

WARRIGAL GREENS *(Tetragonia Tetragonioides)*



Warrigal Greens are a leafy vegetable that are native to Australia and New Zealand. It is commonly used in savoury meals and is a source of iron. Half a cup of blanched warrigal greens equates to one serving of vegetables.

Plant all year round in South East Queensland. Warrigal greens are hearty and can grow in low quality or salty soil. Plant in partial to full sun.

Care is minimal as this is a highly resistant native plant. Water weekly for best results.

Harvest in small amounts regularly, only taking as needed. Pick leaves with hands or garden scissors, leaving a small amount of stem to promote future growth.

Store in airtight container or wrapping in paper towel in fridge.

Prepare by placing in boiling water for 20 seconds (blanching) or frying in pan with a small amount of oil. It is not recommended to consume warrigal greens raw in high quantities as it may result in health implications.

Eat in salads, as a side to main meals, added to sandwiches or in wraps.

Taste is similar to regular spinach.

WARRIGAL SWEET POTATO SALAD

Recipe by Georgia Legge **3rd Year Nutrition Student**

A simple and delicious recipe that can be made and served straight away or stored in the fridge for up to 2 days. Fresh, zingy flavours, showcasing plant based proteins.

Preparation time: 10 minutes

Cooking time: 30 minutes

Total time: 40 minutes

Serves: 4

Ingredients

- 1 large sweet potato
- 1 tablespoon extra virgin olive oil
- 2 cups of warrigal greens
- 1 cup of lettuce,
roughly chopped
- 3/4 cup dry quinoa
- 1/2 cup walnuts, roughly chopped
- 1/3 cup currants
- 1 garlic clove, crushed or diced

Dressing

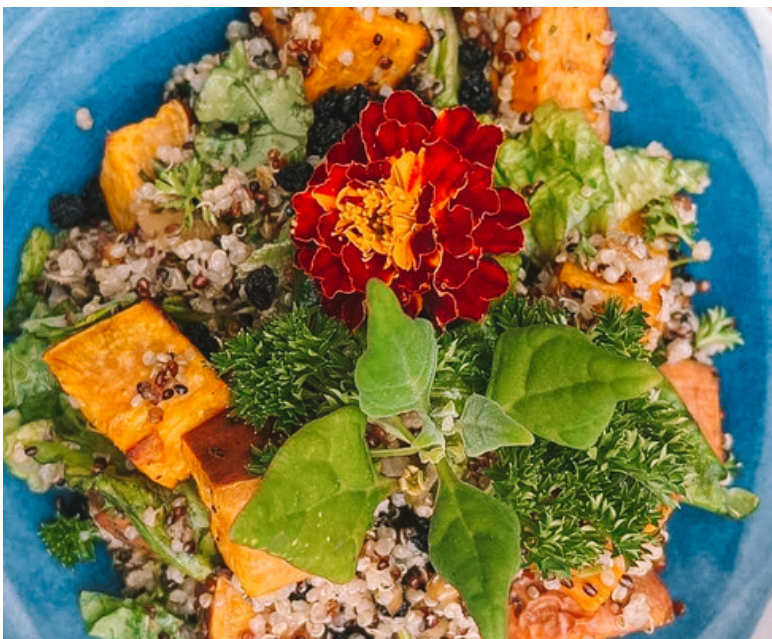
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- Juice of 1 lemon
- 100ml extra virgin olive oil
- 1/2 cup finely chopped parsley
- Salt and pepper to taste

Method

1. Preheat the oven to 180 degrees Celsius.
2. Line baking tray with baking paper.
3. Dice sweet potato and add to baking tray with a sprinkle of salt, pepper and oil, and bake for 30 mins.
4. Cook quinoa as per packet instructions and set aside.
5. Heat oil in pan on medium heat, add garlic, then fry warrigal greens for around 1 minute until reduced in size and softened.
6. Add dressing ingredients to an airtight jar and shake to combine.
7. Add sweet potato, quinoa and greens together, mix thoroughly and add dressing.
8. Sprinkle with chopped walnuts and currants to finish.
9. Serve as a main or side salad.

Tips

- Use leftovers for lunch the following day.
- Can add chicken, fish or tofu.
- Swap quinoa for brown rice or cous cous.
- Swap sweet potato for pumpkin.



**The
Moving
Feast**

The following sources were used to inform this infographic:

1. University of Minnesota Extension. Growing Strawberries in the home garden [Internet]. 2018 [cited 2022 Aug 22]. Available from: <https://extension.umn.edu/fruit/growing-strawberries-home-garden>
2. Queensland Strawberries. History [Internet]. c2022 [cited 2022 Sep 1]. Available from: <https://qldstrawberries.com.au/strawberry-lovers/history/>
3. Husaini AM, Neri D, Aguado A, Baruzzi G, Cantoral JM, Capote N, et al. Strawberry: Growth, Development and Diseases. Oxford: CABI; 2016.