



HEAL Foods to look out for in

AUTUMN.



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

- Avocado
- Apple
- Blackberries
- Banana
- Kumquat
- Custard Apple
- Feijoa
- Fig
- Grapefruit
- Grapes
- Guava
- Kiwi Fruit
- Lemon
- Lime
- Mandarin
- Mango
- Mangosteen
- Nashi
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Persimmon
- Plum
- Pomegranate
- Prickly pear
- Quince
- Rambutan
- Raspberries
- Rhubarb
- Strawberries
- Tamarillo

VEGETABLES

- Artichokes
- Asian greens
- Avocado
- Beans
- Beetroot
- Broccoli
- Brussel sprouts
- Cabbage
- Capsicum
- Carrot
- Cauliflower
- Celery
- Choko
- Corn
- Cucumber
- Daikon
- Eggplant
- Fennel
- Leek
- Lettuce
- Mushrooms
- Okra
- Onion
- Parsnip
- Potato
- Pumpkin
- Shallot
- Silver beet
- Spinach
- Spring onion
- Squash
- Swede
- Sweet Potato
- Tomato
- Turnip
- Watercress
- Witlof
- 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.

ccl.vic.gov.au/heal



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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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