation and have healthy food ready to eat

### **Variety is the Spice of Life**

Don't limit your food intake by choosing bland, plain foods. Keep your eyes open for new and interesting ideas with healthy food – be brave, experiment. The internet is a great place to get new ideas too.

### **You don't have to be Perfect**

Aim for 9 out of 10 healthy meals; don't worry if you go astray occasionally. If you are eating healthily most of the time, it won't hurt

You only get one body so it is worth looking after, these hints should help you look better, feel better and perform at your best, even if it is just a walk around the block. Half an hour a day, you can do it.



## Thought for the Month

"Set your sights high, the higher the better. Expect the most wonderful things to happen, not in the future but right now. Realize that nothing is too good. Allow absolutely nothing to hamper you or hold you up in any way."

Eileen Caddy - Author

Our Commitment to you is to help you save money and time – here's another way we help you save money.

This is so easy – just tell your friends how much you enjoy our service. When they place an order, your next box will be 50% off. Refer two friends – FREE box! Just remember to get them to mention your name when they place their order. There is no limit to how many half price boxes you can receive.

\$ \$ \$

### What else can we Deliver to Make Your Life Easier?

Farm Fresh Eggs:

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

Beautiful, freshly roasted coffee from Coffee Marrakech

250gm	\$9.00	(comparable coffee are \$11.00)
500gm	\$17.00	
1kg	\$28.00	(what a bargain)



*Boutique quality, gourmet coffee at a wholesale price.*

**Thanks to Sam for this easy and delicious idea for beans:**

Based on a Healthy Food Guide – just steam, boil or microwave beans until tender and then toss in a hot pan with a tiny bit (or spray) of oil with chopped kalamata olives, sundried tomatoes & chopped almonds or pine nuts. Sounds delicious!



**If you're not happy—tell us**

**If you are happy—tell everyone!**

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