



pink grapefruit

to buy Pink grapefruit is often sold as ruby grapefruit and is sweeter and less acidic than yellow varieties. Choose fruit that feels heavy for its size with golden-yellow skin with a pink blush. Flesh colour ranges from light to deep pink.

to prepare Peel and remove the bitter white pith. Slice or chop as desired. Alternatively, cut the fruit in half and loosen segments with a small sharp knife.

to store Leave in a fruit bowl for a few days or store in the fridge for up to 2 weeks.



strawberries

to buy Choose rich red even-coloured strawberries. Check the underside of the punnet and avoid mouldy or squashed fruit.

to store For optimum storage, place strawberries on a plate lined with paper towel, cover with plastic wrap and store in the fridge. Use within 2 days.

to prepare Wash strawberries then remove the green stems just before using.

whip up dessert Place hulled strawberries in a shallow ovenproof dish, sprinkle with brown sugar and grill for a few minutes until sugar caramelises. Serve with whipped cream.



leeks

to buy Choose small to medium-sized leeks with firm white stems and bright green tops.

to store Trim and discard the green tops. Store unwashed leeks in a plastic bag in the fridge. Use within 1 week.

to prepare Trim and discard the roots and the tough outermost layer of the stem. Only the white part of the stem is used. Halve leeks lengthways and wash well, lightly fanning the layers under cold running water to remove any dirt. Slice or chop as required.



butternut pumpkin

to buy Choose firm-skinned whole butternut pumpkin that feels heavy for its size. Ensure the stalk is attached. Select cut pumpkin with bright orange-coloured flesh and no signs of mould.

to store Store whole pumpkin in a cool, dry, well-ventilated place for 1–2 months. Wrap cut pumpkin in plastic wrap and store in the fridge. Use within 5 days.

cook's tip Butternut is a top pumpkin for roasting. Leave the skin on, chop into pieces, spray or brush with olive oil and roast in a hot oven until tender.



sweet potatoes

to buy Choose firm sweet potatoes with dry, undamaged skin. Select orange (often sold as Kumara), white, brown or purple-skinned sweet potatoes. Flesh colour, taste and texture differ with variety.

to store Keep sweet potatoes in a cool, dark, well-ventilated place. Use within 2 weeks. Don't store in the fridge as their flesh will discolour when cooked.

whip up a side dish Roast chopped orange sweet potatoes and red onion wedges in olive oil flavoured with cumin and coriander for about 30 minutes or until tender. Serve with roasted lamb or beef.



fresh dates

to buy Choose plump, golden to deep brown fresh dates with undamaged skin. The sweet and fleshy Medjool variety is a favourite with its caramel-flavoured flesh.

to prepare Cut along the side of the date and remove the seed if desired.

to store Keep dates in an airtight container, at room temperature, for up to 3 weeks. For longer storage, keep in the fridge or freezer.

whip up a sweet treat Dip fresh seeded dates in melted dark chocolate and leave at room temperature to set. Simply delicious served with coffee.



carrots

to buy Choose small to medium-sized bright orange carrots. Avoid carrots with split ends or discoloured skin.

to store Store carrots in a ventilated plastic bag in the crisper section of the fridge. Use within 5 days.

cook's tip Carrots team well with fresh coriander, coconut milk and red chilli or Moroccan spices in warming winter soups.

fresh for kids Microwave sliced carrots with a drizzle of honey and a little butter until just tender. Pack a few carrots sticks and a wedge of tasty cheese for a snack at school.



honey murcott mandarins

to buy Look for plump, glossy-skinned fruit that feels heavy for its size. Skin should feel tight with a just a little give.

to store Mandarins keep best in the fridge. Use within 2 weeks.

to prepare These mandarins take a little time to peel due to their tight skin. Remove skin and white pith with a small sharp knife if preferred.

Fresh for Kids® Add rich-flavoured Honey Murcott mandarin segments to fruit salads or juice the fruit for a vitamin C-loaded drink at breakfast.



rhubarb

to buy Select rhubarb with firm, bright ruby-coloured stalks and fresh-looking leaves.

to prepare Trim stalks and discard leaves (they should not be eaten). Wash stalks well and slice into even-sized pieces.

to store Store rhubarb in a plastic bag in the crisper section of the fridge. Use within 3-4 days.

whip up dessert Simmer sliced rhubarb and apple in a sugar syrup until tender. Cool to room temperature and swirl through reduced fat vanilla yoghurt and serve with toasted flaked almonds.



jerusalem artichokes

to buy Choose Jerusalem artichokes with even-coloured golden skin. The smoothest, least knobbly Jerusalem artichokes are the easiest to peel.

to store Store Jerusalem artichokes in a paper or loose plastic bag in the fridge. Use within 2 weeks.

to prepare Scrub well with a soft brush or thinly peel using a vegetable peeler.

whip up a side dish Roast unpeeled whole Jerusalem artichokes in olive oil with garlic and fresh thyme for about 30 minutes or until just tender. Season and serve.



brussels sprouts

to buy Choose small Brussels sprouts about the size of a ping-pong ball with a pleasant aroma. Leaves should be firm, tightly wrapped and bright green.

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

to prepare Trim the base of the stem and remove any loose outer leaves. Leave Brussels sprouts whole, halve, cut into wedges or finely shred.

Fresh for Kids® Toss thinly sliced Brussels sprouts in a hot wok with a little oil and sliced bacon until just tender, toss through noodles and soy sauce and serve.



tangelos

to buy Choose vibrant orange, plump tangelos that feel heavy for their size. The skin should feel slightly loose making the fruit very easy to peel.

to store Tangelos keep best in the fridge. Use within 2 weeks.

cooks tip Tangelos have a tangy flavour and a fragrant citrus aroma. Use their juice and flesh instead of oranges in recipes. Toss tangelo segments with leafy greens and walnuts in a salad.

Fresh for Kids® Pack chilled tangelo segments in a small plastic bag for a thirst-quenching after sport snack.

best buys in winter

JUNE

fruit

Apples
Avocados
Custard apples
Dates
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 potatoes
Turnips

JULY

fruit

Apples
Avocados
Custard apples
Dates
Grapefruit
Kiwifruit
Lemons
Limes
Mandarins
Oranges – Navel
Pomelo
Quince
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 potatoes
Turnips
Witlof

AUGUST

fruit

Apples
Cumquat
Dates
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 potatoes
Turnips
Witlof

carbohydrates by Dr Rosemary Stanton

Q. What are carbohydrates?

A. Carbohydrates include sugars and starches. Sugars are found naturally in milk and yoghurt, fruit, a few vegetables (carrots, parsnips and peas), honey and sugar cane. Starches are found in a few vegetables (potatoes, peas, sweet corn, parsnips, sweet potatoes and yams) as well as in grains and legumes.

Q. Do carbohydrates have any value in the diet?

A. Carbohydrates are immensely valuable as they are the body's favourite source of energy for exercise and the only form of energy the brain can use.

Q. Which are the best carbohydrates?

A. Carbohydrates in fruits and vegetables, wholegrain products, legumes, seeds, nuts, milk and yoghurt, come with a variety of other nutrients including protein, minerals, vitamins and dietary fibre and so are preferred to refined sugars and starches (used as thickeners or found in snack foods) which do not have the same overall benefits.

Q. How is the glycaemic index (GI) related to carbohydrates?

A. GI measures how rapidly a set amount of carbohydrate from a food is converted to blood glucose compared with the same amount of pure glucose. By definition, only foods that contain at least 10 grams of carbohydrate in a serving have a GI. This excludes most vegetables as their carbohydrate content is too low. Fruits have higher levels of carbohydrate, and most have a low GI. Tropical fruits have a higher GI, but are extremely valuable because they are rich in vitamins and antioxidants.

dietary fibre by Dr Rosemary Stanton

Q. Why do we need dietary fibre?

A. As well as its valuable effects in the large intestine, dietary fibre slows down the initial digestion of foods. This makes high fibre foods filling – nature's obstacle to overeating. Dietary fibre also slows down the rate at which carbohydrates are converted to blood glucose, thus providing energy over a longer time.

Q. Which foods contain dietary fibre?

A. Dietary fibre is found in foods from the plant kingdom – fruits, vegetables (especially legumes), grains, seeds and nuts.

Q. How much dietary fibre should we consume?

A. Adults need at least 30 grams of dietary fibre a day, preferably more. For children, the amount depends on their age and size, but you can generally gauge the quantity is right if their stools are soft and not difficult to pass.

Q. Which veges have the most dietary fibre?

A. Broad beans, peas, sweet corn, spinach, broccoli, carrots, celeriac, fennel, okra, Brussels sprouts, green beans, cabbage and Jerusalem artichokes are all high in fibre.

Q. Which fruits have the most dietary fibre?

A. Passionfruit, raspberries and other berries, quinces, guava, pomegranate, apples, pears, oranges, bananas, figs and kiwi fruit.