



Bundaberg
Fruit & Vegetable
Growers

Eat the Alphabet





Bundaberg Fruit & Vegetable Growers

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Disclaimer

This document has been prepared with all due diligence and care, based on the best available information at the time of publication.

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Bundaberg Fruit & Vegetable Growers

For more information please visit:

<https://bfvg.com.au/>

<https://hw.qld.gov.au/pick-of-the-crop/>

<https://www.thegoodmoodfood.com.au>

<https://www.veggycation.com.au/>

<https://australianavocados.com.au>

<https://mangoes.net.au/>

<https://www.melonsaustralia.org.au/>

<https://australianmacadamias.org/industry>

<https://citrusaustralia.com.au/>

<https://ausveg.com.au/>

<https://australianbananas.com.au>

<https://www.australianginger.org.au/>

<https://australianlychee.com.au>

<https://www.eatforhealth.gov.au/>

<https://www.choreport.health.qld.gov.au/>



**pick of the
crop**

Promoting a positive
food culture in schools

**health +
wellbeing**
Queensland



**Queensland
Government**



Have you
eaten the
alphabet
today?



Bundaberg Fruit & Vegetable Growers

Background

This resource provides an A to Z of different vegetables and fruits found in the Bundaberg and North Burnett region, highlighting some of the health benefits for us and a 'fun fact' on each.

Information on the benefits of the produce is provided with the understanding that vegetables and fruit are eaten as part of a healthy varied diet or eating pattern. Benefits have been summarised for this resource and relate to the vitamins, minerals, phytochemicals, fibre and other nutrients found in each individual vegetable or fruit.

Vegetables

- Veggies are nutrient dense, low in kilojoules and great sources of minerals and vitamins, dietary fibre and a range of phytochemicals, such as carotenoids.
- Children aged 4 to 8 years should aim for 4 ½ serves a day while adults and children from 9 years should eat at least 5 (1 serve = 75g) serves of vegetables a day.

Fruit

- Most fruits are high in fibre and water and low in kilojoules. They are also abundant in vitamins, minerals and phytochemicals.
- Children from 4 to 8 years are recommended to eat 1 ½ serves of fruit each day (1 serve = 150g), while adults and children from 9 years are recommended to have 2 serves a day.

A is for Avocado



In Season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

The Bundaberg Region is one of the largest avocado growing regions in the country, producing more than 78 million individual avocados annually. Bundaberg avocados are available March to August.

Good for you

Source of folate, other B vitamins, potassium, fibre and rich in healthy fats.

Improves your mental health and wellbeing

Fights tiredness

Happy gut, healthy heart

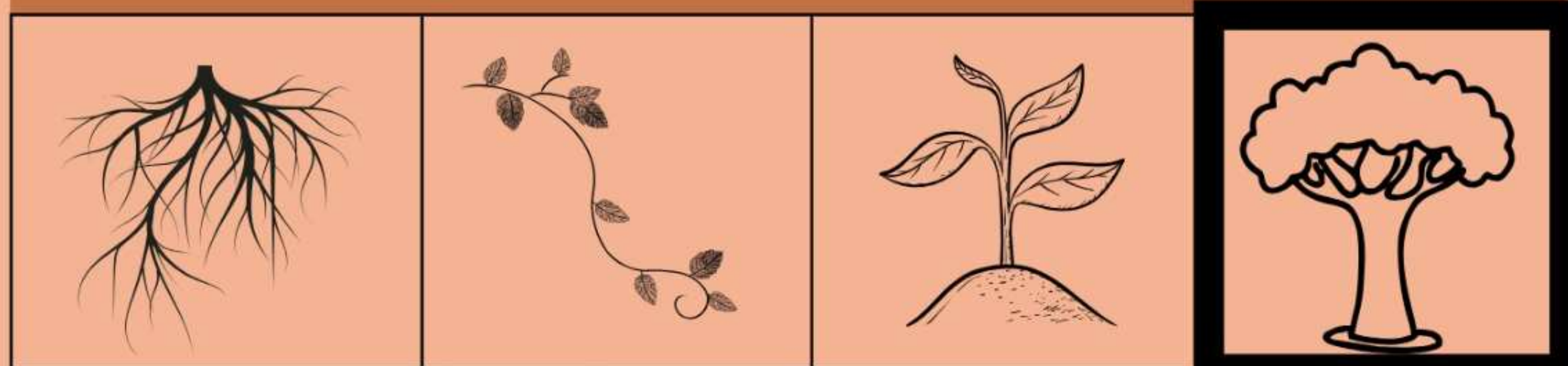
½ a medium avocado counts as 1 serve of veggies

Fun fact

Shepard avocados are only grown in 2 locations in the world. Bundaberg being one of them!



I grow on a tree



B is for Banana

In Season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

The first banana plantations in Australia were planted in North Queensland in the 1880's. Today, bananas are also grown in the sub tropical region of Bundaberg.

Good for you

Source of carbohydrate, potassium, vitamin B6 & C, folate, magnesium and fibre. Contains natural fruit sugars and has a low glycemic index.

Healthy nerve function and reduces stress
Provides long lasting energy
Healthy gut and boosts vitality

Fun fact

Bananas grow on plants that are officially considered a herb and the banana is classified as a berry.



I grow above the ground



C is for Chilli

In Season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Bundaberg's warm climate provides the ideal growing conditions to create hot and flavoursome chillies. The largest chilli growing, processing and packaging facility in Australia is located in Bundaberg.

Good for you

Source of fibre and vitamin C.

Good for your heart
Natural painkiller

Fun fact

The Carolina Reaper variety of chilli held the world record for being the hottest chilli for 10 years. The record was broken in August 2023 by a new variety of chilli called Pepper X.



I grow above the ground



C is for Capsicum

In Season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Capsicums are the sweet, mild members of the chilli family. Bundaberg's warm climate provides the ideal growing conditions for both flavoursome capsicums and hot chillies.

Good for you

Source of Vitamin A, B6, C & E, fibre, folate and niacin.

Antioxidant protection
Beats tiredness
Psychological wellbeing
Heart and eye health

Fun fact

Believe it or not red, green and yellow capsicum are all the same type of vegetable but just at different stages of ripeness. Green are unripe, red are fully ripe, with yellow in between the two.



I grow above the ground



D is for Dragon Fruit

In Season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Bundaberg's climate provides the ideal growing conditions for dragon fruit. The normal flowering and production season is during summer.

Good for you

Source of antioxidants, vitamins and minerals and fibre.

Good for your heart and gut
1 cup of chopped fruit is equivalent to 1 serve of fruit

Fun fact

Pollination of the dragon fruit plant is done by nocturnal creatures, like moths and bats.



I grow above the ground



E is for Eggplant



Peak season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Queensland is the main producer for eggplant in Australia. Eggplant is grown in greenhouses, as well as open fields in Bundaberg.

Good for you

Source of fibre and small amounts of many vitamins and minerals including Vitamin B6 and E, with the purple skin containing antioxidants.

Gut, brain and heart health
Helps hydration

Fun fact

Eggplants aren't REALLY vegetables, they're berries! Another name for eggplant is aubergine.



I grow above the ground



F is for Figs

In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Figs are grown in subtropical and coastal areas, which makes Bundaberg a perfect growing location. Figs produce two crops a year.

Good for you

Source of fibre and rich in antioxidants.

Promotes healthy digestion

Heart health

Healthy skin and bones

Fun fact

The edible fig is one of the first plants grown by humans.



I grow above the ground



G is for Ginger



In season locally all year

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

The ginger plant is a rainforest plant that needs high rainfall and humidity and rich, volcanic soils, which makes Bundaberg an ideal growing region.

Good for you

Source of gingerol, (main bioactive compound of ginger).

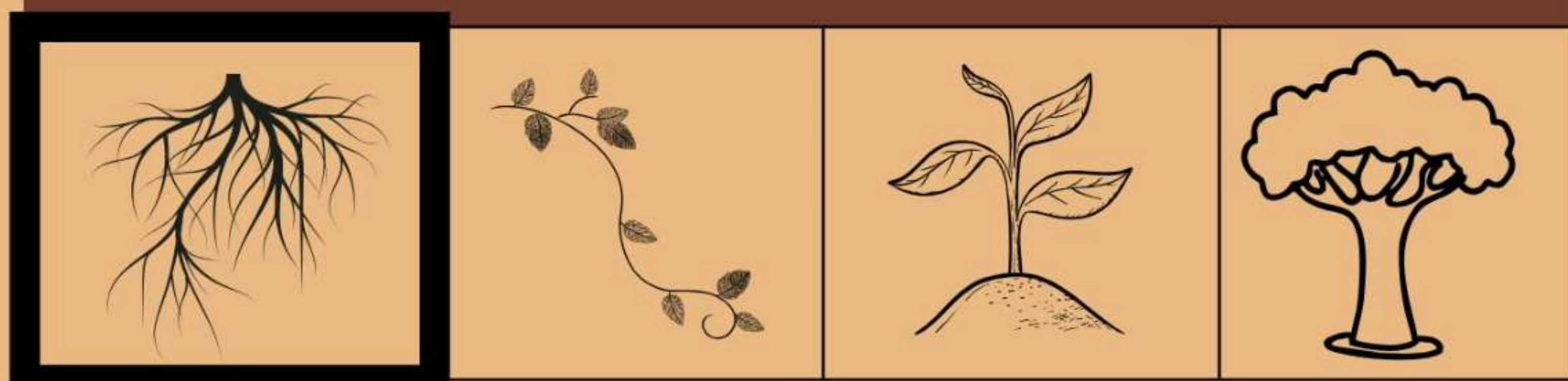
Anti-inflammatory properties
May settle an upset tummy
May stimulate digestion

Fun fact

Ginger is available in a variety of forms including fresh, dried, pickled, preserved, crystallised (or candied), powdered and ground.



I grow under the ground



H is for Herbs

In season locally all year

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

There are many different herbs grown in the Bundaberg region including basil, coriander, mint, parsley, lemon grass and lavender.

Good for you

Source of antioxidants.

Eaten in small amounts, their primary purpose is for flavour and colour in meals

Fun fact

Herbs are available in a variety of forms including fresh, dried, minced and ground. A tasty and nutritional boost to any meal or dish.



I grow above the ground



I is for Indigenous bush tucker



In season locally all year

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Due to our sub-tropical climate, Bundaberg and surrounds is rich in variety of Indigenous bush tucker plants. We have finger limes and macadamia nuts, to list a few.

Good for you

Source of Vitamin C and E, other vitamins and minerals, and fibre.

Disease prevention
Treating skin infections
Prevent dehydration

Fun fact

Finger limes come in a wide range of colours, such as green, yellow, purple, pink and bright red. When sliced open, it reveals 'caviar like' pearls, which are filled with lemon-lime juice.



I grow above the ground



J is for Jackfruit



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Jackfruit is indigenous to South Western India. In Australia, it is grown in tropical and sub tropical regions across Queensland, like Bundaberg. The Jackfruit is the worlds largest tree fruit and can weigh up to a whopping 50kg!!

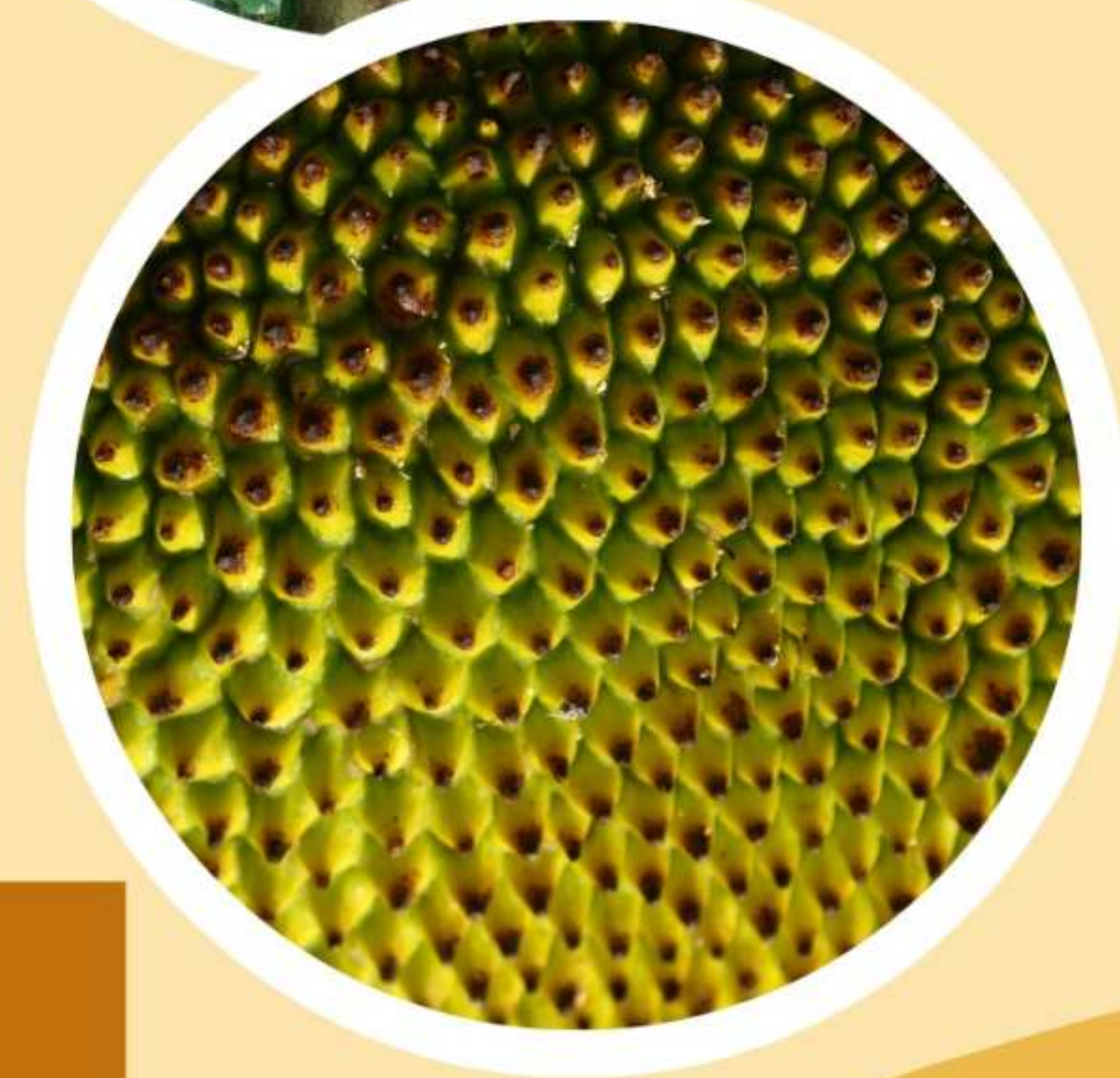
Good for you

Source of fibre, beta-carotene, Vitamin C, potassium and iron.

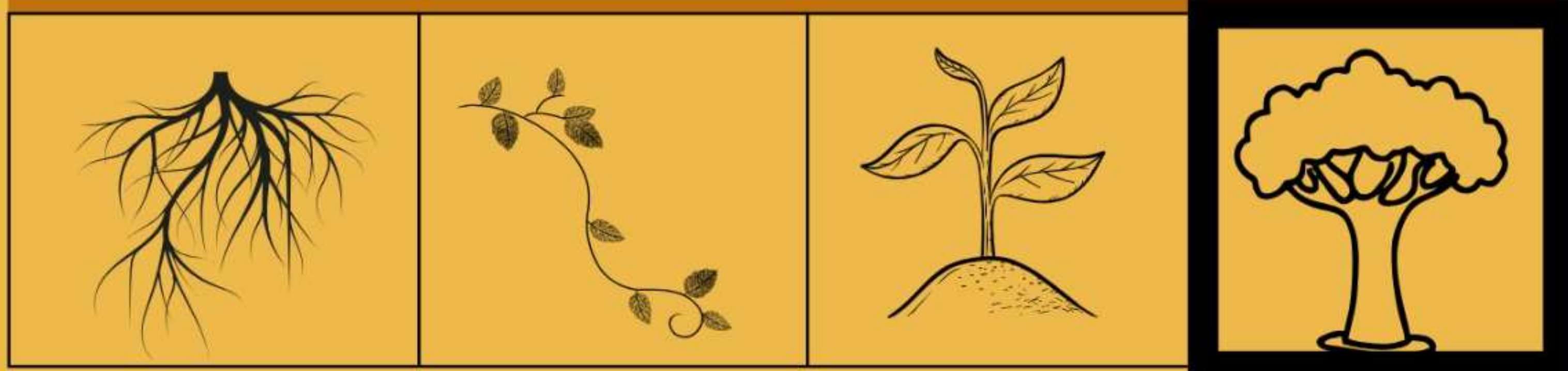
Good for the gut
Healthy heart and skin
Healthy immune system

Fun fact

The edible flesh can range from a pale yellow to orange colour, is sweet, juicy and some say it tastes like bubble gum.



I grow on a tree



K is for Kale

In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

With reliable irrigation water and temperate climates over the winter months, it makes Queensland great for Kale production.

Good for you

Source of fibre, Vitamin C, folate and antioxidants.

Gut, brain and bone health
Beats tiredness

Fun fact

If you don't like or can't eat dairy, kale is a helpful non-dairy calcium source.



I grow above the ground



L is for Lychee



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Lychees were introduced into Australia in the 1870s by Chinese gold seekers. They are a sub-tropical fruit and are grown in the Bundaberg region.

Good for you

Source of Vitamin C, polyphenols and fibre.

Supports brain health

Antioxidant protection

7 lychees are equivalent to 1 serve of fruit

Fun fact

Lychees are berries and are also known as Chinese cherries. They're delicious eaten straight out of the shell, but they also make fantastic slushies and salads.



I grow on a tree



M is for Mango

In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Mangoes are a summer fruit, grown in tropical and sub tropical regions of Australia. The perfect weather conditions of Bundaberg makes it an ideal location for growing some of Australia's best mangoes.

Good for you

Source of vitamin C and beta-carotene, vitamin E, folate and fibre. Also, low Glycaemic Index.

Mental health and wellbeing

Antioxidant protection

Fights fatigue and provides longer lasting energy

Healthy gut and immunity

Fun fact

Fossil evidence indicates that the mango made its first appearance 25 to 30 million years ago in northeast India, Myanmar and Bangladesh.

I grow on a tree



N is for Nectarine

In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Special varieties of low chill nectarines are grown in the Wide Bay Burnett region.

Good for you

Source of vitamin C & E, niacin, polyphenols, potassium and fibre.

Antioxidant protection

Nerve function

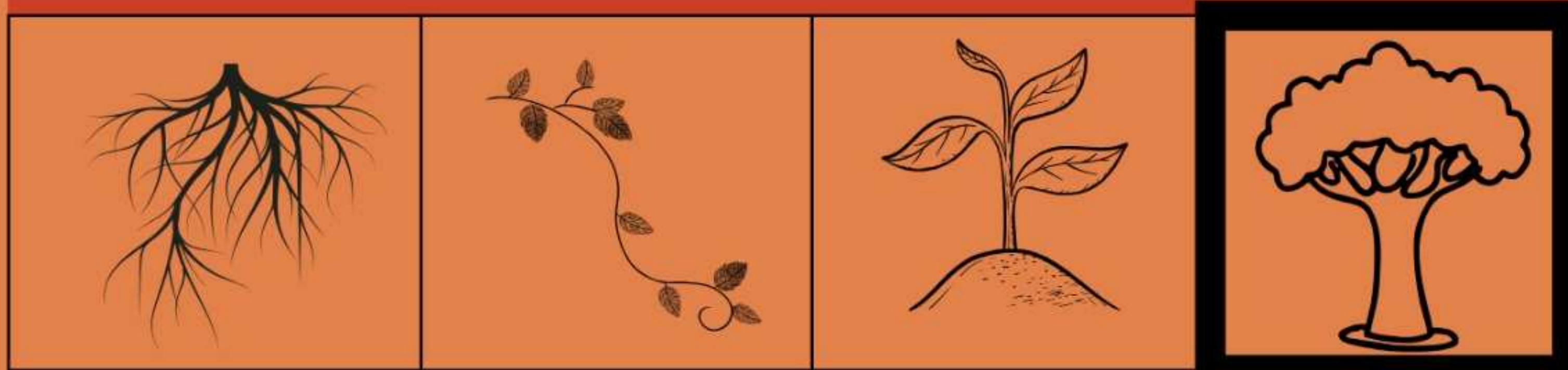
Gut health

Fun fact

Peaches and nectarines look and taste so similar, so what's the difference between them? Peaches have a fuzzy skin, whereas nectarines have smooth skin.



I grow on a tree



O is for Orange



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

The Wide Bay and Burnett is home to a variety of oranges, including valencias and navels.

Good for you

Source of vitamin C, folate, potassium, calcium, beta-carotene and polyphenols.

Mental health and wellbeing
Low glycaemic index
Healthy gut and brain function
Antioxidant protection

Fun fact

The first ever clinical trial of citrus fruits was in 1747. The trial showed oranges reversed signs of scurvy in sailors. It was not until the 1930s that it was discovered that this was due to their rich vitamin C content.



I grow on a tree



P is for Pumpkin



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Pumpkins do not like frost and need a warm soil temperature of about 20°C to germinate. This makes Bundaberg's climate ideal for growing perfect pumpkins.

Good for you

Source of Vitamin C, potassium, folate, beta-carotene and fibre.

Mood and immunity booster
Antioxidant protection

Fun fact

Did you know pumpkin flowers are edible, as is the skin and the seeds too? No wastage - all parts of the pumpkin can be used.



I grow on the ground



Q is for Qukes



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Qukes® is a brand name for an exclusive baby cucumber variety, specially bred for their small size in greenhouses. Qukes® are grown in Bundaberg.

Good for you

Source of vitamin C and water.

Boosts hydration

Eat the peel to get the most nutrients

Fun fact

Qukes® baby cucumbers are fully grown at only 8-12cm long! What a great addition to your lunchbox. You can also cut up a cucumber into sticks if you cannot buy Qukes®.



I grow above the ground



R is for Rockmelon

In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Rockmelon growers produce fresh and tasty fruit from the very best soils and climate in the Bundaberg region. Rockmelon is grown locally in the summer months.

Good for you

Source of vitamin C, folate beta-carotene and polyphenols.

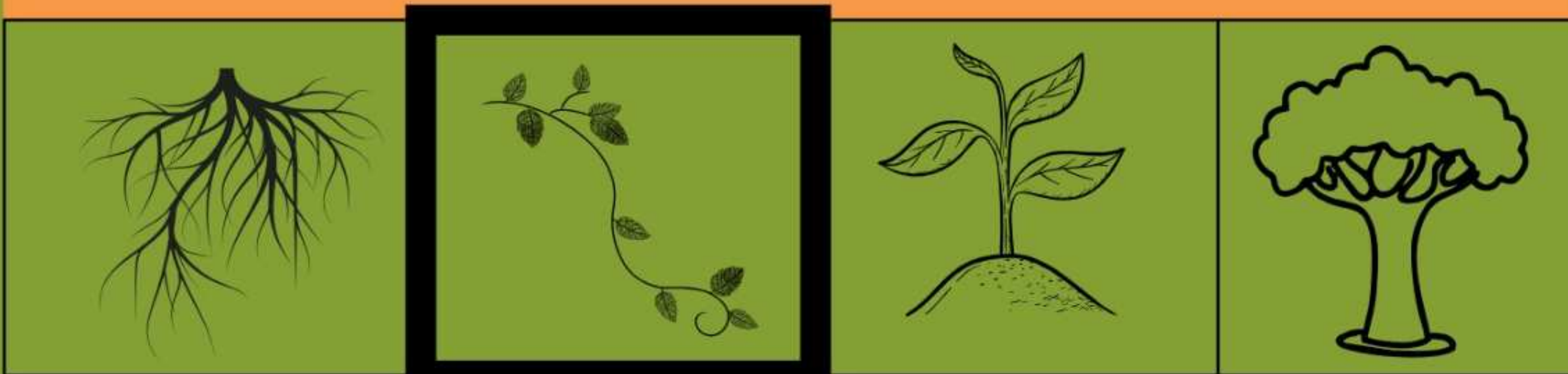
Improves your mental wellbeing
Antioxidant protection
Boosts hydration

Fun fact

In Australia we call it rockmelon, but around the globe it's called cantaloupe, mushmelon, sweet melon, persian melon and spanspek.



I grow above the ground



S is for Strawberry

In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

The Bundaberg region is the ideal location to grow strawberries thanks to its rich red volcanic soil. Bundaberg provides approximately 16% of Queensland's total supply of strawberries.

Good for you

Source of Vitamin C and other vitamins, minerals and fibre.

Mood booster

Heart and gut health

Antioxidant protection

Approximately 8 medium size strawberries is a serve

Fun fact

Strawberries are the only fruit that wear their seeds on the outside. The average berry has approximately 200 seeds!



I grow above the ground



T is for Tomato



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Bundaberg's rich red volcanic soil and plenty of sunshine makes it the ideal location for growing tomatoes. We grow a variety of tomatoes, including truss, heirloom, gourmet, cherry, egg and grape tomatoes.

Good for you

Source of vitamin C, beta-carotene, lycopene (antioxidant) and fibre.

Mental health and wellbeing
Heart and skin health
Antioxidant protection

Fun fact

The Spanish city of Buñol hosts the annual tomatina festival at which locals pelt each other with ripe tomatoes for fun (but what a waste of good tomatoes!)



I grow above the ground



U is for Ugly Fruit & Veg



In season locally all year round

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Too big, too small, funny looking, quirky and wonky are all words that can describe ugly fruit and vegetables. These fruit and veg grow naturally this way purely by chance.

Good for you

Full of all the nutrients that their prettier counterparts contain.

Fun fact

Did you know that 25% of farmer's crops don't leave the farm simply because they are not pretty enough!

They are also cheaper to buy!



I can grow anywhere



V is for Vanilla



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Vanilla prefers a hot, moist climate with frequent rain and an average temperature of 27 degrees Celsius. A short dry period is needed for flowering. In Australia, Vanilla is grown in North Queensland and Bundaberg.

Good for you

Source of vanillin.

Powerful antioxidant and antibacterial properties

Fun fact

The pods should be picked when they are fully grown and the tips turn yellow. Vanilla pods must then be cured and dried to develop aroma and flavour. Vanilla is the only fruit bearing member of the orchid family.



I grow above the ground



W is for Watermelon

In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Watermelon is best grown in tropical and subtropical locations around Australia. Bundaberg's warm, sunny climate makes it an ideal growing location.

Good for you

Source of Vitamin C, fibre, lycopene, polyphenols, beta-carotene and water.

Antioxidant protection and defence
1 serve is equivalent to 105g or a cup of diced fruit

Fun fact

The average weight of a watermelon is 9 to 10 kg. They are made up of 92 percent water, making them a perfect refresher for those hot summer months.



I grow on the ground



X marks the spot



In season locally all year round

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

With sub tropical weather conditions and fertile soil, X marks Bundaberg as the perfect agricultural hub. Bundaberg region grows a variety of fruits, vegetables, herbs and nuts 365 days a year!

Good for you

Our produce is full of a variety of nutrients that help support

Healthy mind and bodies

Energy

Happiness

Fun fact

Bundaberg and North Burnett is the largest fresh produce region in Queensland. From avocados to zucchinis and more, Bundaberg has the Pick of the Crop.



I grow perfectly



Y is for Yellow Squash



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Squash requires sub tropical temperatures and full sun to grow, making Bundaberg region perfect.

Good for you

Source of Vitamin C, fibre, water and other vitamins and minerals.

Healthy gut
Mood booster

Fun fact

Squash can take many forms: flattened with scalloped edges, cylindrical with rounded edges or bottle shape.



I grow on the ground



Z is for Zucchini



In season locally

J	F	M	A	M	J	J	A	S	O	N	D
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Where is it grown

Bundaberg region is the ideal location to grow zucchinis thanks to its rich volcanic soil. Zucchini's prefer sunny locations.

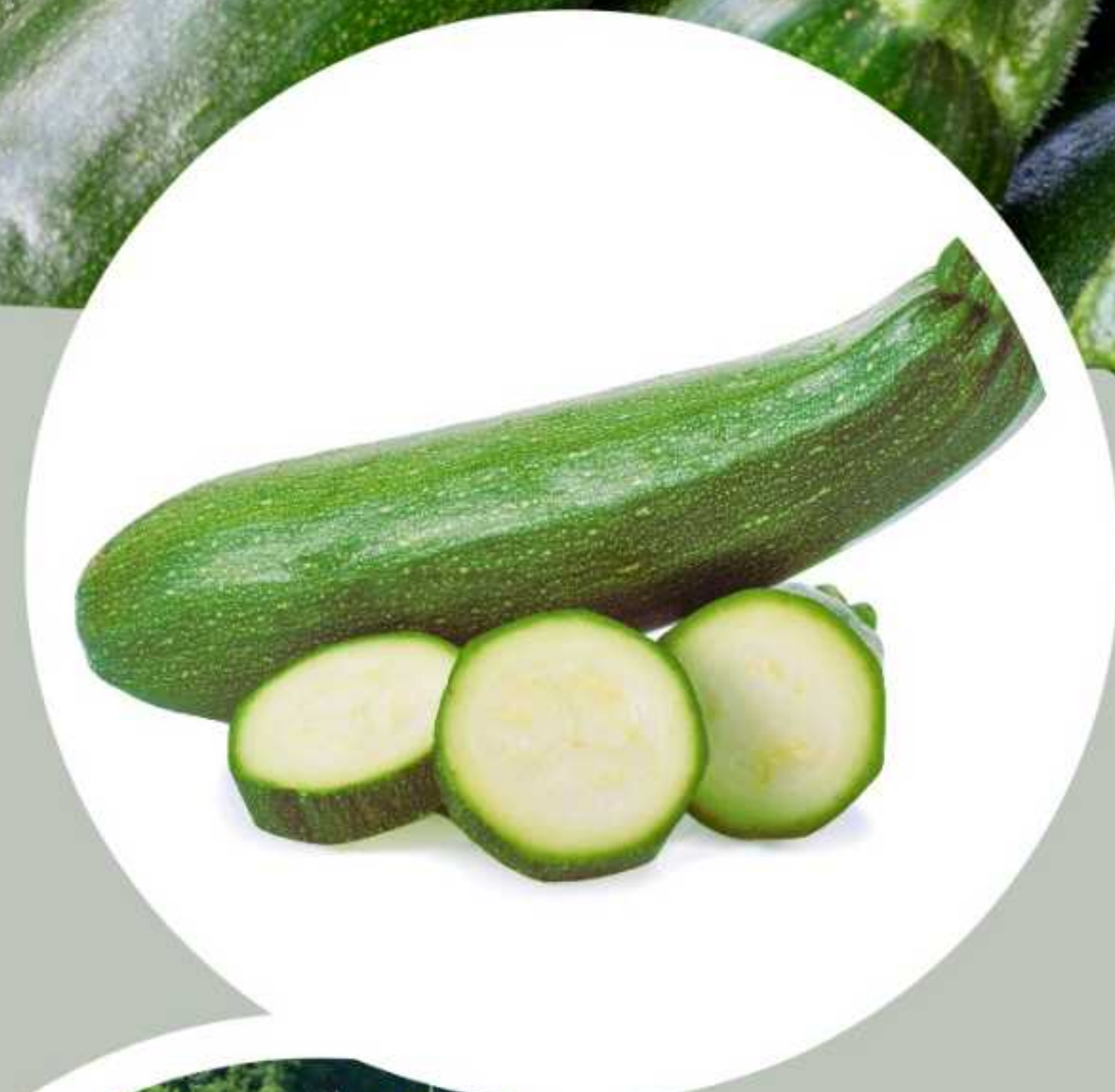
Good for you

Source of Vitamin C and fibre and small amounts of other vitamins and minerals such as beta-carotene.

Mental health and wellbeing
Antioxidant protection and defence

Fun fact

Did you know that the flower of the zucchini plant is also edible?



I grow on the ground

