

# springfresh

TOP TIPS, QUICK MEALS, BEST BUYS AND NUTRITIONAL ADVICE ABOUT SPRING FRUIT AND VEGETABLES



**SYDNEY MARKETS**™ Supplying quality fresh fruit & vegetables



## broad beans

**to buy** Choose small, firm green broad beans with full but not over-bulging pods. Smaller younger pods yield more tender beans. As a guide, 1 kg of broad beans yields about 300g (about 2 cups) shelled beans.

**to store** Store in a plastic bag in the crisper section of the fridge. Best used within 2 days.

**to prepare** Split pods and remove beans. Cook beans in boiling water for 2 minutes. Drain, rinse and slip beans out of their tough outer skins. Use beans as required in recipes or boil for a further 3–5 minutes, depending on size, until just tender and serve.

## bird's eye chillies

**to buy** Select bird's eye chillies about 3–4cm long with glossy, unwrinkled skin and green stems. Green chillies turn red with ripening before harvesting. These chillies are one of the hottest chillies available.

**to store** Store in a sealed glass jar or paper bag in the fridge. Use within 1 week.

**to prepare** Wear disposable rubber gloves and avoid contact with your skin. Cut chilli in half lengthways. Scrape out seeds and membranes with the tip of a teaspoon. Chop or slice chillies as desired. Leave seeds and membranes intact for a hotter flavour.



## shiitake mushrooms

**to buy** Select plump shiitake mushrooms with a distinct aroma. If in plastic packaging, check that mushrooms are not squashed or slimy.

**to store** Remove any plastic packaging. Store mushrooms in a brown paper or cloth bag on the lowest shelf in the fridge. Use within 3 days.

**to prepare** Do not wash, simply wipe with a damp paper towel. Trim stem and leave whole or halve or chop as desired.

**cook's tip** Add to Asian-style soups, stir-fries, braises and noodle dishes. Use the stems to flavour stocks.

## rockmelons

**to buy** Select rockmelon with a fragrant aroma and pronounced netting on the skin. Fruit should feel heavy for its size.

**to store** A ripe melon yields to gentle pressure at the stem end. Leave whole melons at room temperature out of direct sunlight to ripen. Wrap cut melon in plastic wrap and store in the fridge.

**meal in a flash** Top sliced ripe rockmelon with sliced prosciutto or pancetta and a wedge of low-fat soft fresh cheese like ricotta. Drizzle with extra virgin olive oil and serve.



## fresh garlic

**to buy** Sold by the bunch, choose fresh garlic with pink-tinged bulbs with the green stems still attached. Fresh garlic is milder and sweeter in flavour than dried garlic.

**to store** Trim tops and store garlic in a plastic bag in the fridge.

**to prepare** To roast whole heads, simply trim green stems. Alternatively, remove cloves from bulb, remove papery casing by crushing garlic with the back of a knife. Chop or crush as desired.

**cook's tip** Wrap whole heads of garlic in foil with a drizzle of olive oil. Roast for 40 minutes or until tender.

## pomelo

**to buy** This Asian citrus fruit looks like a very large grapefruit with a slightly pointed stem end. Its delicious juicy flesh is sweeter than grapefruit. Choose pomelo with firm yellow skin that feels heavy for its size.

**to store** Leave at room temperature out of direct sunlight. Use within 1 week. For longer storage, keep in the fridge.

**to prepare** Using a sharp knife, peel fruit and remove the thick white pith that encases the sweet pink or golden-yellow coloured flesh.

**cook's tip** Pomelo flesh teams very well with chillies in Asian-style salads. Substitute pomelo juice for lime juice in salad dressings.





## 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.

**to prepare** Gently rinse and drain well. Hull strawberries after washing.

**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.



## kensington pride mangoes

**to buy** Plentiful mid spring to late summer. Choose plump mangoes with a fragrant tropical aroma. Fruit should also yield to gentle pressure at the stem end.

**to store** Leave at room temperature out of direct sunlight until skin is golden-yellow. Eat fruit as soon as it is ripe for maximum flavour.

**meal in a flash** For a quick dessert, toss peeled sliced mango in brown sugar and pan-fry in a lightly greased non-stick frying pan until golden. Serve with reduced fat vanilla ice-cream.

## 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.



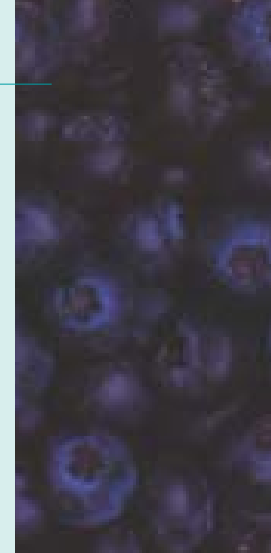
## blueberries

**to buy** Select plump blueberries with deep purple-blue skin and a delicate silvery-grey bloom. Check the underside of punnets and avoid berries with withering skin or signs of mould.

**to store** Remove packaging, place unwashed blueberries in a single layer on a plate lined with paper towel. Cover loosely with plastic wrap and store in the fridge. Use within 2 days.

**to prepare** Wash blueberries just before serving. Drain on paper towel.

**fresh for kids** Make a healthy blueberry fool, lightly crush blueberries and fold through thick natural yoghurt with a drizzle of honey.



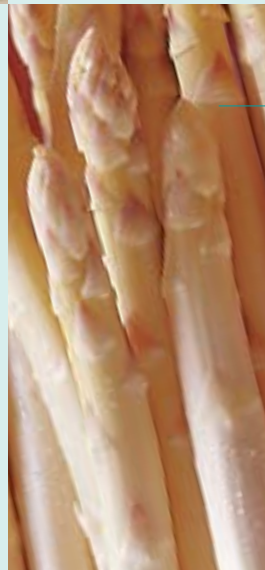
## ruby grapefruit

**to buy** Choose firm ruby grapefruit with pink-tinged glossy skin. The juiciest grapefruit feels heavy for its size.

**to store** Store at room temperature out of direct sunlight for up to 1 week. For longer storage, keep in the fridge.

**to prepare** Peel using a sharp knife removing all the white bitter pith. Halve, slice or chop as desired. Alternatively, cut in half and juice the fruit.

**meal in a flash** Toss ruby grapefruit segments in a salad with flaked hot-smoked salmon and watercress. Drizzle with a low-fat salad dressing and serve.



## white asparagus

**to buy** White asparagus is the same variety as green except that it is harvested whilst still underground. It has a delicate, slightly nutty flavour. Sold loose or bunched, select firm, unwrinkled white spears with tightly-closed tips.

**to store** Store spears upright, covered with plastic wrap, in a glass containing a little water in the fridge. Use within 2 days.

**to prepare** Trim or snap off the tough base. Peel stems to just below the tips using a vegetable peeler.

**meal in a flash** Gently poach white asparagus until just tender. Serve topped with grilled lean bacon or prosciutto and a poached egg.

## choy sum

**to buy** Select bunches with crisp stems and fresh-looking green leaves. Small edible yellow flowers on some stems are characteristic of this asian green.

**to store** Store choy sum in a plastic bag in the fridge. Use within 3 days.

**to prepare** Trim stems and separate leaves. Wash well in cold water. Chop thick, fleshy parts of stems and cook for a little longer than the leaves.

**fresh for kids™** Stir-fry boneless diced chicken with chopped choy sum and a drizzle of salt reduced soy sauce and honey. Serve with noodles.



## green peas

**to buy** Choose crisp, full, bright-green pods with a waxy feel. As a guide, 1 kg of green peas yields about 400g (2 1/2 cups) shelled peas.

**to store** Green peas lose their sweetness rapidly after harvesting. Store unshelled peas in a plastic bag in the fridge. Use within 1–2 days.

**to prepare** Split the pod open lengthways, remove peas and discard pod.

**cook's tip** Rapidly boil in a pan for about 4–5 minutes or until just tender. Add a sprig of mint to the water if desired. Do not overcook. Drizzle with extra virgin olive oil to serve.



Using many of the exciting array of vegetables in delicious salads is one of the best ways to upgrade your diet.

❖ Greens are great for vitamins, especially folate and vitamin C, and are also rich in antioxidants and other phytonutrients that protect arteries and various body tissues. As well as the great variety of lettuces, add interest with **baby spinach**, sliced **Asian greens** (good sources of many minerals) and blanched **green beans** or **sugar snap peas**.

❖ Red or orange vegetables add a splash of colour plus some different phytonutrients. Barbecued slices of **pumpkin** topped with caramelised **onions** and toasted pinenuts tastes great and provides good all-round nutrition.

❖ To add different texture to salads, include sliced raw **mushrooms** or toss salad vegetables with protein foods such as any kind of grilled seafood, grilled chicken, strips of rare beef or lamb. Top Asian-style salads with fingers of sauteed tofu for extra calcium, protein and iron.

❖ Fruits can also add interest and nutrients to salads. As well as the familiar diced apple in a waldorf salad, try lightly sautéed slices of **apple** or **pear** tossed through a salad of greens and grilled chicken. Use **mango** or **papaya** to lift a prawn salad and green mango adds a superb touch to a spicy Thai salad. **Oranges**, **mandarins** or **ruby grapefruit** suit Thai or other spicy salads.

**To complete a healthy salad, make your own dressing and use only enough to coat leaves lightly** (there should be no dressing in the bottom of the bowl).

❖ For 4–6 people, in a screw-top jar combine 2 tablespoons of extra virgin olive oil, 1 tablespoon of part something acidic such as lemon or lime juice or a good wine or balsamic vinegar, a teaspoon of Dijon mustard and a pinch of sugar. Shake well and pour over the salad, tossing thoroughly.

The oil helps absorption of some vitamins and other valuable components of vegetables, and the acid slows down the rate of digestion.

## SEPTEMBER

### fruit

Apples:  
Lady Williams  
Berries:  
Strawberries  
Grapefruit  
Lemons  
Mandarins:  
Honey Murcot  
Melons  
Oranges:  
Blood, Seville  
Papaya  
Pawpaw  
Pineapple  
Pomelo  
Tangelos

### vegetables

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

## OCTOBER

### fruit

Avocado  
Bananas  
Berries:  
Blueberries  
Mulberries  
Strawberries  
Youngberries  
Carambola (Star fruit)  
Grapefruit  
Loquats  
Mangoes  
Melons  
Oranges:  
Valencia  
Papaya  
Passionfruit  
Pawpaw  
Pineapple  
Pomelo

### vegetables

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

## NOVEMBER

### fruit

Avocado  
Bananas  
Berries:  
Blueberries  
Raspberries  
Strawberries  
Cherries  
Grapefruit  
Loquat  
Mangoes  
Melons  
Oranges:  
Valencia  
Papaya  
Passionfruit  
Pawpaw  
Pineapple

### vegetables

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

\*Phyto means plant and phytonutrients include vitamins, antioxidants and compounds that may reduce the risk of cardiovascular disease, some age-related eye problems and some cancers.