

fresh news

Your handpicked fruit & veg newsletter

Refer a friend and choose your reward!

Did you know that if you tell your friends or family about us, they will receive a dozen extra large eggs free with their first delivery and you can choose your reward.

The choices for you are

1. A delicious tub of Alice Langton's Gourmet Chocolate dipping sauce and strawberries
 2. One bottle of The Chilli Factory sauce.
 3. A dozen extra large free range eggs
- So if you love what we do spread the word and sweeten or spice up your life for free!

ALICE LANGTON'S Gourmet Chocolate Dipping sauce!

They contain 100% natural ingredients and at \$4.80 the 150ml tub will easily dip through 2 punnets of strawberries.

The Chilli Factory update

We have in stock all the sauces. If you require any, just send me an email or simply phone. They are delicious and only cost \$6.80 for an all natural, Australian product. 2lt bottles also available.

IMPORTANT

If you have veggies growing in your garden, let us know so we can leave them out of your order and add more of the items you need.

Website update...

Our revamped website is up and running. It has current and past newsletters, weekly updates for products and delivery changes, recipes and more. Check it out!

SEASONAL UPDATE...

Kiwi fruit are out of season, so we won't have any for the next few months.

New season pears and apples have arrived.

All the summer fruit is delicious, grapes, melons, stone fruit.

It's a great time for living life and eating and sharing great food.

RECIPE CORNER

If you have a family secret which you can share with us let me know. If we use your recipe **your delivery will be FREE for one week.** (the week the newsletter goes out) The recipe must be easy, a winner with your family and contain fruits or vegetables.

Sweet Potato Salad

1 sweet potato
1 garlic clove
Dash olive oil
½ capsicum
Cherry tomatoes
1 avocado
1 Lebanese cucumber
Bag mixed lettuce leaves
Feta cheese
Kalamatla olives
Red wine vinegar

Peel and dice sweet potato into bite size pieces, place in a bag with 1 garlic clove crushed and a dash of olive oil, also add ½ capsicum (left in one piece) Toss in bag then place contents on baking paper on tray in a moderate oven until cooked. Remove from oven and take the skin off the capsicum. Easiest way to do this is to place it in a bag for a few minutes to sweat, then carefully peel the skin off and chop up to desired size. Wash lettuce leaves, wash and cut other ingredients. Add all ingredients together and add the red wine vinegar when you are ready to serve.