

Summerfresh

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



Sweetcorn

To buy Select fresh-looking sweetcorn still in its pale green husks. Kernels should be plump and brightly coloured.

To store Store sweetcorn cobs in their husks in a plastic bag in the fridge. Use within 1–2 days.

Cook's tip Barbecue sweetcorn. Peel the husks back and remove the silks. Rewrap the cob with the husks, securing with string. Soak cobs in cold water for 10 minutes. Barbecue on a grill, turning often, for 10–12 minutes or until kernels are tender. Pull back the husks and serve with a drizzle of olive oil, salt and pepper.



Potatoes for salads

To buy Kipfler, Pink Fir apple, Nicola, Spunta and Rosevale varieties are the best potatoes for salads. Choose firm potatoes and avoid those with greening skin or signs of sprouts.

To store Remove any plastic packaging and store potatoes in a cool, dark, well-ventilated place for up to 1 week. Do not refrigerate.

Cook's tip Scrub potatoes well with a soft brush and leave the skin on. The skin adds flavour and colour and contributes to their nutritional value.

Nutrition Good for vitamin C and fibre, potatoes also provide carbohydrate and are low in fat.



SYDNEY MARKETS Supplying quality fresh fruit & vegetables



Lychees

To buy Choose plump lychees that feel heavy for their size. Fresh lychees have a fragrant aroma and deep pink skin. Avoid very hard fruit.

To store Store lychees in a bowl covered with plastic wrap or a sealed plastic bag in the fridge. Use within 5 days.

Fresh for Kids™ Most kids will happily peel lychees so pop a few into the school lunch box. Peel lychees then halve and remove the seed. Add flesh to fruit salads or swirl through natural yoghurt.

Nutrition An excellent source of vitamin C plus some potassium and iron. Low in kilojoules.



Celery

To buy Select firm, pale green celery with fresh looking leaves. Avoid celery with split or damaged stems.

To store Remove the leaves and place unwashed celery in a plastic bag. Store in the crisper section of the fridge. Use within 3-4 days.

Cook's tip Revive limp celery by placing the trimmed stems in a jug of iced water in the fridge for a few hours. Drain well and use as desired.

Fresh for Kids™ Lightly spread celery sticks with crunchy peanut butter or Vegemite for a quick snack. Add finely sliced celery to cheese, egg and salad sandwiches.



Figs

To buy Choose plump, slightly soft figs with a sweet fragrance. Avoid fruit with split or damaged skin. Skin and flesh colour varies depending on variety.

To store Store figs at room temperature stem-side up in a single layer. Ripe figs yield to gentle pressure. Use within 1 day.

To prepare Carefully wash fruit then trim the stem. Figs are best roasted, stuffed or grilled with the skin left on. For other uses, peel if desired.

Meal in a flash Top quartered figs with thinly sliced prosciutto or pancetta and ricotta cheese. Drizzle with extra virgin olive oil, season with salt and pepper and serve.



Watermelon

To buy Watermelon is picked ripe and ready to eat. Select firm whole watermelon that feels heavy for its size. Choose cut watermelon with bright-coloured firm flesh. Seedless and small 'personal' watermelon varieties are now available.

To store Store whole watermelon in a cool place away from direct sunlight for up to 2 weeks. Once cut, wrap in plastic wrap and store in the fridge. Use within 3 days.

Fresh for Kids™ Buy seedless watermelon for kids. Store wedges in an airtight container in the fridge so they're ready to eat. Blend watermelon flesh with ice for a refreshing summer drink.



Eggplant

To buy Select firm, glossy eggplant that feels heavy for its size. Avoid dull eggplant and those with soft spots. Shape, skin colour and size varies depending on variety.

To store Store eggplant in the crisper section of the fridge. Use within 4 days.

Cook's tips There's no need to salt fresh young eggplant as new varieties are not bitter. Mature eggplant with dark seeds is best sliced and salted for about 20 minutes. Rinse, drain and pat dry with paper towel before cooking. Spray or brush with olive oil and barbecue slices until just tender.

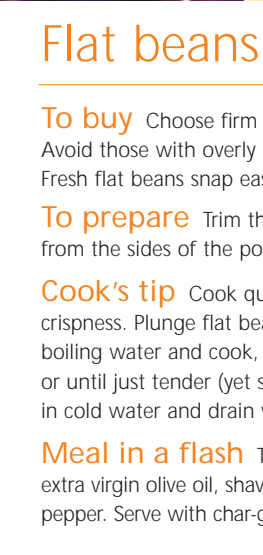


Peaches

To buy Select plump, full-coloured peaches with a sweet perfume. Avoid hard fruit with green skin around the stem.

To store Peaches soften when left at room temperature away from direct sunlight. Store in a single layer as stacking may result in bruising. Ripe fruit yields to gentle pressure. Store ripe fruit in the fridge and use within 2 days.

Meal in a flash For a quick dessert, lightly spray halved and stoned peaches with olive oil spray. Char-grill for a few minutes on each side. Drizzle with honey and serve with ice-cream.



Flat beans

To buy Choose firm flat beans with full pods. Avoid those with overly bulging or damaged pods. Fresh flat beans snap easily.

To prepare Trim the stem-end, peel the strings from the sides of the pod and chop or leave whole.

Cook's tip Cook quickly to retain colour and crispness. Plunge flat beans into a large saucepan of boiling water and cook, uncovered, for 3-4 minutes or until just tender (yet still with a crunch). Refresh in cold water and drain well.

Meal in a flash Toss boiled flat beans with extra virgin olive oil, shaved parmesan and black pepper. Serve with char-grilled chicken.



Cherries

To buy Choose plump, shiny cherries with their green stems still attached. Colour varies from white to bright red to black, depending on the variety.

To store Store cherries, unwashed with the stems attached, in a plastic bag in the fridge. Wash just prior to eating. Use within 3 days.

Fresh for Kids™ Pop a small plastic bag of freshly washed cherries into the school lunch box. Poach cherries in a little water for 2-3 minutes, chill in the syrup and serve with vanilla ice-cream.

Nutrition A great source of vitamin C and potassium, cherries have virtually no fat. They also supply antioxidants and fibre.



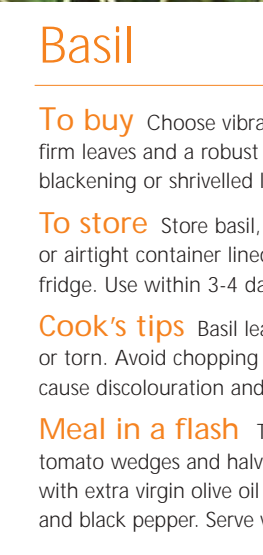
Snow pea sprouts

To buy Choose crisp-looking snow pea sprouts with bright green tips and white stems. Check the underside of the punnet and avoid sweaty sprouts and those with yellowing tips.

To store Store snow pea sprouts in their punnet in the fridge. Use within 3-4 days.

To prepare It's recommended to wash, rinse and drain snow pea sprouts before using. Gently pat dry with paper towel, if desired.

Fresh for Kids™ Combine snow pea sprouts with peanut butter and grated tasty cheese on a lavash roll up.



Basil

To buy Choose vibrant green basil with fresh firm leaves and a robust aroma. Avoid basil with blackening or shrivelled leaves.

To store Store basil, unwashed, in a plastic bag or airtight container lined with paper towel in the fridge. Use within 3-4 days.

Cook's tips Basil leaves are best used whole or torn. Avoid chopping leaves as cutting may cause discolouration and loss of aroma.

Meal in a flash Toss torn basil leaves with tomato wedges and halved baby bocconcini. Drizzle with extra virgin olive oil and season with sea salt and black pepper. Serve with grilled ciabatta bread.



The best buys in summer

DECEMBER

Fruit

Apricots
Bananas
Berries – blackberries, blueberries, raspberries, red & white currants, strawberries
Cherries
Grapes
Lychees
Mangoes
Melons
Nectarines
Oranges – Valencia
Papaya
Passionfruit
Pawpaw
Peaches
Pineapple

Vegetables

Asparagus
Beans – green, flat, butter
Capsicum
Celery
Cucumbers
Eggplant
Lettuce
Onions – salad, green
Peas
Radish
Sweetcorn
Tomatoes
Watercress
Zucchini

JANUARY

Fruit

Apricots
Avocados
Bananas
Berries
Berries – blackberries, blueberries, raspberries, strawberries
Cherries
Grapes
Limes
Lychees
Mangoes
Melons
Nectarines
Oranges – Valencia
Passionfruit
Peaches
Pears – Williams
Pineapple
Plums
Rambutans

Vegetables

Asparagus
Beans – green, flat, butter
Capsicum
Celery
Cucumbers
Eggplant
Lettuce
Onions – salad, green
Okra
Peas
Potatoes
Radish
Sweetcorn
Tomatoes
Zucchini

FEBRUARY

Fruit

Avocados
Berries – blueberries, raspberries, strawberries
Figs
Grapes
Limes
Lychees
Mangosteens
Melons
Nectarines
Oranges – Valencia
Passionfruit
Peaches
Pears – Howell, Williams
Pineapple
Plums
Prickly Pears
Rambutans

Vegetables

Avocados
Beans – butter, flat, green, snake
Capsicum
Celery
Chillies
Choko
Cucumbers
Eggplant
Lettuce
Onions – salad, green
Okra
Peas
Radish
Squash
Sweetcorn
Tomatoes
Zucchini

Fresh Fruit Facts

We are so fortunate to have such an abundance of delicious fresh fruit choices available in Australia. All fresh fruits are exceptionally healthy; they are low in fat and salt and high in fibre. Fresh fruits are also rich in important vitamins and powerful antioxidants such as vitamin C, lycopene, beta-carotene and folate.

Fresh fruits have a moderate amount of kilojoules, virtually fat free and can be included in a kilojoule restricted meal plan. In certain instances, increasing the fruit in your diet may assist with weight loss, as the fruit can replace a fatty snack or dessert.

The majority of fruits have a low Glycemic Index (GI). This means that carbohydrate in the fruit takes longer to digest. This can make a person feel fuller and satisfied for longer.

Examples of low GI or slow absorbing fruits are: cherries, grapefruits, peaches, nectarines, apples, pears, plums, oranges, strawberries, grapes, kiwifruits, mangoes and just ripe bananas.

To get the best out of fruits...

- Eat fruit after a meal. The vitamin C found in fruit will help the body absorb extra iron from the meal.
- Eat a variety of fruits, to experience different colours, flavours and textures.
- When travelling in the car, take along some fruit; if hunger strikes you'll have a healthy snack on hand.
- Eat fresh fruit whole rather than as a juice to get the maximum fibre benefit.

Indulge without the bulge

It is easy to pile on extra kilos during the festive season. Holidays, parties and fun times generally lead to overindulging on high fat choices. Replacing high fat foods with vegetables can help prevent overeating and subsequent weight gain.

Vegetables have virtually no fat, are high in fibre and can help to keep you full and satisfied.

Vegetables contain minimal kilojoules and can be eaten in abundance. The more vegetables you eat, the easier it will be to maintain a healthy weight during this festive time.

Finally...

Vegetables are the one food choice that we can indulge in! Have some at each meal for a VEGIE good festive season.

Hosting a party?

- Serve raw cauliflower and broccoli florets with your favourite dip
- Fill celery boats with cottage cheese
- Serve grilled asparagus spears

Going to the beach?

Pack vegetables such as cherry tomatoes, celery and carrot sticks in your beach bag. Take an icepack to help keep vegetables cool and crispy

Having a picnic?

- Serve a vegetable pasta or salad
- Add plenty of greens to your sandwiches
- Remember to pack a variety of freshly chopped vegetables
- Cooled steamed vegetables make a delicious salad – try steamed green beans, golden squash and snow peas drizzled with your favourite dressing

Having a barbie?

- Veggie kebabs are a great hit. Try onion, capsicum, mushroom and chunks of zucchini brushed with your favourite marinade, then barbecue
- Sprinkle large flat mushrooms with chopped garlic, lightly spray with olive oil and char-grill
- Don't forget a large fresh green salad