

the smart fruit & veg COOK spring

➤ Whip up a quick dish ➤ Great hints and tips ➤ What's best for the season



avocados



Whip up an avocado, baby spinach and prawn salad

Peel, halve and slice 2 just-ripe avocados lengthways into 2cm-thick slices. Place in a bowl, drizzle with the juice of 2 limes. Add 1 tbs finely chopped chives then season with salt and pepper. Arrange 100g baby spinach leaves, avocados and 24 peeled and deveined cooked king prawns on serving plates. Drizzle with extra virgin olive oil and serve with baguette bread. Serves 4.



To speed up ripening, place avocados in a brown paper bag with a banana. They're ripe and ready to eat when they yield to gentle pressure around the stem.

rockmelon



For the best flavour, choose a rockmelon with a sweet fragrant aroma. If cut, select rockmelon with orange-coloured flesh that looks moist and juicy. Top rockmelon wedges with thinly sliced prosciutto.

Whip up a quick starter...

Serve with rocket leaves, a drizzle of extra virgin olive oil and crusty bread.

For quick dessert...

Drizzle rockmelon wedges with passionfruit pulp and serve with vanilla ice-cream.

For more information about fresh fruit & vegetables visit www.sydneymarkets.com.au

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What's best in September

FRUIT

- Apples: Lady Williams
- Berries: Strawberries
- Grapefruit
- Lemons
- Mandarins: Honey Murcot
- Rockmelon
- Oranges: Blood, Seville
- Papaya
- Papaw
- Pineapples
- Pomelo
- Tangelos

VEGETABLES

- Artichokes: Globe
- Asian greens
- Asparagus
- Beans: Broad, Green
- Beetroot
- Broccoli
- Carrots
- Cauliflower
- Chillies
- Garlic, fresh
- Lettuce
- Mushrooms
- Onions: Spring, Green (shallots)
- Peas
- Potatoes
- Silverbeet
- Spinach



rockmelon

To buy

Select firm rockmelon with a sweet aroma that feels heavy for its size. Fruit should be beige to golden coloured (not green) with a pronounced netting pattern on the skin.

To store

Store whole rockmelon out of direct sunlight at room temperature until fully ripe. Ripe fruit yields to gentle pressure at the stem end. Cover cut rockmelon with plastic wrap and store in the fridge. Use within 2 days.

Fresh for Kids®

Wrap peeled wedges of rockmelon in strips of reduced fat ham for a healthy after-school snack.



snow pea sprouts

To buy

Choose crisp snow pea sprouts with green leaves and slender white stems. Avoid sprouts with yellowing leaves.

To prepare

Rinse in cold water and pat dry with paper towel.

To store

Store snow pea sprouts in their plastic punnet in the vegetable crisper of the fridge. Use within 4–5 days.

Fresh for Kids®

Add snow pea sprouts to sandwich, wrap and rice paper roll fillings.

beetroot

Wash and trim the leafy tops and roots, leaving 3cm attached, from beets before cooking.



Toss together a beetroot, watercress, feta & walnut salad

Place 8 washed and trimmed baby beets in a single layer in an ovenproof dish. Cover and microwave on high for 15–20 minutes until tender when tested with a skewer. Drain, refresh in cold water and peel. Slice beets into wedges.

Pan-fry 100g chopped walnuts with 1 tbs olive oil over medium heat until golden. Remove from heat. Wash and dry 2 cups trimmed watercress. Arrange watercress, beetroot and 200g crumbled feta cheese on 4 serving plates. Sprinkle with walnuts. Drizzle with a little extra virgin olive oil. Season with salt and pepper and serve with lemon wedges.

What's best in October

FRUIT

- Avocados
- Bananas
- Berries: Strawberries, Blueberries
- Grapefruit
- Mangoes
- Melons
- Oranges: Valencia
- Papaya, Papaw
- Passionfruit
- Pineapples
- Pomelo
- Tangelos

VEGETABLES

- Artichokes: Globe
- Asian greens
- Asparagus
- Beans: Broad, Green
- Beetroot
- Cucumber
- Chillies
- Garlic, fresh
- Lettuce
- Mushrooms
- Onions: Spring, Green (shallots)
- Peas
- Potatoes
- Silverbeet
- Spinach
- Watercress
- Zucchini

red grapefruit



Red grapefruit has a refreshing citrus flavour and juicy, deep-pink flesh. Choose red grapefruit that has a pink blush on the skin and feels heavy for its size.

When entertaining friends, serve a cool after-dinner refresher

Peel 4 chilled red grapefruit. Using a small sharp knife cut the grapefruit flesh from between the membranes to remove segments. Place segments in cocktail glasses. Drizzle with a little vodka or orange liqueur and serve. Serves 4 (not suitable for children).

Fresh for Kids®

Make a B.L.T. toasted sandwich

1. Pan-fry 4 shortcut bacon slices in a non-stick frying pan over medium heat for 5 minutes until crisp. Drain on paper towel.
2. Toast 4 slices wholegrain bread.
3. Spread 2 slices of toast with ripe avocado and top each with 2 slices bacon, sliced tomato and shredded iceberg lettuce leaves. Cover with remaining toast, cut in half and serve. Makes 2.



Smart things to do with...

Eschalots ▶

These small golden-brown or maroon skinned members of the onion family are mild in flavour. Add finely sliced eschalots to Asian-inspired salads and soups or roast or sauté in a little olive oil. They team well with beef, chicken and fish.



◀ Spring onions

Recognise them by the small white bulb on the end of the stem. Toss sliced spring onions in a salad with shredded barbecued chicken, baby spinach leaves and ribbons of Lebanese cucumber. Drizzle with lemon juice and olive oil and serve.



Green onions ▶

Add sliced green onions to stir-fries and salads. Team chopped cherry tomatoes and avocado with finely sliced green onions, olive oil and balsamic vinegar to serve with grilled chicken. Stir-fry sliced green onions with garlic in a hot wok with baby pak choy leaves and oyster sauce to serve with char-grilled steak and jasmine rice.



rocket



Toss together a rocket, haloumi and cherry tomato salad

Combine 1 bunch trimmed rocket with 80g black olives and 500g halved cherry or mini roma tomatoes in a bowl. Slice 250g haloumi cheese into 8 slices. Char-grill or pan-fry haloumi on high heat for 1 minute on each side. Arrange rocket salad on serving plates. Top with haloumi. Drizzle with a little balsamic vinegar and extra virgin olive oil and serve with toasted Turkish bread and hummus. Serves 4

Smart cooks tips for rocket... Scatter vivid green, peppery-flavoured rocket leaves over pizza or toss it through hot pasta just before serving. Serve rocket on toasted bread with ricotta and sliced tomato.

pineapple Bethonga Gold

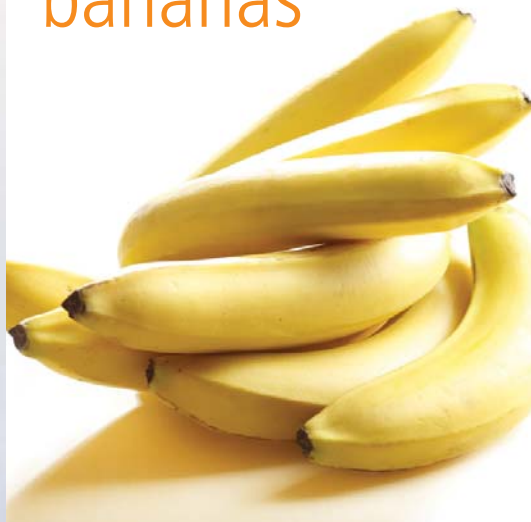
Caramelised pineapple with passionfruit

Peel and cut 1 Bethonga Gold pineapple into round ½-cm thick slices. Place ½ cup demerara or caster sugar onto a plate. Dip pineapple slices into the sugar to coat both sides. Heat a lightly greased non-stick frying pan over medium-high heat. Pan-fry pineapple slices in batches for 1–2 minutes on each side. Arrange on serving plates. Drizzle with the pulp of 2 passionfruit and serve with frozen fruit yoghurt or sorbet. Serves 4.

Sold with its leaves removed, a **Bethonga Gold pineapple** is juicy pineapple and due to its low acidity tastes sweeter than other varieties.



bananas



What's best in November

FRUIT

- Avocados
- Bananas
- Berries: Young, Mulberries, Blueberries
- Cherries
- Grapefruit
- Loquats
- Mangoes
- Melons
- Oranges: Valencia
- Papaya, Papaw
- Passionfruit
- Pineapples

VEGETABLES

- Artichokes: Globe
- Asian greens
- Asparagus
- Beans: Green
- Cucumber
- Chillies
- Lettuce
- Onions: Spring, Green (shallots)
- Peas
- Potatoes
- Silverbeet
- Spinach
- Sweetcorn
- Tomatoes
- Watercress
- Zucchini
- Zucchini flowers

Easy ideas for bananas

- ▶ For a tropical breakfast, team sliced banana with sliced papaya and pineapple. Drizzle with lime juice and serve with thick natural yoghurt and toasted coconut.
- ▶ Make a delicious smoothie by blending 1 peeled banana with 2 cups milk, a small tub of berry yoghurt and a few strawberries.
- ▶ For an easy dessert, layer sliced banana and blueberries in serving glasses with vanilla ice-cream and caramel sauce.
- ▶ For kids, thread peeled bananas onto paddle-pop sticks and dip in melted chocolate. Roll in crushed peanuts if desired.