



## Top End Local Food Challenge September shopping list

### Fruits

- Banana
- Paw paw
- Mango
- Jackfruit
- Pineapple
- Grapefruit

### Veggies

- Eggplant
- Snakebean
- Pumpkin
- Okra
- Luffa
- Winter melon
- Cucumber
- Squash
- Zucchini

### Herbs & spices

- Basil - all varieties
- Thai coriander mint
- Lemongrass
- Garlic Chives
- Galangal
- Ginger
- Tumeric
- Tamarind
- Dill

### Leafy greens

- Sweet leaf
- Brazilian spinach
- Moringa
- Sweet potato leaf
- Baby spinach
- Mizuna
- Rocket
- Tatsoi / Bok choy

### Animal products

- Eggs
- Honey
- Beef
- Buffalo
- Mud crabs
- Wild-caught fish
- Barramundi (farmed)

### Roots

- Cassava
- Jicama
- Sweet potato