

Winterfresh

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



Mandarins

To buy Select glossy fruit that feels heavy for its size, this indicates good juice content. Choose from Imperial, Ellendale and Honey Murcot varieties.

To store Store in the crisper section of the fridge. Best used within 2 weeks.

Fresh for Kids™ Juice mandarins for breakfast – 1 kg mandarins yields about 2 cups juice. Add segments to fruit salads or freeze segments for a thirst quenching after sport snack.

Nutrition Great for vitamin C, beta carotene (which the body converts to vitamin A), folate and dietary fibre.



Beetroot

To buy Choose firm, deep purple beetroot with fresh looking leaves attached.

To store Trim leaves (leave at least 5cm stems attached to beets). Store unwashed in a plastic bag in the fridge. Use within 1 week.

Cook's tip Do not peel before cooking, scrub carefully (do not damage skin). Cook for 30 minutes to 1 hour, depending on size, until just tender. Wear rubber gloves and gently rub skin to remove.

Nutrition Excellent for folate and provides some iron, vitamin C and fibre. Also valuable for antioxidants.



SYDNEY MARKETS™ Supplying quality fresh fruit & vegetables



Fennel

To buy Choose firm, undamaged bulbs with fresh feathery leaves still attached.

To prepare Discard the thick outer layer on the bulb, trim base and top. Slice or chop bulb, as desired.

To store Refrigerate fennel in the vegetable crisper. Best used within 5 days.

Meal in a flash Toss finely sliced fennel in a pan with olive oil and garlic until tender. Add fish fillets and a splash of fish stock, cover and cook until fish is just cooked. Stir through a little sour light cream, salt and pepper and serve.



Eschalots (French shallots)

To buy Select firm eschalots which feel heavy for their size. Their golden-brown to reddish-brown skin should be dry and papery.

To store Store in a cool, dark, well-ventilated place for up to 1 month.

Cook's tips Milder than onions, eschalots are ideal for salads, Asian soups and delicate French-style sauces. Roast whole peeled eschalots.

Meal in a flash Roughly chop eschalots and pan-fry in a little olive oil until soft. Toss through sliced mushrooms, salt and pepper and a dash of wine. Cover and cook until tender and serve with grilled steak.

Jerusalem artichokes

To buy Choose firm, dry artichokes with thin undamaged skin. Select smoother artichokes which are easier to peel.

To store Store artichokes in a paper or plastic bag in the fridge for up to 2 weeks.

Cook's tips Scrub the skin well instead of peeling, the skin gives soups and casseroles colour and adds a nutty flavour. Roast artichokes, unpeeled, until tender.

Nutrition Good for fibre and potassium, Jerusalem artichokes also contain inulin which is fermented by 'good bacteria' and produces acids which may act as anti-cancer compounds.



Celeriac

To buy Choose firm, pale green to creamy coloured celeriac that feels heavy for its size. Small celeriac is best as larger ones can be soft and spongy in the centre.

To store Trim and discard base and tops. Store in a plastic bag in the fridge. Use within 5 days.

Preparation Peel and chop or slice, as required. Drop prepared celeriac in a bowl of water with lemon juice added to prevent discolouration.

Meal in a flash Make a quick soup, cook onions and garlic in a little oil until soft. Add chopped potatoes and celeriac, cover with chicken stock and simmer until tender. Puree until smooth, stir through light cream and serve.





Gold kiwifruit

To buy Select firm, plump kiwifruit with undamaged skin.

To store Leave fruit to ripen at room temperature until it yields to gentle pressure. Once ripe, store kiwifruit in the fridge and use within 2 days.

Fresh for Kids™ Thread wedges of peeled gold kiwifruit and oranges onto skewers. Trim sharp ends on skewers, if desired.

Nutrition Rich in vitamin C, one gold kiwifruit supplies more than twice the recommended daily intake. Also good for fibre, potassium and folate.



Rainbow silverbeet

To buy Choose crisp, fresh-looking rainbow silverbeet with glossy green leaves with pinky-red, orange, yellow or creamy white ribs and stems.

To prepare Cut leaves from stalks. Wash well and chop or slice leaves and stems, as desired.

Cook's tips Finely slice the top section of the stalks and add to stir-fries. Cook rainbow silverbeet rapidly to retain its colour and flavour.

Nutrition Provides vitamin C, vitamin A, folate, fibre and beta carotene (which the body converts to vitamin A).

Nashi

To buy Choose firm, plump, unbruised nashi. Skin colour varies with variety and is not an indication of flavour.

To store Nashi are picked ripe and ready to eat. Store in the fridge to retain crispness and use within 3 weeks.

Fresh for Kids™ Top thick nashi slices with triangles of reduced-fat cheese for a healthy after-school snack. Pack a small nashi in the school lunch box.

Cook's tip Nashi discolours quickly after peeling, lightly brush with lemon juice to prevent browning.



Chinese cabbage (Wong bok)

To buy Select whole or halved cabbage with crisp, crinkled pale green leaves.

To store Store in a plastic bag in the fridge and use within 3 days.

Meal in a flash Toss sliced chicken in a hot wok with a little oil, garlic and green onions until almost cooked through. Add shredded cabbage, fried noodles and kecap manis, stir-fry until leaves just wilt and serve.

Nutrition Excellent for vitamin C and good for vitamin A, folate and many antioxidants.



Cauliflower

To buy Select small to medium, firm, creamy white cauliflower with tightly-packed florets. Leaves around the base should be crisp.

Cook's tips Cook cauliflower rapidly until just tender. If boiling, add a squeeze of lemon juice to the cooking water to boost colour. Add florets to curries and stir-fries.

Fresh for Kids™ Deep-fry florets in a crispy tempura-style batter until golden. Serve with a favourite sauce for dipping.

Nutrition Super nutritious cauliflower is excellent for vitamin C and fibre. Also supplies folate, biotin (vitamin B) and some iron.

Custard apple

To buy Select firm, well-shaped custard apple with dull green skin. Avoid fruit with damaged or split skin. Pink's Mammoth variety has the least seeds.

To store Ripen firm fruit for 3-5 days at room temperature out of direct sunlight until it yields to gentle pressure. Refrigerate ripe fruit and use within 2 days.

Fresh for Kids™ Puree custard apple flesh for babies. Toss flesh through vanilla yoghurt for a quick dessert.

Nutrition Half a medium custard apple provides the recommended daily intake of vitamin C. Also provides potassium and fibre.



The best buys in winter

JUNE

Fruit

Apples
Avocados
Custard apples
Grapefruit
Kiwifruit
Lemons
Limes
Mandarins
Nashi
Oranges – Navel
Passionfruit – Panama
Pears
Pomelo
Quince
Rhubarb

Vegetables

Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Fennel
Jerusalem artichokes
Kohlrabi
Leeks
Olives
Onions
Parsnips
Potatoes
Pumpkin
Silverbeet
Spinach
Swede
Sweet potato
Turnips

JULY

Fruit

Apples
Avocados
Custard apples
Grapefruit
Kiwifruit
Lemons
Limes
Mandarins
Oranges – Navel
Pomelo
Passionfruit
Rhubarb
Tangelo

Vegetables

Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Fennel
Jerusalem artichokes
Kohlrabi
Leeks
Okra
Olives
Onions
Parsnips
Potatoes
Pumpkin
Silverbeet
Spinach
Swede
Sweet potato
Witlof

AUGUST

Fruit

Apples
Cumquat
Grapefruit
Kiwifruit
Lemons
Mandarins
Oranges – Blood and Navel
Pomelo
Rhubarb
Strawberries
Tangelo

Vegetables

Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Fennel
Jerusalem artichokes
Kohlrabi
Leeks
Okra
Onions
Parsnips
Potatoes
Pumpkin
Silverbeet
Spinach
Swede
Sweet potato
Turnips
Witlof