

# HEALTH CONNECTIONS



## IN THIS ISSUE

Rooted in Nutrition:  
Thriving Winter Vegetables

## UPCOMING EVENTS

### June

- 3<sup>rd</sup> - Mabo Day
- 6<sup>th</sup> - Tatura Rotary Art Show
- 13<sup>th</sup> - World Allergy Week
- 28<sup>th</sup> - Brett Whiteley: Inside the Studio  
Shepparton art museum

### July

- 14<sup>th</sup> - Bastille day
- 26<sup>th</sup> - Murchison Indoor Market

## RECIPE

Curried Pumpkin  
Soup

## ACTIVITY


Potato Treasure  
Hunt


# Rooted in Nutrition: Thriving Winter Vegetables


When the temperature drops and the days grow shorter, nature offers us a powerful antidote to the winter chill: Winter vegetables.

These hearty vegetables grow underground full of nutrients and are a cold season staple that not only fill our plates with colour and comfort but also support our immune systems when we need it most.

## These include;

 Root vegetables—like carrots, sweet potatoes, beets, turnips, parsnips, and swedes. They store their energy underground, shielded from frost and wind.

 Leafy greens – like kale, collard greens, swiss chard and spinach – even in winter certain greens can not only survive the frost but become sweeter with frost exposure.

 Cabbage Family (Brassica) – like red and green cabbage, brussels sprouts, broccoli – cruciferous vegetables flourish in winter and offer a powerhouse of nutrients.

Eating with the seasons during winter not only supports local farmers and sustainability, it also means fresher, more flavourful, and more nutritious food on your plate. Seasonal produce is harvested at its peak, meaning it not only tastes better but is often more affordable and environmentally friendly.

## Ways to incorporate winter vegetables into your home or school.

- Make a veggie garden. You don't need a large space just a few pots, to grow potatoes or kale.
- Fermenting and pickling. Try fermenting into sauerkraut and or pickled onions.
- Make window sill garden. Grow herbs like coriander, dill, parsley on a window sill.
- Winter veggie taste test challenge. Slice samples of raw and cooked veggies and get students to rank them on a scale – yum, maybe and not yet. This can be a great activity for them to try new foods and see what they like.

It's time for a

# GIVEAWAY

HERE'S YOUR CHANCE

We're looking for the most *creative and inspiring* way schools are sharing the Health Connections newsletter.

Show us how you've spread the articles and activities with staff, parents, and students—whether it's through assemblies, classroom activities, newsletters, displays, or social media.

The winning school will receive a **\$200 voucher** of their choice—Bunnings, Rebel Sport, or Coles—to use however they like!

Entries close on **30th June**, and the winner will be announced in our July newsletter.

Get involved and show us how you're championing health and wellbeing in your school community!



PRIMARY CARE  
**CONNECT**



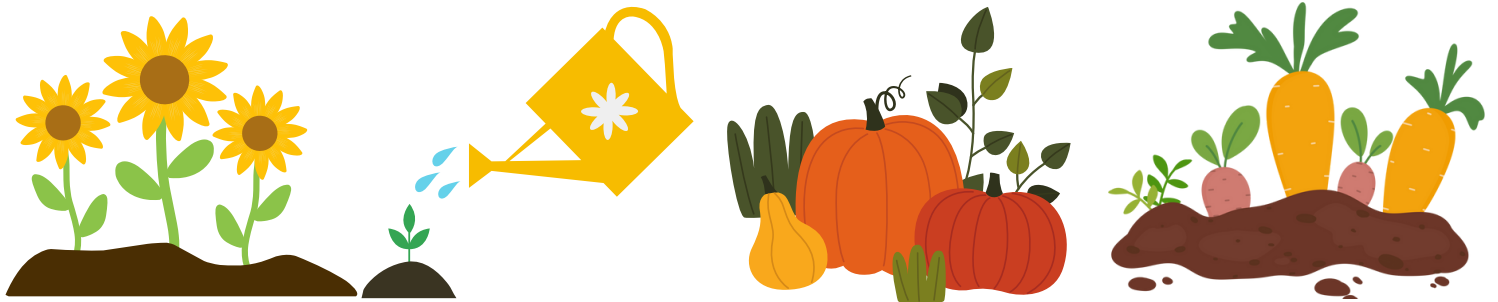
# Apply for your school garden grant today!



From the 3rd to 24th June, primary schools, preschools and early learning centres across Australia can apply for a \$1000 garden grant — simply by telling us their vision for a thriving school garden.

**Entries close on 24th June.**

[Click here to enter](#) or visit the life education website and follow the prompts to submit a short application.



If you need any support in putting an application together please reach out to the Health Promotion team.



# Curried Pumpkin Soup



PREP TIME: 10 MINS

COOK TIME: 40 MINS

SERVES: 6

## INGREDIENTS

- ½ a large butternut pumpkin
- 2 large carrots
- 1 brown onion
- 1/2 tbs minced garlic
- Extra virgin olive oil
- 2 tbsp of curry powder
- 400ml coconut milk
- 500ml of your choice of stock
- Add red curry paste for a bit of spice

## METHOD

1. Preheat oven to 180 degrees
2. Chop pumpkin and carrot into 3 cm cubes, drizzle with olive oil and curry powder.
3. Roast for 30-40 minutes or until golden brown.
4. Finely chop the onion and place it in a large pot with olive oil, along with the garlic. Sauté the onion until it becomes translucent.
5. Put roasted pumpkin and carrot into a pot, pour in the coconut milk and your choice of stock.
6. Using a blender, blend the mixture until it reaches a smooth consistency.
7. Serve and enjoy with a slice of bread.

# Potato Treasure Hunt

## A fun, hands on garden activity for kids.

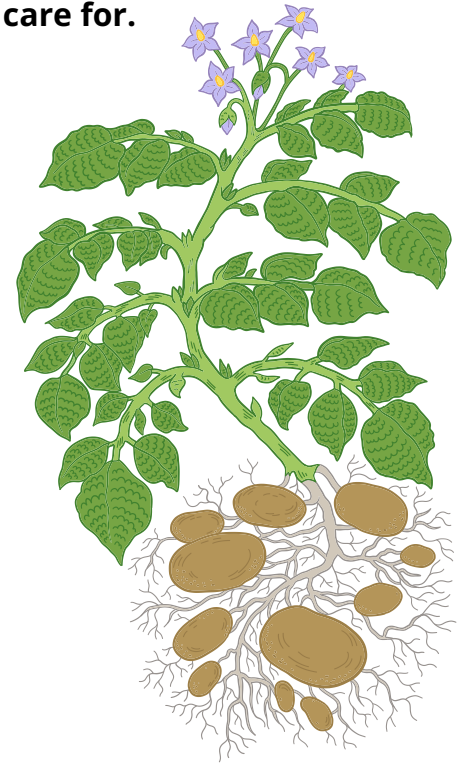


**Digging up potatoes is like discovering buried treasure - helping children connect with nature and understand food growth while having fun. It's an enjoyable activity for sunny days and provides something for kids to care for.**

### What you need

- A big pot, garden bed, sandbox or plastic storage tub
- Loose soil
- Potato seeds (buy from a nursery or garden center)
- Watering can
- Gardening gloves

A week before planting, place potatoes on a tray next to a window in direct sunlight to encourage sprouting. Once sprouts reach about 1 cm, they are ready for planting.



### What to do

1. Gather all your supplies in an area that you will keep your potato plant. The space needs full sun for about 6-8 hours a day.
2. Make sure you have clothing on that can get a little dirty and put your gardening gloves on.
3. Empty the loose soil into the pot or garden bed using your hands or a shovel.
4. Plant the potato seeds 10-20 cm into the ground and cover with dirt.
5. Water potato plant every 1-2 days until the sprouts reach the surface. As plants grow add more soil around the sprout to create a hill.
6. Potatoes sprouts will flower and then die turning a yellow black colour (total time is usually around 12 weeks).
7. Now the treasure hunt begins. Dig in the bucket or pot for the grown potatoes.
8. Smaller ones can be planted again and used for next harvest.