



## peaches

### To buy

Choose yellow or white-fleshed peaches with a sweet fragrance. Fruit should feel firm and yield to gentle pressure around the stem. Avoid peaches with green skin at the stem end.

### To store

Keep peaches at room temperature out of direct sunlight. Do not stack the fruit as it may bruise. Fruit is ripe and ready to eat when it yields to gentle pressure. Use within 1–2 days.

### Cook's tip

Use freestone peaches for cooking – their flesh can be easily removed from the stone.



## raspberries

### To buy

Select plump, deep pink raspberries. Check the underside of the berry punnet to ensure that the raspberries are not crushed or mouldy.

### To store

Remove raspberries from their punnet, place berries 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

Gently rinse raspberries just before using and drain on paper towel.

### Whip up dessert

Layer raspberries in serving glasses with crushed meringues and thick natural yoghurt.



## basil

### To buy

Select vibrant green basil with firm stems, undamaged leaves and an aromatic fragrance.

### To store

Remove the tie from the bunch. Wrap unwashed basil in a damp paper towel and store in an airtight container or plastic bag in the fridge. Use within 3 days.

### Cook's tips

One small bunch of basil yields about 1 cup of firmly-packed leaves.

### Whip up dinner

Toss freshly-cooked spaghetti, lots of basil leaves, extra virgin olive oil, diced tomatoes and black olives over low heat until combined. Serve with parmesan cheese.



## Lebanese zucchini

### To buy

Choose compact, pale green Lebanese zucchini with a delicate mottled stripe.

### To store

Keep zucchini in an unsealed plastic bag in the crisper section of the fridge. Use within 3–4 days.

### To prepare

Simply trim and discard the stalk. Slice or chop as desired.

### Whip up dinner

Roast chopped Lebanese zucchini, capsicum, red onion and eggplant until tender. Serve at room temperature with rocket, hummus and crusty bread.



## watermelon

### To buy

Select firm whole watermelon that feels heavy for its size and gives slightly when pressed around the stem. If cut, select watermelon with even-coloured vibrant-pink flesh. Seedless varieties are available.

### To store

Melons do not ripen after harvesting. Keep whole watermelon in a cool, well-ventilated place. Use within 2 weeks. Once cut, cover watermelon with plastic wrap and store in the fridge. Use within 2 days.

### Fresh for Kids®

Blend chunks of watermelon in a blender with a few ice-cubes for a refreshing drink.



## celery

### To buy

Select firm, pale green celery with crisp stalks and fresh-looking leafy tops. Avoid celery with split or damaged stalks.

### To store

Trim the top leaves and place unwashed celery in a plastic bag in the crisper section of the fridge. Use within 3–4 days.

### To prepare

Trim the stalks from the thick base. Rinse stalks well and chop or slice as desired.

### Whip up a side dish

Toss finely sliced celery with sliced green onions, chopped boiled new potatoes, capers and reduced fat mayonnaise in a salad.



## lychees

### To buy

Select plump, bright-skinned, rosy to deep pink lychees that feel heavy for their size. A small part of the stem should still be attached.

### To store

Store unpeeled lychees in a sealed plastic bag in the fridge. Use within 2 days.

### To prepare

Split the skin and peel the fruit. Leave whole or cut lengthways around the stone to halve the lychee and remove the stone if desired

### Whip up dessert

Team peeled lychees with chopped mango and papaya, sliced banana and passionfruit pulp. Serve with vanilla ice-cream.



## mangoes

### To buy

Choose unblemished mangoes with a sweet tropical aroma that yield to gentle pressure at the stem end. Skin colour depends on the variety.

### To store

Store mangoes at room temperature out of direct sunlight. They're ripe and ready to eat when they yield to gentle pressure.

### Cook's tip

To honeycomb mango cheeks, stand the mango upright and cut down each side, slicing off the cheeks close to the stone. Criss-cross the flesh almost through to the skin using a sharp knife, bend the skin back and enjoy the succulent flesh.



## beans

### To buy

Green (and baby beanettes), butter and flat beans are plentiful in summer. Select firm, slender, vibrant green or buttery-yellow beans that snap easily when broken. Avoid beans with bulging pods.

### To store

Store beans, unwashed, in a plastic bag in the crisper section of the fridge. Use within 2-3 days.

### Whip up a side dish

Toss boiled beans with crumbled feta cheese and crisp grilled pancetta. Drizzle with extra virgin olive oil, season with black pepper and serve.



## blueberries

### To buy

Choose plump blueberries with deep purple-blue skin. The silvery bloom on the skin is natural and does affect their flavour. Avoid berries that are crushed or mouldy.

### To store

Remove blueberries from their punnet, place in a single layer on paper towel on a plate, cover loosely with plastic wrap and store in the fridge. Use within 3 days.

### To prepare

Gently rinse blueberries just before using and drain on paper towel.

### Fresh for Kids®

Freeze blueberries in a single layer on tray lined with baking paper.



## apricots

### To buy

Choose apricots with even colour (the colour does not indicate flavour) that yield to gentle pressure around the stem. Avoid apricots with any signs of green skin.

### To store

Store apricots at room temperature out of direct sunlight. Do not stack the fruit as it may bruise. Fruit is ripe and ready to eat when it yields to gentle pressure. Use within 1-2 days.

### Whip up dessert

Pan-fry halved apricots in a little butter and brown sugar until warmed through. Serve with vanilla ice-cream or yoghurt.



## mizuna

### To buy

Choose crisp, dark green mizuna with firm white stalks and no signs of yellowing.

### To store

Store mizuna, unwashed, in a loose plastic bag in the fridge. Use within 2 days.

### To prepare

Rinse and pat dry with paper towel, or spin in a salad spinner.

### Cook's tips

Mizuna has an appealing and distinct mustard-like flavour. Team with chicken, chickpeas and tuna in salads, and use mizuna in recipes instead of rocket.

## 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 – 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  
Capsicums  
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  
Capsicums  
Celery  
Chillies  
Choko  
Cucumbers  
Eggplant  
Lettuce  
Onions – salad, green  
Okra  
Peas  
Radish  
Squash  
Sweetcorn  
Tomatoes  
Zucchini

## Tips to get children to eat more veges

by Dr Rosemary Stanton,  
nutritionist

Fruits and vegetables are important for every age group and most parents are diligent in ensuring small children eat these valuable foods. But once children start eating more packaged foods, fruit and vegetable consumption drop off.

Here are some helpful tips to encourage children to eat more vegetables...

- ✓ Children love sweet foods, so serve them vegetables that are naturally sweet like sugar snap peas, carrots, red capsicum.
- ✓ Serve vegetables raw when possible – for example, carrot sticks, green beans, strips of red and yellow capsicum, cherry tomatoes, celery, button mushrooms or asparagus spears.
- ✓ Stir-fry vegetables only until barely tender and allow small children to eat them with their fingers.
- ✓ Give your child the responsibility to choose at least one vegetable for that night's evening meal.
- ✓ Involve kids in the kitchen. Even a three year old can toss the leaves for a green salad.
- ✓ Use the barbecue for vegetables such as corn-on-the-cob, baby mushrooms, sliced pumpkin or kumara, zucchini (sliced lengthwise) and cherry tomatoes on skewers
- ✓ Instead of telling kids to eat capsicum, ask them to taste red, green and yellow capsicum and tell you which one they think is sweetest.
- ✓ Persistence pays off! Studies show that if children take one bite of a vegetable but are permitted to leave the rest, on the eighth occasion, they'll just eat it all.

## Tips to get children to eat more fruit

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- ✓ Have fresh fruit visible in the fruit bowl or at the front of the fridge.
- ✓ Set a good example by eating fruit yourself.
- ✓ Choose small sized apples and other fruit and encouraging your partner and other adults to eat fruit.
- ✓ Serve fresh fruit for dessert when you have visitors.
- ✓ Encourage kids to taste different flavours by buying more than one variety of a fruit and ask them to compare flavours.
- ✓ Cut up fruit for dessert (for example, melon, pawpaw, pineapple).

