

Springfresh

Top tips, great kid's meals, quick dinners, best buys and nutritional advice about fruit and vegetables



Green onions

To buy Green onions are sometimes confusingly sold as green shallots or shallots in NSW. Choose slender fresh-looking green onions with slim white ends with the roots attached.

To prepare Trim and discard roots and dark green tops. Strip off any damaged outer leaves. Slice stems, as desired.

To store Remove string or rubber band from bunch and trim tops. Place into a sealed plastic bag and store in the crisper in the fridge. Use within 1 week.



Blood oranges

To buy Select plump, ruby-red tinged fruit that feels heavy for its size. Red pigmentation in the skin and flesh varies with variety and growing climate.

To store Store at room temperature for up to 1 week. Extend storage by refrigerating fruit. For maximum flavour, bring to room temperature before using.

Meal in a flash Toss blood orange segments with finely sliced red onion and fennel, a little extra virgin olive oil and salt and pepper to taste. Serve with grilled chicken or fish.



SYDNEY MARKETS *Supplying quality fresh fruit & vegetables*



Zucchini flowers

To buy Large flowers with a stem only are male. Flowers with an immature zucchini attached are female. The flower only (male) is preferred for stuffing. Select fresh-looking flowers that are not tightly closed or wilting.

To store Cook on the day of purchase. Place flowers on a plate, cover loosely with plastic wrap and keep in a cool place until ready to use.

To prepare Gently wash and pat dry with paper towel. For frying, cut one side of flower and open gently. If stuffing, leave flowers intact and wrap petals around the filling.



Papaya

To buy Select whole papaya with golden-yellow coloured skin. A fragrant aroma is a good indication of flavour. If cut, select fruit with bright-coloured, undamaged flesh. For Asian salads choose unripe and very firm, green papaya.

To store Leave at room temperature to fully ripen. Fruit yields to gentle pressure when ready to eat. Green papaya for Asian salads should be stored in the fridge and used within 1 week.

Meal in a flash For a healthy breakfast, serve sliced papaya with a squeeze of lime juice topped with natural yoghurt and passionfruit.

New potatoes

To buy 'New' or 'chat' potatoes as they are commonly known are actually small Colibans. Choose firm, creamy-white potatoes and avoid those with green tinged skin or signs of sprouting. Select similar sized potatoes so they cook evenly.

To store Remove from bag and store in a cool, dark, well-ventilated place (don't refrigerate). Use within 3 days.

Meal in a flash Boil potatoes for 10 -15 minutes until just tender. Semi-mash with finely chopped mint, salt, pepper and a drizzle of olive oil. Serve with steaks and a green salad.



Lady Finger bananas

To buy Select firm bananas at different stages of ripeness so that they don't all ripen at once. Black markings on the skin develop as a natural part of the ripening process.

Fresh for Kids™ Once peeled, Lady Finger bananas don't brown rapidly. Make banana, reduced fat cream cheese and sultana sandwiches for a school lunch!

Nutrition Lady Finger bananas contain more dietary fibre, vitamin C and natural sugars than regular bananas. They're good for vitamin B6, potassium and fibre.





Strawberries

To buy Choose plump, bright and even-coloured strawberries. Check the underside of the punnet and avoid fruit that is mouldy or squashed.

To store Remove strawberries from punnet, spread on a plate lined with paper towel, cover loosely with plastic wrap and store in the fridge. Use within 2 days.

Fresh for Kids™ Whip up a strawberry smoothie! Blend 2 cups reduced fat milk, 1/2 punnet strawberries, 1/4 cup natural yoghurt and 1 tbs wheat germ in a blender until smooth. Serves 2.

Nutrition Rich in vitamin C and folate, strawberries contain potassium, calcium and phosphorus. Their tiny edible seeds contribute fibre.



Swiss brown mushrooms

To buy Choose firm Swiss Browns with pale to dark brown skin. Available in buttons, cups and flats (which are sometimes sold as Portobello mushrooms).

To store Store mushrooms in a paper or cloth bag on the lowest shelf in the fridge. Mushrooms will sweat if stored in plastic. Use within 3 days.

Fresh for Kids™ Thread button Swiss browns on skewers with chopped chicken and thickly sliced zucchini. Barbecue until chicken is cooked through and serve.

Asparagus

To buy Select firm, plump spears with tightly-closed tips. Choose bunches of an even thickness so spears cook evenly.

To prepare Trim 2cm–3cm from the stem base. Alternatively, hold a spear end in each hand and pull down to snap. Discard the thick base part.

Meal in a flash Spray asparagus with olive oil spray and season. Char-grill over medium-high heat for 2–3 minutes or until just tender. Serve with char-grilled chicken and tzatziki dip.

Nutrition A top natural source of folate, asparagus also supplies beta carotene (which the body converts to vitamin A), vitamin E and vitamin C.



Snow peas

To buy Choose vibrant green, crisp snow peas. Avoid those with soft, bulging or damaged pods.

To prepare Simply snap the stem-end off and peel the strings from the sides of the pod.

Fresh for Kids™ Kids like crunchy snow peas! Blanch in boiling water for 1 minute. Chill and serve with carrots sticks and a reduced fat cheese dip for a healthy after-school snack.

Cook's tips Cook rapidly to retain colour and crispness. Blanch and serve with dips or add to salads. Slice snow peas lengthways and toss into a stir-fry with Asian greens.



Pineapple

To buy Picked ripe and ready to eat, pineapple does not ripen further after harvesting. Choose firm pineapple that feels heavy for its size with a sweet tropical aroma. 'Pulling a leaf' does not indicate flavour or ripeness.

To store Store pineapple at room temperature out of direct sunlight. Use within 3-4 days. If refrigerating, peel pineapple and cover with plastic wrap before chilling.

Fresh for Kids™ Thread chunks of peeled fresh pineapple and Lady finger bananas onto paddle-pop sticks!

Coriander

To buy Select vivid green coriander with a distinct fresh fragrance. Avoid wilting bunches and those with yellowing leaves.

To store Wrap coriander unwashed in damp paper towel, place in a plastic bag and store in the fridge. Use within 2 days.

Cook's tips Wash well in lots of cold water just before using. Drain and pat dry with paper towel. Add leaves to Asian-style curries, salads, soups and laksa. Use stems and roots for curry pastes.



The best buys in spring

SEPTEMBER

Fruit

Apple:
Lady Williams
Berries:
Strawberries
Grapefruit
Lemon
Mandarins:
Honey Murcot
Melon
Oranges:
Blood
Seville
Papaya
Pawpaw
Pineapple
Tangelo

Vegetables

Artichokes
Asian greens
Asparagus
Beans:
Broad
Green
Beetroot
Broccoli
Carrot
Cauliflower
Lettuce
Mushrooms
Onions:
Spring
Green
Peas
Potatoes
Silverbeet
Spinach

OCTOBER

Fruit

Avocado
Banana
Berries:
Blueberries
Mulberries
Strawberries
Youngberries
Carambola (Star fruit)
Grapefruit
Loquats
Mango
Melon
Oranges:
Valencia
Papaya
Passionfruit
Pawpaw
Pineapple

Vegetables

Artichokes
Asian greens
Asparagus
Beans:
Broad
Green
Beetroot
Cucumber
Lettuce
Mushrooms
Onions:
Spring
Green
Peas
Potatoes
Silverbeet
Spinach
Watercress
Zucchini

NOVEMBER

Fruit

Avocado
Banana
Berries:
Blueberries
Raspberries
Strawberries
Cherries
Grapefruit
Loquat
Mango
Melon
Oranges:
Valencia
Papaya
Passionfruit
Pawpaw
Pineapple

Vegetables

Artichokes
Asian greens
Asparagus
Beans:
Green
Cucumber
Lettuce
Onions:
Spring
Green
Peas
Potatoes
Silverbeet
Spinach
Sweetcorn
Tomato
Watercress
Zucchini
Zucchini flowers

Are you eating enough fresh vegies?

It's well known that a healthy diet needs to include plenty of vegies. Vegetables are not only high in fibre, low in fat and kilojoules they're also packed with super-healthy vitamins and antioxidants. For optimum health, adults are advised to eat at least five portions of vegies a day, one portion is equal to 1 cup of vegies.

Vegetables are delicious and so easy to prepare. With a little planning it's easy to increase our daily vegie intake without much extra effort.

Here's how to add more fresh vegies to your diet

- Keep washed and chopped raw vegies in the fridge so that they are ready to eat anytime of day.
- Include a fresh green salad or some steamed or raw vegies at every evening meal.
- Add extra vegies to all your sandwiches. Vegies combine well with most sandwich toppings.
- Make your salads interesting by adding a variety of leafy greens and different coloured and flavoured vegies.
- Offer steamed vegetables with a reduced fat dip as a starter.
- Add extra vegies to your child's lunchbox – children love bright coloured varieties like cherry tomatoes, cucumber, snow peas and carrots.

Variety is the key to good health...

Why not try something new next time you shop for vegies! Each vegetable has it's own unique health benefit, so make sure you choose a wide variety.

With Sydney Markets free recipe cards you'll discover many new and interesting ways to use fresh fruit and vegetables. Available from your local greengrocer or visit www.sydneymarkets.com.au

The health benefits of fruits and vegetables

Fruit and vegetables are essential for good health and longevity. There is growing evidence to suggest that eating sufficient fruit and vegetables may reduce your risk of certain chronic diseases such as cardiovascular disease, stroke and some cancers.

This protective effect is due to many different unique compounds found in the fruits and vegetables. Replacing high fat food choices with fruit and vegetables can also reduce your risk of obesity. Obesity is a major risk factor for Type 2 diabetes and cardiovascular disease.

To get the best out of fruits and vegies

- Choose different coloured fruit and vegetables. Have a green, white, yellow, orange and if possible a purple choice each day. Each colour has it's own unique health properties.
- Aim to eat a fruit with your meals in order to optimise iron absorption (this is particularly useful for vegetarians).
- For a fibre boost, eat the fruit whole instead of drinking the juice.
- Eat extra vegetables at every meal to help you up your vegetable intake.
- To help retain nutrients, avoid overcooking your vegetables.

This information is for general use only, please see your local doctor or Accredited Practising Dietitian for individual advice.

Other important health benefits of fruits include the following:

1. They are high in fibre. A high fibre diet can help promote good bowel health and help prevent constipation.
2. Fruits are rich in vitamin C. Vitamin C promotes iron absorption and can also help boost your immune.
3. Fruit and vegetables are low sodium. Eating a low sodium diet may reduce your risk of hypertension. All Australians are advised to eat a diet low in sodium.