

**Darwin Dry Season Local Food Challenge – Louise & Kym meals (29 July - 11 August 2019)**

Day	Breakfast	Lunch	Dinner
1 Mon	Fresh fruit salad (pawpaw, banana, watermelon, pineapple, passionfruit, pomelo, pink grapefruit, lime)	Boiled egg; banana and coconut milk smoothie	Thai beef salad (marinade of honey, ginger, chilli; salad of tomatoes, red capsicum, rocket, cucumber & herbs with lemon & honey dressing) & green paw paw chips; Baked banana in cumquat juice with coconut meal
2 Tue	Fresh fruit salad	Leftover thai beef salad with BBQ zucchini & eggplant slices brushed with coconut oil	Beef & vegetable soup/stew (stock of ginger & lemongrass, cassava, pumpkin, eggplant, salt, tamarind, dry fried curry leaves)
3 Wed	Fresh fruit salad; grapefruit juice	Rocket salad (tomatoes, red capsicum, sweet leaf, cucumber & herbs with lemon & honey dressing), boiled egg & BBQ zucchini & eggplant slices; banana & pineapple smoothie	Leftover beef soup/stew
4 Thur	Fresh fruit salad; mashed cassava & banana piklets	Leftover beef veg stew & rocket salad; pawpaw & banana smoothie	Veg quiche (eggs, pumpkin, zucchini, eggplant, tomato & tray lined with kale) & BBQ barra wings
5 Fri	Fresh fruit salad	Leftover veg quiche & rocket, cucumber, tomato salad	BBQ barra wings & cassava chips tossed in coconut oil, salt & dried chilli flakes
6 Sat	Fresh fruit salad	Leftover veg quiche	Jackfruit curry with pumpkin, eggplant, beans using homemade red curry paste (lemon grass, galangal, ginger, chilli, shallots, turmeric, lime juice)
7 Sun	Fresh fruit salad	Rocket salad (tomatoes, sweet leaf, cucumber with lemon & honey dressing)	Barra wings baked in cooked fresh tomato sauce with sliced zucchini & cumquats; BBQ cassava chips tossed in salt & chilli powder  Gelato of banana, cumquat, lime, honey, coconut milk & egg white; Fijian cassava cake (grated cassava, egg, coconut milk & honey baked in tray lined with banana leaf)
8 Mon	Fresh fruit salad; extra bananas	Leftover fish wings with boiled eggs	BBQ fish wings & corn cobs with rocket salad; left over gelato with cassava cake
9 Tues	Fresh fruit salad	Stir-fried winter melon with egg & cumquat (oil from beef stock, ginger, chives, dill)	BBQ barra wings & corn cobs
10 Wed	Fresh fruit salad; cassava hash browns	Stir-fried winter melon salad	Cassava bake with tomato & sliced zucchini (tomato sauce from fresh tomatoes, olive oil); left over gelato & cassava cake
11 Thur	Fresh fruit salad	Warm boiled egg with salad of rocket, snow-peas, daikon radish, cucumber & herbs	Leftover jackfruit curry
12 Fri	Fresh fruit salad	Stir-fried pineapple with chilli & ginger & rocket salad	BBQ barra wings with leftover cassava bake
13 Sat	Fresh fruit salad; cassava pancakes (blended cooked cassava & egg) honey	boiled egg, rocket salad with some pineapple stir-fry	BBQ barra wings with leftover stir-fried pineapple & rocket salad

14 Sun	Fresh fruit salad; coconut meal/flour pancakes (egg, coconut milk, honey)	BBQ barra wings with stir-fry of leafy greens (kale, kangkong & snake beans with ginger, green chilli, coconut meal & herbs); Banana, pineapple, coconut meal, lime & ginger smoothie	End: Friend's birthday with Australian wine & beer; cheese, dip & crackers; roast potato, pumpkin, cauliflower, peas & stir-fried leafy greens (I resisted the lamb & gravy); chocolate self-saucing pudding with cream and ice-cream!
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#### Snacks:

Boiled eggs  
Fresh coconut pieces  
Super sweet bananas, pink grapefruit, pomelo  
Dried banana & mango  
Boiled jackfruit seeds  
Fried jackfruit seeds in coconut oil, curry leaves, salt & chilli flakes (yum)

#### Drinks:

Fruit smoothies (banana, paw paw, lime, ginger, coconut milk & meal, mint, basil)  
Tea made from pandan leaves & ginger leaves, lemongrass, basil, mint.  
Lime & soda drink  
Grapefruit juice  
Coconut water  
Tamarind & water

Other information:

Book - Blessing the Hands That Feed Us, Lessons from a 10-mile diet (Vicki Robin)

GULP Local Produce Directory <https://gulpnt.com/local-produce-directory/>

Ethical consumer guide <https://www.ethical.org.au/3.4.2/>

Food freedom Rob Greenfield <http://robgreenfield.tv/foodfreedom/>

Local Harvest Challenge <https://www.localharvest.org.au/take-the-challenge/>

## Why the Local Harvest challenge?

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There are many great reasons to participate in the Local Harvest Challenge. By taking control of your food choices you make a positive impact on yourself, your community and the earth. Here's some of the many reasons to get involved:

- Enjoy local, seasonal produce – it's usually fresher and tasty!
- Support local farmers, producers and businesses (Your dollar is your vote!)
- Reduce food miles. Food miles refers to the distance between where food is grown/produced and where it is consumed. Generally speaking, the more food miles, the more energy used and the greater the carbon footprint.
- Get to know the faces behind your food. It's an opportunity to engage with your local producers or growers. Ask them questions about their produce and their practices. Find out about their story.
- Learn to grow your own, share with your neighbours and try preserving your excess produce
- Connect up with others near you who also are looking for (and creating) local food alternatives