

canteen *fresh*

For more Fruit and Veg information, check out the F and V for ME internet site at www.fandvforme.com.au

Super snacks,
quick lunch ideas
and helpful
information on fresh
fruit and vegetables.
Proudly brought to
your school canteen by
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hot lunch, please!

Warm kids up at lunchtime with these fabulous hot lunch ideas:

PUMPKIN, BACON & CHEESE PIZZA

Microwave peeled, cubed butternut pumpkin until tender. Drain and mash with milk, margarine and a little salt and pepper. Spread a pizza base with tomato paste then mashed pumpkin, top with diced lean bacon and a little grated mozzarella cheese. Bake in hot oven for 15 minutes, slice and serve.

HAM, SPINACH & TOMATO CRUMPETS

Toast crumpets, then simply top with a few baby spinach leaves, sliced lean ham and tomatoes. Then keep warm in a pie-oven.



BROCCOLI AND TUNA PASTA

Microwave or par-boil small broccoli florets until just tender. Combine with grated tasty cheese, drained canned tuna and cooked bow-tie pasta and serve. This pasta dish can be made ahead of time; simply place into a large baking pan, cover with foil, and keep warm in the oven.



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HELP
US WITH
fresh IDEAS
AND WIN!

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pick of the citrus crop

Citrus fruits are in peak supply at this time of year. Here's a helpful guide to those varieties which are at their best now:

NAVEL ORANGES – the Washington navel is the most common variety. Recognise the fruit by the dimpled navel shape at its base. Juicy, easy-to-peel Navel oranges are usually seedless and are in peak season from May to September.



TANGELO – a hybrid of a mandarin and a grapefruit, this ultra-juicy fruit is easy to peel and segment. Recognise the fruit by its vibrant orange skin and slight 'neck' at the stem end. It has a tangy, refreshing flavour and is at its very best from July to August.

ELLEDALE MANDARINS – a firm-skinned mandarin that is a cross between a mandarin and an orange. With easy-to-peel skin and sweet flesh, this variety is available from June to September.

MURCOT MANDARINS – are also known as Honey Murcots. A wonderfully full-flavoured, juicy mandarin with many seeds. Murcots have thin, tight skin, which makes them a little more difficult to peel. They're available from July to October.

easy ideas for citrus

- ▶ Peel oranges (most kids love oranges but dislike peeling them) and remove as much of the bitter white pith as possible. Chop pineapple into bite size chunks and segment the oranges. Place into fruit into plastic cups and top with a drizzle of warmed honey or low-fat chocolate topping (*pictured right*).



- ▶ Make a low-kilojoule jelly (to avoid excess sugar), then layer the jelly with low-fat yoghurt and orange and tangelo segments in a plastic cup.
- ▶ Swirl mandarin segments with sliced kiwifruit or strawberries and light vanilla fruché and serve in a plastic cup (*pictured right*).



top purchasing and storage tips

- ▶ **Crisp and juicy nashi** is a variety of pear, picked ripe and ready to eat. Store in the fridge and use within 2 weeks.
- ▶ **The range of potatoes** now available is extensive. Select Russet Burbank (also known as Idaho), King Edward, Pontiac, Bintje and Spunta potato varieties for baking.
- ▶ **When purchasing Packham pears** consider the fruit's ripening time. This slow-ripening, firm pear will take from 3-7 days to fully ripen at room temperature. Its green skin will lighten and turn yellowish in colour when ripe. The Packham pear is ready to eat when it yields to gentle pressure near the stem.
- ▶ **Baby spinach leaves** are perfect to add to a variety of sandwiches. Store the leaves, unwashed, in a sealed plastic bag in the fridge for up to 2 days. Don't pack too tightly as the greens will bruise and sweat. Wash and dry spinach leaves in salad spinner just before serving.

mushrooms



Don't overlook mushrooms at your school canteen, here's why:

- ▶ Easy to store. Mushrooms are best stored in a brown paper bag on the lowest shelf in the fridge. Keep for up to 5 days. Mushrooms will sweat if stored in plastic bags.
- ▶ No wastage. There is no need to wash or peel mushrooms as much of the goodness is contained in the skin. Simply wipe mushrooms with a clean damp cloth or paper towel.
- ▶ Nutritious. Cultivated mushrooms provide essential B complex vitamins, especially niacin, riboflavin, biotin and folate. They are also low in both fat and kilojoules.
- ▶ Versatile. Mushrooms can be added to almost any dish. They can be served raw or cooked and are ideal for sandwiches, jaffles, pizza toppings, barbecues and salads.

TYPES OF MUSHROOMS

BUTTONS – Small, white and tightly closed, these mild-tasting mushrooms are ideal for pizza toppings and jaffles. Excellent served raw, sliced on sandwiches or added to salads.

CUPS – These are larger and are just starting to open so their pink gills are exposed. Cups have good flavour and firm texture and are great for pasta sauces and barbecuing. Use them at a fund-raising sausage sizzle!

FLATS – Large and fully opened, flats have a full-bodied mushroom flavour. Slice and add to pizza toppings, grill whole or barbecue, simply brushed with olive oil.



QUICK MUSHROOM IDEAS

- ▶ Pan-fry button mushrooms in a little olive oil. Serve with ham on a wholemeal bread roll.
- ▶ Remember to add thinly sliced button mushrooms to salad sandwiches.
- ▶ Combine sliced button mushrooms with a little shredded chicken and grated tasty cheese on a jaffle.



- ▶ Brush a pizza base (or muffin, crumpet or pita bread) with tomato paste, top with sliced tomato, diced fresh pineapple and sliced cup mushrooms and grated cheese. Bake for 15 minutes in a hot oven, slice and serve.



fresh dates

Luscious fresh dates make the perfect 'natural' sweet treat for kids. Soft and delicately caramel in flavour, they are simply delicious.

Quick to prepare, simply wash and dry dates with paper towel. Remove the seed by cutting a small slit in one side of the date and pull out the seed.

Wrap seeded dates in greaseproof paper for a special sweet treat for kids. Store and serve dates at room temperature – there is no need to store them in the refrigerator.

what's fresh

JULY TO SEPTEMBER

Use this list of seasonal fruit and vegetables as a guide when purchasing produce for your school canteen. Buying fruit and vegetables in their natural peak season is your guarantee of freshness and good value. Don't forget to provide your greengrocer with size and quality specifications when you place your order.

VEGETABLES

BEANS

BROCCOLI

(one of the most nutritious of all vegetables!)

CABBAGE

(make coleslaw)

CARROTS (grate & add to salad sandwiches)

CAULIFLOWER

CELERIAC

CELERY (finely slice & add to salad or chicken sandwiches)

LEEKs

ONIONS

PARSNIPS

POTATOES (use King Edward, Russet Burbank, Pontiac, Bintje or Spunta for baking)

PUMPKIN (Butternut is a favourite)

SILVERBEET

SPINACH (add baby spinach leaves to sandwiches)

SWEDE (great for soups)

SWEET POTATO (orange sweet potato is often sold as kumara)



TURNIPS (add to vegetable soups)
ZUCCHINI

FRUIT

APPLES (Fuji, Granny Smith, Pink Lady & Lady Williams)

BANANAS

CUSTARD APPLES

DATES (sweet & easy to eat)

KIWIFRUIT (look for the delicious new gold variety)

MANDARINS (Ellendale and Honey Murcotts)

NASHI (extra juicy & crunchy)

ORANGES (Navels are extra juicy)

PEARS (Packham & Beurre Bosc)

RHUBARB

STRAWBERRIES (from Queensland)

TANGELOS

FRESH FRUIT – THE PERFECT SNACK

A piece of fresh fruit is one of the healthiest snacks for children. Remember to wash and dry fruit that does not require peeling.

Attractively display fruit on the canteen counter for easy selection. Right now, these fresh fruits are ideal:

- ▶ Small Fuji, Pink Lady & Lady Williams apples
- ▶ Bananas
- ▶ Small nashi
- ▶ Small ripe Packham pears
- ▶ Ellendale mandarins
- ▶ Navel oranges
- ▶ Tangelos

HELP US WITH *fresh* IDEAS AND WIN!

Sydney Markets would like to offer you the opportunity to win \$50 of fresh produce for your school canteen.

Simply send in your super easy, super fresh snack ideas that you have tried and tested at your school canteen. Authors of published recipes will receive \$50 worth of fresh produce for your school canteen with compliments from Sydney Markets.

Please address recipes to: Fresh for Kids Program Manager, Sydney Markets, PO Box 2, Sydney Markets NSW 2129.

Sue Beveridge of Frenchs Forest Public School Canteen sent us this fabulous fresh snack idea.

We make up 2 jellies – one yellow and one green (our school colours) with fruit. Pineapple and oranges in the yellow jelly and then red and green apples (skin on) with kiwifruit in the green jelly. The children then receive a scoop of each in a cup.

Sounds like a fun way to eat some great fresh fruit. Frenchs Forest Public School Canteen will be receiving \$50 worth of fresh produce for their school canteen.

meal

• DEALS •

CAPTAIN CAPSICUM HERO MEAL

- Roasted red capsicum, mashed pumpkin and cheese jaffle
- Tangelo, apple and kiwifruit salad



SUMMA STRAWBERRY HOT DEAL

- Chicken and mushroom salad on a bread roll
- Orange and strawberry cup with light vanilla fruché



OSCAR ORANGE SPORTING FUEL

- Warm ham, spinach and tomato crumpet
- Chilled orange segments with low-fat chocolate topping



MEGABITE APPLE BRAIN FOOD

- Cottage cheese, grated carrot and peanut butter sandwich
- Pink Lady apple and a tub of yoghurt



TAMARA TOMATO TASTY MEAL

- Slice of mushroom, cheese and tomato pizza
- Mandarin segments with light vanilla fruché



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