

Waikato

ENVIROSCHOOLS



Seasonal Kai - Autumn/Ngahuru

Different fruits and vegetables grow at best at different times of the year. Some need warm weather and some grow best when it's cooler. Eating fresh produce when it is 'in season' means that it is cheaper, tastier, healthier and better for the environment.

Activities

- **Make Fruit Crumble**

Autumn is a great time to be eating fruit - apples, pears, feijoa. You might even be growing them in your backyard, or know someone who is. On the next page is a recipe for a tasty dessert that you can make using seasonal fruit to share with your family.

- **Find out what's in season now**

Do you know what other fruits and vegetables are in season at this time of year? Do some research and make a list or draw a picture to help you remember. Check out www.5aday.co.nz/whats-in-season/ to help you.

Research other recipes

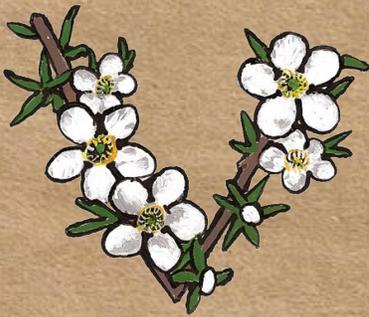
- What are your family's favourite fruits and veggies for this time of year? Show them your picture / list to help them choose.
- Research - what other tasty recipes could you cook using these fruits & veggies?
- Help your family make a shopping list so that you can cook your favourite in season fruit and veggies together.
- Are there any of these fruits or veggies that you could grow with your family in your home garden?



Fruit Crumble Recipe

Equipment Needed

- Large mixing bowl
- Measuring cups
- Measuring spoons
- Vegetable peeler
- Chopping board
- Knife
- Baking dish
- Wooden spoon



Ingredients

Topping

- 1 cup flour
- 1 cup rolled oats
- ½ cup brown sugar
- 2 teaspoons ground cinnamon or other spice
- ½ cup butter or coconut oil

Filling

- A mixture of seasonal fruit (e.g. apples, pears, feijoa) - approx 3 cup
- 2 Tablespoons sugar
- 2 Tablespoons lemon juice (if your fruit is very sweet)
- 1 teaspoon ground cinnamon or other spice
- 1 Tablespoon cornflour

How to make it

1. Preheat the oven to 180°C (or 160°C fan bake).
2. Mix all of the dry topping ingredients in a large bowl.
3. Melt the butter /coconut oil in the microwave or a saucepan.
4. Stir the butter into the dry ingredients until evenly combined. Set aside while you make the filling.
5. Peel, core and chop the fruit into quarters then chop each quarter into thin slices.
6. Put the fruit in a shallow baking dish, and sprinkle with the sugar and spices (and lemon juice if using it). Sprinkle over the cornflour and mix to coat all of the fruit. Spread the fruit out evenly in the dish.
7. Cover the fruit with the crumble mixture and press it down firmly.
8. Bake for about 40 minutes until the topping is golden and crunchy and the fruit is bubbling up the sides.

Notes: This crumble recipe is very adaptable and you can easily add different ingredients to suit your taste. Try adding desiccated coconut, ground almonds, orange or lemon zest, chopped nuts, pumpkin and sunflower seeds to the topping. Use a mix of fruit, or just stick to one. You can also change or mix the spices to suit the fruit you use.