

Autumnfresh

Top tips, snack ideas for kids, best buys and nutritional advice about fruit and vegetables



Imperial mandarins

To buy Select glossy fruit that feels heavy for its size as this indicates good juice content. In peak season from April to July, Imperial mandarins are virtually seedless and are very easy to peel.

To store Store mandarins in a cool, well-ventilated place or keep in the crisper section of the fridge. Best used within 1 week.

Fresh for Kids™ Freeze mandarin segments in a small plastic bag – they make a terrific after sport snack.

Nutrition Mandarins are good for vitamin C, beta carotene (which converts to vitamin A), folate and fibre.

Grapes

To buy Select plump, firm-skinned grapes in full bunches. Stems should be supple and not withered. Grapes do not ripen further once picked.

To store Wash grapes just before eating. Store unwashed grapes in an airtight container or plastic bag in the fridge. Use within 3 days.

Fresh for Kids™ Seedless grapes are ideal for kids. Pop whole grapes into jellies and add a small bunch to the school lunch box.

Nutrition Grapes are good for vitamin C and supply fibre and potassium.



SYDNEY MARKETS™ Supplying quality fresh fruit & vegetables

Chokos

To buy Choose small chokos (about the size of a medium pear) with vivid green, firm skin. Avoid chokos with soft or withering skin.

To prepare Using a small sharp knife, halve choko lengthways and remove the skin and core. Slice or chop as desired.

Cook's tip Quickly stir-fry sliced chokos. Boiling can reduce their flavour. Team chokos with soy sauce, garlic and chilli or add to a curry.

Nutrition Low in kilojoules, choko contains some vitamin C and small amounts of other vitamins and minerals.



Guava

To buy Select richly perfumed, unblemished, firm guava. Skin and flesh colour varies from white to pink depending on variety. Avoid those with soft spots or signs of bruising.

To store Leave guavas to ripen in a single layer, at room temperature out of direct sunlight. Strawberry guavas (with pink flesh) are eaten when soft whilst white guava remains firm like an apple.

Fresh for Kids™ Make a vitamin C-rich strawberry guava smoothie.

Nutrition Guava is a top source of vitamin C and lycopene, a valuable antioxidant.



Quinces

To buy Select even-coloured golden quinces with a perfumed aroma. Avoid fruit with brown spots on the skin. Handle with care as although quinces feel firm they easily bruise.

To prepare Quince skin and flesh is very firm. Use a small sharp knife to peel and core the fruit. Peeled and cut fruit discolours quickly so place immediately in a bowl of water with fresh lemon juice added to prevent discolouration.

Cook's tip Quinces require long, slow cooking for their pale flesh to develop a rich rosy-pink colour. Keep quinces moist during cooking and slowly bake, roast or poach for about 2 hours for best results.



Beetroot

To buy Select firm, deep purple beetroot with fresh-looking leaves still attached. Buy bunches with even-sized beets so they take the same amount of time to cook.

To prepare Trim the leaves, leaving at least 5cm stalks attached. Place unwashed beets into a plastic bag and store in the fridge. Use within 1 week.

Cook's tip Do not peel or damage skin and leave at least 2-3cm stalks attached to the beet to prevent loss of its rich red colour during cooking. Boil beets or individually wrap in foil and roast for about 45 minutes to 1 hour until just tender.





Pomegranates

To buy Select firm, bright red to pink-blushed pomegranates that feel heavy for their size.

To store Leave fruit at room temperature out of direct sunlight for up to 1 week. To extend storage, keep pomegranates in the fridge for up to a month.

To prepare Using a small sharp knife, pierce the thin leathery skin and slice the fruit open. Gently squeeze the fruit then using a teaspoon, dislodge the edible ruby-red seeds from the pithy membrane.

Cook's tip Add crunchy and juicy pomegranate seeds to fruit salads or sprinkle over rice pudding and sweet desserts.



Corella pears

To buy Select pears with a green to golden yellow skin with a reddish-pink blush. Avoid bruised or soft fruit. Fruit size varies from medium to small – 'mini' pears. Small Corella pears are great for kids.

To store Leave pears at room temperature out of direct sunlight to ripen. Skin colour turns to golden yellow with ripening. Corella pears can be eaten while firm or fully ripened and soft.

Cook's tip Use firm Corella pears for cooking as they will hold their shape well.

Fresh for Kids™ Top quartered and cored small Corella pears with sliced reduced fat tasty cheese for a healthy after-school snack.

Fuji fruit (sweet persimmon)

To buy Select firm, bright orange fruit with smooth glossy skin. Fuji fruit is picked mature and is best eaten when firm and crisp. A vibrant orange skin colour indicates optimum ripeness.

To store Store fuji fruit in a single layer, out of direct sunlight at room temperature. Use within 1 week.

To prepare Wash the fruit, remove the stem and slice as desired. The skin is edible but is easily removed with a vegetable peeler if preferred.

Cook's tip Fuji fruit is ideal sliced and served with fresh cheese like ricotta or cottage cheese.



Brussels sprouts

To buy Select compact Brussels sprouts about the size of a ping-pong ball. Leaves should be firm, bright green and fresh looking without signs of yellowing.

To store Store unwashed Brussels sprouts in a plastic bag in the fridge. Use within 3 days.

Cook's tip Cook Brussels sprouts rapidly for maximum flavour. Steam whole or slice and add to stir-fries. If boiling, cook rapidly, uncovered for about 4–5 minutes or until just tender.

Nutrition Brussels sprouts are excellent for vitamin C, beta carotene (which converts to vitamin A), fibre and folate.



Kaffir lime leaves

To buy Select firm, glossy kaffir lime leaves. Avoid brown or black tinged leaves.

To store Store kaffir lime leaves in an airtight container or sealed plastic bag in the fridge. Use within 1 week. Leaves may be frozen for up to 6 months however they lose some of their natural oils and fragrance with freezing.

Cook's tip Finely shred fresh leaves and add to Thai-style marinades, curries and soups.

Silverbeet

To buy Not to be confused with spinach, silverbeet has crinkled, dark-green glossy leaves and crisp white stems. Select fresh-looking, upright bunches and avoid those with limp leaves.

To store Trim the base of the stalks and store in a plastic bag in the fridge. Use within 2 days.

To prepare Wash very well in cold water. Remove the stalks and larger ribs in the leaves; there's no need to trim the small ribs. Chop or slice the leaves as desired. Add chopped stalks to stir-fries.

Nutrition Silverbeet is good for beta carotene (which converts to vitamin A), vitamin C, folate and fibre.



The best buys in autumn

MARCH

Fruit

Apples
Bananas
Figs
Fuji fruit
Grapes
Guava
Kiwifruit
Limes
Mangosteens
Nashi
Oranges – Valencia
Passionfruit
Pawpaw
Pears
Plums
Pomegranates
Quinces
Tamarillo

Vegetables

Asian Greens
Beans
Broccoli
Capsicums
Cucumbers
Eggplant
Lettuce
Okra
Onions
Potatoes
Pumpkin
Sweetcorn
Tomatoes
Zucchini

APRIL

Fruit

Apples
Avocados
Bananas
Custard apples
Fuji fruit
Guava
Kiwifruit
Limes
Mandarins – Imperial
Nashi
Pears
Passionfruit
Persimmons
Pomegranates
Quinces
Tamarillo

Vegetables

Asian greens
Beans
Broccoli
Brussels sprouts
Cabbages
Capsicums
Chokos
Fennel
Leeks
Mushrooms
Okra
Peas
Potatoes
Pumpkins
Silverbeet
Spinach
Turnips

MAY

Fruit

Apples
Avocados
Custard apples
Kiwifruit
Lemons
Mandarins – Imperial
Nashi
Oranges – Navel
Pears
Persimmons
Pomegranates
Quinces
Rhubarb

Vegetables

Asian greens
Broccoli
Brussels sprouts
Cabbages
Carrots
Cauliflower
Celery
Celeriac
Chestnuts
Fennel
Ginger
Leeks
Mushrooms
Okra
Parsnips
Silverbeet
Spinach
Sweet potatoes
Turnips