

issue 15

winter 2021

MY
FOOD
BAG



winter
in season

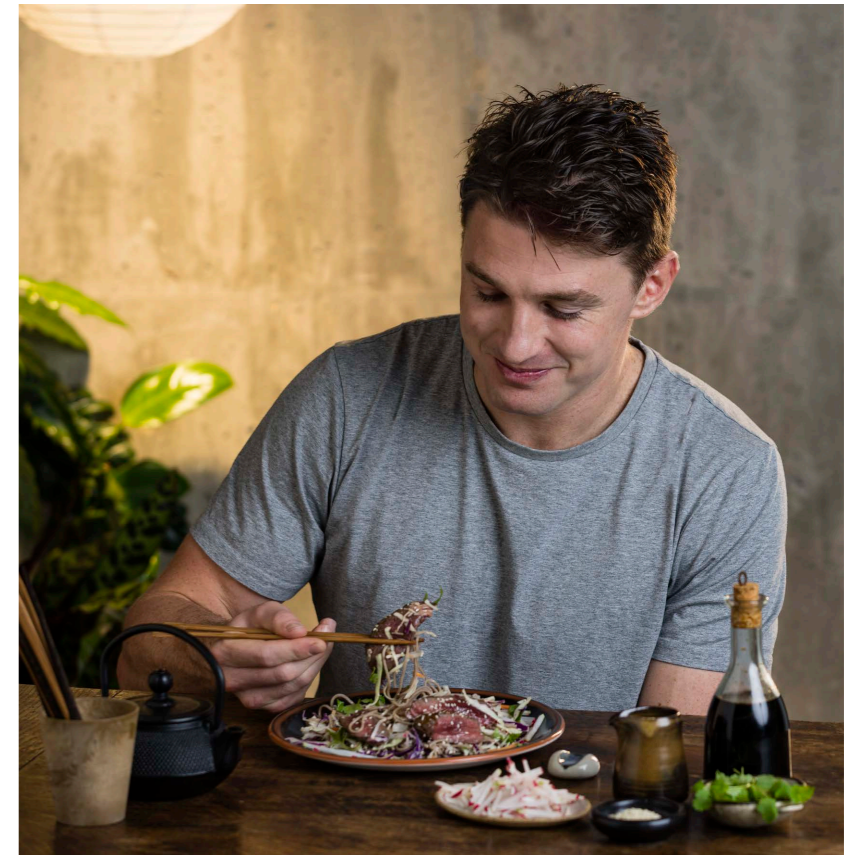


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Flavours of Japan!



Teriyaki Glazed Venison with Sesame Soba Noodle Slaw

This dish has Kiwi legend, Beauden Barrett's, seal of approval! It's inspired by his recent time spent in Japan where he fell in love with the combination of salty and sweet flavours.

With the help of Beauden, we've recreated those epic flavours and put a Kiwi spin on it, with the help of some locally grown produce. Lean New Zealand venison, coated in a thick teriyaki glaze, sits on a bed of sesame soba noodle slaw and is topped with peppery pickled radish.

Can you believe that's all ready in just 15 minutes? Yup, it's almost as speedy as Beauden on the field. Set the table, things are about to get darn delicious!

**Choose Beauden's recipe in My Choice Bag,
coming up in August 15th deliveries!**

Winter Wellness



Keep your immunity in tip top shape with our favourite foods to nourish your body this winter!

GINGER

Ginger is well-known for its health benefits and has been used by cultures all over the world for centuries. This herbaceous root is especially rich in an antioxidant called gingerol, which is remarkably beneficial for our bodies.

Our cells are constantly busy working to keep us alive. However, these processes produce harmful byproducts known as free radicals or oxidants that result in effects including ageing and chronic inflammation. The good news is that there is something you can do to help!

To combat these damaging effects, our bodies need antioxidants like gingerol. By increasing our intake of nutrient-dense foods with a high antioxidant content, we can help to reduce the impact that free radicals have on our bodies. But wait, there's more! A diet high in antioxidants has also shown to aid our immune system's ability to elicit an immune response and to fight infection.

ONIONS & GARLIC

We can all see the family resemblance when it comes to onions and garlic – both contain those pungent smells and cause annoying eye-watering. And, although we don't love the stinging eyes or the garlic breath, it is the sulphur-containing compounds that cause these reactions that provide a powerful antioxidant effect. In fact, there is research showing that these beneficial sulphur-containing compounds may even have a protective action against cancer and other chronic diseases.

PRE + PROBIOTICS

Prebiotics are a type of fibre used by gut bacteria as an energy source. It's important to fuel our gut bacteria with plenty prebiotics from fibre-rich foods including legumes like red kidney beans, veggies such as broccoli or cabbage, fruit and whole grains.

Our good gut bacteria work hard to further digest our food and keep our gut lining healthy and absorbing well, and they thrive when there's plenty of prebiotics in our gut. Keeping this environment of good bacteria happy is essential, as an imbalance of good and bad bacteria can lead to damage and issues within the gut, as well as poor nutrient absorption.

Probiotics are live bacteria found in foods such as fermented foods like miso and sauerkraut, or in yoghurt or supplements. Probiotics have shown to help improve the balance and function of gut bacteria which can have positive effects on our overall health, especially our digestive system. Due to the acidity of our stomach, not all of the good bacteria we ingest when we consume probiotics are able to reach our gut, so it's important to continue to keep up intake of prebiotics (so the key is to focus on plenty of fibrous foods!) so that we can allow our own good bacteria to thrive.

VITAMIN A

Vitamin A is important for our body cells to grow, repair and renew. It also plays an important role in our night vision. However, Vitamin A also plays a vital role in our immune system. It works to help us fight infection as, just like all of our other body cells, our immune cells also require vitamin A to function. This amazing vitamin also plays a critical role in our immune system by helping to increase the activity of our immune cells. Vitamin A acts as both an antioxidant and an anti-inflammatory agent, helping to reduce inflammation caused by an infection. Inflammation, though an essential part in the fight against infection, contributes to the nasty feelings we get when we fall ill.

Did you know that Vitamin A has a few different names? It's also known as retinol or as a carotenoid, mostly in the form of beta-carotene. It can be called different names depending on where it's come from, or what state it's in. The vitamin A we get from animal foods is called retinol. Eggs and dairy products like milk, cheese and butter are all rich sources of this type of vitamin A.

The vitamin A we get from plant foods is called carotenoids, which our bodies turn into vitamin A – now that's pretty clever! The most commonly known carotenoid is beta-carotene. Carotenoids are pigments, so they're what cause the colour of the veggies or fruit.

Beta-carotene is responsible for the orange colour that we see in pumpkin, orange kumara, carrots and yellow and orange capsicums.

VITAMIN C

Vitamin C, also known as ascorbic acid, is a vitamin essential for our bodies' daily reactions. It's necessary in the growth and repair of our bodily tissues, from our bones and tendons to our muscle and our skin. Vitamin C also helps our absorption of other nutrients, like iron. When it comes to our immunity, vitamin C is a powerful antioxidant, helping to reduce the damaging oxidants and free radicals which our immune system generates during an immune response. This antioxidant activity also has a strengthening effect on the integrity of our working immune cells. It helps to protect against free radicals, keeping these cells strong and fighting infection.

Should you be taking vitamin C supplements? Vitamin C is one of the most abundant dietary vitamins in fruit and vegetables. It's also a water soluble vitamin, so it's easily absorbed by our bodies. Brussels sprouts, cabbage, broccoli, capsicums (particularly the red ones), citrus fruits including oranges, lemon, limes or grapefruit, kiwifruit, tomato and dark leafy greens such as spinach and kale are all incredibly rich sources of vitamin C. From eating one orange, you can receive about 65mg of vitamin C, which is greater than your recommended daily intake (RDI) or minimum daily need for vitamin C. So, you can easily reach a high level of vitamin C intake without taking a supplement*.

* When it comes to supplementation we always suggest checking in with your own health professional for your need for supplementation, as individual health status and conditions can vary your need for supplementing across a range of micronutrients. This information around supplements is generic.



date & carrot brekkie loaf

Thought of as an anti-inflammatory, vitamin A plays a critical role in enhancing our immune function and helping us to fight infection. The easiest way to remember good sources of Vitamin A – orange vegetables! So why not share our wholesome recipe for Super Bran, Date, Carrot & Banana Breakfast Loaf.

1 cup dates, chopped	2 very ripe bananas, mashed
½ cup water	1 cup grated carrot
1 tsp baking soda	1 cup walnuts (or other nuts), chopped
50g butter, softened	1 ½ cups wholemeal flour
1 cup brown sugar	½ cup bran
1 tsp vanilla essence	1 tsp baking powder
1 egg, beaten	½ tsp mixed spice

1. Preheat oven to 180°C.
2. Place dates and water in a small pot and boil for about 5 minutes, stirring frequently to mash up the dates. Add baking soda and mix well – it will froth up a bit.
3. Beat butter with sugar and vanilla until thick, light and creamy, then beat in egg. Mix in mashed banana, carrot, nuts and dates.
4. Stir flour, bran, baking powder and mixed spice together. Add to wet mixture and fold the two mixtures together (with a large metal spoon) until well combined. Do not over-mix.
5. Spoon batter into a greased loaf tin and roughly smooth out the top. Bake for 45 minutes or until loaf springs back when lightly touched. Leave in the tin for 10 minutes before turning out.

Serves 8 | Ready in 90mins



Sustainabites

From land to bag, it's our mission to bring you the freshest produce in a way that's not just healthy for you, but for Aotearoa. We've got some exciting things cooking up and we can't wait to bring you all onboard!

4 THINGS you should absolutely freeze this winter!

Oh the weather outside is frightful, but your freezer is still so delightful! We're all too aware that baby, it's cold outside! But while we're all eager to wrap ourselves in a blanket and plop on a couch to stop freezing, we wanted to talk about things which you should absolutely be freezing this winter. We're all used to freezing meat or veggies to use at a later date, but we have 4 things you probably didn't realise you could freeze. Let's reduce some food waste this winter!

LEMON & LIME

Keeps for – 4 months

We're loving all the lemons and limes at the moment, but pretty soon they're going to be out of season (devastating, we know). Well great news! Sliced lemons and limes freeze perfectly and will be a life saver when summer rolls around. Perfect to defrost and garnish a dish or to compliment that refreshing summer drink.

HARD CHEESE

Keeps for – 6 months

No one wants their cheese to go off, not only for the smell but any cheese wasted is devastating news for cheese lovers. Well grate news, you can freeze it! Best when grated and stored in an airtight container, you can grab it and use whenever you need. But sliced or whole will work just as well.

PASTA

Keeps for – 2 months

We know what you're thinking, who ever has leftover pasta? Well believe it or not, it can happen. And on the rare occasion where you've got a little extra to spare, but no extra time to eat it, it freezes perfectly! Leftover pasta is one of the most thrown away meals. If you cook your pasta al-dente it'll even hold together great when defrosting.

OPENED WINE

Keeps for – 6 months

With winter in full blitz, soups, stews and risottos are comforting us all. If you've popped wine into any of these and find you don't have time to use the rest, here's an easy solution. Freeze it into ice cubes and store in an airtight bag, for future cooking or a great addition to a summer sangria!



Have you heard?

We've got a Soft Plastics Recycling Programme!

We understand soft plastics aren't the easiest to recycle in Aotearoa. So we made it our mission to make it easier to recycle ALL household soft plastics for ALL of our foodies. Thanks to our partners at NZ Post, the Packaging Forum and Futurepost, you can now recycle soft plastics right from the comfort of your own home!

WHAT DO I DO?

- Pop into our Kitchen in your account area to add a soft-plastics bag to your order
- We'll send you a bag made from 100% recycled Plastics, then all you need to do is:

1

Prepare

Clean your soft plastics, washing away any food & oils

2

Pack

Fill your bag with clean soft plastics, then seal once full

3

Pick up or post

Arrange a free pick up with NZ Post or drop off at the post office

4

Another life

Your soft plastics will be turned into fenceposts & more!

Want to know how it's been going?

10,000

We've had over 10,000 foodies take part in the programme!

1,200kg

Who have helped redirect over 1,200kg of soft plastic from ending in landfill!

that's equivalent to...



nearly 7,000 potatoes



600 pumpkins



1,100,000 jellybeans



1/5 of a T-Rex!

Help us recycle even more and add to your next order!

Garden to Table

We help you get food from the land to your table, now you can help Kiwi kids learn how to get food from the garden to their table!

Who are Garden to Table?

- Garden to Table is an incredible charitable trust supporting primary schools across Aotearoa to teach their students to grow, harvest, prepare and share fresh, seasonal food
- The programme is in over 190 schools throughout New Zealand and is helping over 13,000 students each year learn how to grow and cook their own food
- 500,000 vegetable based meals were enjoyed by Garden to table students in 2020, shared with volunteers from their whānau and the local community

Why we love Garden to Table

Empowering Tamariki – skills for life

- Empowering children with a love of fresh food and the skills they need to grow and prepare it, will have a transformative and lifelong impact on their health and the natural world around them.

Curriculum-linked education – skills for learning

- All activities in the garden and kitchen are linked to curriculum learning. From reading and writing recipes through to fractions and measurements while planting, growing and cooking the veggies.



Our foodies have helped raise over \$27,000 for Garden to Table and we want to keep that train rolling!



How you can help:

- Simply pop into our Kitchen, add an extra to donate \$1, \$2 or \$4 each time you get a My Food Bag, Bargain Box or Fresh Start delivery. It's never been easier to donate!

We've got something exciting to announce...
we've partnered with



We want to do everything we can to help our foodies live more sustainably, which is why we've partnered with CoGo. CoGo helps you match your spending with your values, for the better of people and the planet. With CoGo it's easier than ever to take action to lower your individual carbon footprint and offset the rest, to become a carbon-neutral hero!

We're super excited about everything we're working on with CoGo, so keep an eye out on our channels for upcoming tips on how to live more sustainably and tread lighter on the planet.

Compost – Like a Lasagne!

The team over at CoGo have some awesome tips for helping all foodies live more sustainably! We're big fans of composting at My Food Bag, from onion skins to our wool pouches, we love to see these being biodegraded to improve your overall soil health. Check out CoGo's composting tips below:

NITROGEN:
Fruit and vegetable kitchen scraps, lawn clippings, egg shells, coffee grounds & tea leaves.

CARBON:
Leaves, sticks, twigs, and newspaper.

AVOID ADDING:
Meat, dairy products or bread as these can attract unwanted pests.

TOP TIP FROM MY FOOD BAG:
Compostable packing is becoming more common. Keep an eye out for our wool insulation which is great to add to your nitrogen layer!

Want to try CoGo out?

Simply scan this QR code to download the free app today or check out their website at: nz.cogo.co



Fun Foodie
kitchen hacks

FREEZE THOSE SAUCES

Forget about making a new batch of sauce for every meal, instead whip up a large batch and keep it in the fridge short term or freeze the leftovers to save time for your next meal. A foodie hack that's perfect for wintery evenings filled with soups, casseroles and stews!

DIY MASTER STOCK

Not everything has to go into the compost bin. Many vegetable trimmings can actually be saved and are perfect for stock, broth or soup bases. A dreamy beginning to many winter warmers!

HOT PLATE COMING THROUGH

Pre-heat your plates, restaurant-style! The ultimate winter tip keeps your food warmer for longer, while making you feel like you're dining at a five-star. Try dipping your dinner plates into hot water or taking them fresh from the dishwasher, easy as! This is great for chicken or seafood dishes that tend to lose heat quickly.

SWEET AS HONEY

Has your honey gone hard with the cold weather? This easy kitchen hack will decrystallise your honey and have it runny in no time. Gently heat some water in a pot, and put your honey jar in the pot of hot water until the honey turns liquid again.



Some goodies from our Kitchen available to add to your upcoming delivery!



\$5.49

Buttermilk Pancake Mix



\$14.99

Nutty Raspberry Toasted Muesli



\$12.99

Grove Avocado Oil



\$12.99

Choc Self Saucing Pudding Mix



\$4.99

Otis Oat Milk



\$9.99

House of Dumplings Chilli Oil



\$8.99

Thai Pumpkin Soup (2x packs)



\$5.99

Paneton Par-Baked Sourdough



\$13.99

Whole Harry Maple Syrup



\$12.99

Fresh Start Apricot Muesli Slice

MY FOOD BAG
Kitchen
 OUR GO-TO IS NOW YOUR GO-TO



We're revealing our delicious kitchen secrets!

Explore our range of delicious extras to make your life that little bit easier, now available in all My Choice and Fresh Start Choice! We're super excited to share that after 8 years of making dinner easier for Kiwi families, we're making other mealtimes easier too.

From our favourite oils and sauces, to easy-to-prepare soups and baking mixes, and heaps of other yummy products, we're making the weekly food shop just that little bit easier. Our range will continue to grow each week so be sure to keep an eye out! We're stoked to be able to give you more and more options to add to your delivery.

Available Now
 Visit your account area to "Plan Your Week" today.

MY FOOD BAG
Kitchen

Burger Battle



Our talented chefs are battling it out over the next few weeks and talking up a BIG burger game. For every weekend in August we've got the most mouth-watering, flavour explosive, creative burgers for you and your family to sink your teeth into – only available in My Choice Bag!

Wagyu Beef & Truffle Smash Burger with Caramelised Onions & Pickles – August 1st

Get ready, this one's about to hit different. Behold, Polly Pomegranate's Wagyu & Truffle Smash Burger, bringing a gourmet kick to the ultimate takeaway smash burger. Can it get any better than this? Stacked in between a soft, salty pretzel bun and you've reached the pinnacle of burger excellence. Boom!

Chicken Caprese Burger with Fresh Mozzarella & Basil Pesto Mayo – August 8th

Ella Katsu loves all things Italian, so we weren't surprised when she took on the classic Caprese combo. Sourcing the best of the best for these burgers, you'll be able to taste it in every bite. Free range chicken crumbed and crisped to golden perfection, punchy pesto mayo, fresh mozzarella and basil on a fancy artisan Focaccia bun... Buon appetito!

Mexican Style Crispy Prawn Burger with Chile De Arbol Tartare – August 15th

Danny Doughnut loves to whip up fiery fusions in the kitchen, choosing the flavours of Mexico for his Crispy Prawn Burger creation. He's taking things up a notch with an EPIC crumbed prawn patty, topped with chile de árbol tartare, fresh tomato, lettuce and coriander. It's spicy, it's sultry, and quite frankly, we think it's out-of-this-world delicious. Uno más por favor?

Juicy Haloumi & Mushroom Veggie Burger with Harissa Mayo & Hummus – August 22nd

Melie Amaretti, resident vegetarian chef dares to take on the burger battle, vegetarian-style. Her challenge this time round? To make THE best veggie burger to ever touch your lips. Experience the umami sensation of the spiced mushrooms, savour the salty haloumi, and tingle your tastebuds with a punchy harissa mayo.

Curried Lemongrass Pork Belly Burger with Nuoc Cham-Pickled Slaw & Sriracha – August 29th

Amber Agria's taken a Vietnamese classic, the mighty Bánh mì, and twisted it to create the outrageously good Pork Belly Burger! Using locally sourced pork, sous vide for ultimate tenderness and roasted with curried lemongrass paste for an explosion your tastebuds have been waiting for.

Danny 'Doughnut'



Amber 'Agria'

Melie 'Amaretti'

Polly 'Pomegranate'

Ella 'Katsu'



Meals that will keep your family and their hearts happy!

Working in partnership with the Heart Foundation

With a shared passion to get more New Zealanders eating nutritious and tasty food, we've partnered with the Heart Foundation to develop a delicious range of heart-healthy meals available in My Choice. A range of lifestyle factors influence our heart health – for example what we eat, whether we smoke, stress and our activity levels all can all play a key part in reducing our risk of heart disease.

What is the Mediterranean diet?

A traditional diet from the Mediterranean basin that was predominantly eaten up until the 50s and 60s. However, the modern diet now eaten in this area contains much more red meat and processed food. The change in dietary patterns to more processed food is common in all Western countries.

The traditional Mediterranean diet is full of unprocessed plant-foods and heart-healthy fats like extra-virgin cold-pressed olive oil. It also includes:

- lots of leafy green vegetables, fruits, whole grain foods, nuts and legumes/pulses (like chickpeas, lentils)
- moderate amounts of fish and other meat, as well as dairy and red wine
- small amounts of foods such as eggs and treat foods

It's low in the less healthy saturated fats because less meat or fried food is eaten. All of which fits well within the foundations of a heart-healthy diet.

Is the Mediterranean eating pattern the best diet for heart health?

There are various eating patterns that support a long and healthy life and have been shown to reduce risk factors such as high blood pressure and raised cholesterol levels. Well-known examples include the traditional ways of eating in the Mediterranean and Okinawa, Japan. These dietary patterns share some common themes – including plenty of plant foods, a focus on healthier fats and contain less processed foods. So, the Mediterranean diet continues to rank highly as one of the best diets for heart health!

What are the benefits of the Mediterranean diet?

The traditional Mediterranean diet has been extensively studied for the past 20 years and has shown to lower the risk of heart disease in the general population. It's also been found to improve risk factors such as blood pressure, cholesterol levels and blood glucose levels in people with a high risk of heart disease.

Image above: Lily Henderson (National Nutrition Advisor, Heart Foundation), Emma Wylie (Nutrition Manager, My Food Bag), David Monro (Chief Advisor Food and Nutrition, Heart Foundation)

Heart Healthy goodness coming up next weekend!



HEART HEALTHY

Warming Tuscan Vegetable Soup with Wholemeal Ciabatta & Basil Pesto

Take your taste buds to Tuscany with this heart-warming cannellini bean soup, Italian-style. Loaded with chunky locally-grown vegetables and topped with a punchy basil pesto. Paired with wholemeal ciabatta buns for dunking, because what is soup without a side of warm bread?! This warming wonder will be a hit in your house this winter.



HEART HEALTHY

Wintery Smoked Salmon Salad with Capers & Dill Yoghurt

You know who the star of this dish is? Locally sourced smoked salmon, some would say we've got the best in the world! Paired with capers that are bursting with saltiness, the perfect accompaniment to luxurious salmon. It's tossed through a medley of roasted vegetables, a sprinkling of fresh dill and finished with creamy yoghurt for a zingy, delicious finish.



HEART HEALTHY

Leek & Mushroom Ragù with Rosemary Roasted Pumpkin Wedges

Here's a wholesome dish that combines earthy lentils and mushrooms in a French-style ragù. If you're a lentil lover or even a critic, this dish is made for you. The comforting flavors are enough to get you through these cold, winter nights. Topped with walnuts for some delicious heart healthy fats!



For more information about heart health, visit heartfoundation.org.nz



Select your recipes in My Choice Bag before cut off, Sunday midnight!

meet our foodie fam

There's a lot that goes into making My Food Bag happen week to week! From our Development Kitchen, where our chefs dream up the deliciousness, to the folks who get up early to inspect and select the best market produce. In this edition, we're inviting you into our Headquarters to meet a few of our very special foodies.

Sinead 'Sunflower Seed' National Logistics Manager



Sinead Sunflower Seed is a logistics superstar, responsible for the safe delivery of our boxes, travelling from our operating sites to your doorstep, around the entire country! Phew, what a job! The Logistics Teams key focus is to have a smooth distribution, transportation and courier delivery... so if you're reading this, then we've done our job right! Obviously, the role doesn't come without its challenges. Throw anything at this gal and she'll always find a way around it! *'Our operations team have dealt with their fair share of unforeseen events this year. A worldwide pandemic, nationwide lockdowns, polar blasts and floodings can have a huge impact on our transport and deliveries. Our teams work tirelessly to keep up to date with these events and ensure we always have a backup plan A, B and C to ensure we keep delivering the goods.'*

Sinead's favourite winter warming dishes? *'I'm part Irish so I've grown up with lots of stews and soups. Our winter warmer recipes also hit the spot, my fave is the Chicken Noodle Soup with Spiced Corn'* (a foodie fave for sure!). However, hold the pineapple on anything savoury, Sinead thinks *'it's a crime and no one will ever be able to convince me otherwise!'* hah!

Tiarnan 'Relish' Procurement Manager

Known to his fellow foodies as 'T', this man's a lover of all things protein, with his favourite local produce being New Zealand Angus Steak – ok, he's got some taste! When he's not at work, you can find him at his favourite restaurant, Auckland's Jervois Steak House (no surprises there!), or practising his swing on one of Aotearoa's many golf courses. You could call him a bit of a steak connoisseur, admitting one of the worst things you could do to a steak is pour sauce all over it. *'Have your sauce on the side and dip into it if need be, but never commit the crime of pouring sauce over your steak.'*

You're probably wondering what T does here at My Food Bag; he's responsible for the issue, negotiation and implementation of all contracts. *'It's my job to make sure we have the best quality product, coming from the best suppliers, for the best value for money.'* I bet you didn't realise, to get the products in our boxes can take months of prior work, something T is very familiar with, currently working on the brilliant local products to be introduced in 2022.



Anushree 'Spring Roll' Senior Customer Love Team Lead



You can find Anushree in the sunny corner of our Auckland office, looking after a team of over 30 passionate Customer Love Coordinators. Better known as Nush to her foodie fam, she loves to dance in her spare time and we're stoked to have been graced with a few tutorials in the office! *'I've been learning classical Indian dance since I was five. I started a dance group with my friends and we've participated in quite a few cultural programmes around Auckland, including performing for the Prime Minister.'*

In winter, Nush loves to tuck into a Slow Cooked Lamb Massaman Curry, and we think it's about time we add it back on our menu! If there's one food this foodie couldn't go without, it's tomato sauce, admitting she puts it on everything, but especially loves it on 2-minute noodles (yup, you heard us right). *'Most people think it's weird but I encourage everyone to try it, especially if you love T sauce as much as me!'*. If you think that's weird, wait until you hear why she's not into mint chocolate, explaining *'it feels like I'm eating and brushing my teeth at the same time!'*