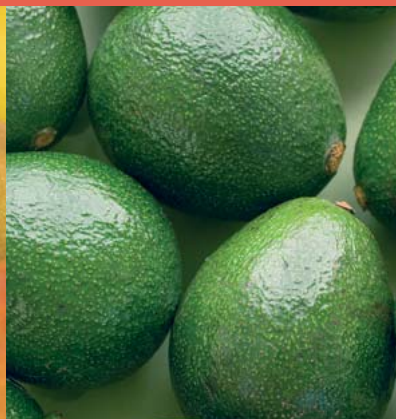
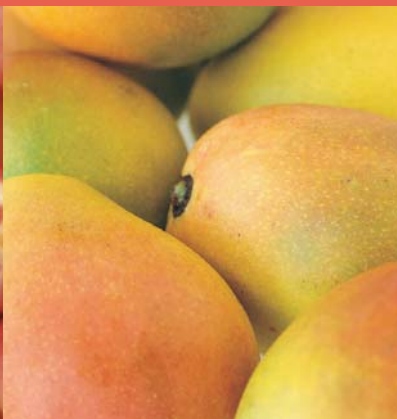


➤ Whip up a quick dish ➤ Great hints and tips ➤ What's best for the season



white nectarines

Enjoy the juicy perfection of succulent white nectarines. Sweetly fragrant fruit has the best flavour.

From midsummer, smart shoppers buy white nectarines by the tray. The plastic liner holds the fruit perfectly and helps to extend storage.

whip up a luscious dessert...

Place halved and stoned white nectarines, peaches and blood plums (add whole fresh figs if you like) in a baking pan. Drizzle with 1/2 cup marsala and 2 tbs water. Add a split vanilla bean and sprinkle fruit with 2 tbs brown sugar. Roast at 220°C for 10–15 minutes until just tender. Serve with ice-cream.



cherries



Indulge in sweet luscious cherries from early summer. Look for plump cherries with glossy skin and green stems.

Store cherries in a vegetable storage bag or in a bowl covered with plastic wrap in the fridge. Wash just before eating or cooking and use within 2–3 days.

For an easy dessert, serve a bowl of vibrant cherries with whipped ricotta cheese sweetened with honey and swirled with toasted almonds.

What's best in 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



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.

rocket

Team peppery flavoured rocket with barbecued steak, chicken or fish. Look for crisp leaves with no signs of yellowing or wilting.



Whip up rocket pesto...

Combine 1/3 cup blanched almonds and 1 chopped garlic clove in a food processor. Process until chopped. Add 100g trimmed rocket leaves. Process drizzling 1/3 cup extra virgin olive oil through the feed tube. Stir in 1/4 cup finely grated parmesan and season to taste. Serve with sliced tomatoes and fresh mozzarella cheese, or toss through pasta.



What's best in January

FRUIT

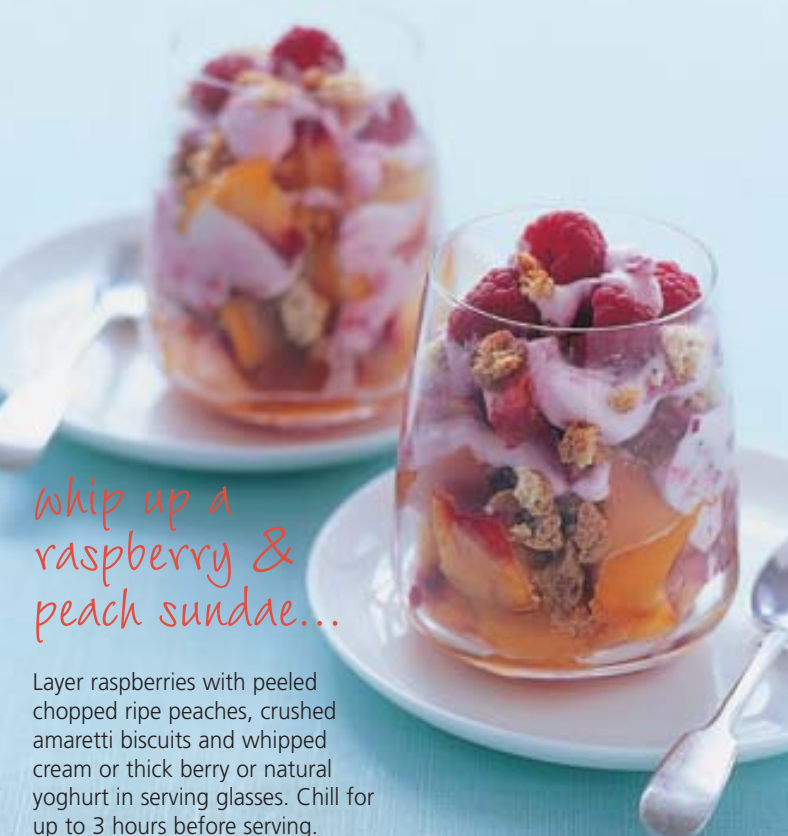
- Apricots
- Avocados
- Bananas
- Berries: blackberries, blueberries, raspberries, strawberries
- Cherries
- Grapes
- Limes
- Lychees
- Mangoes
- Melons
- Nectarines
- Oranges: Valencia
- Passionfruit
- Peaches
- Pears: Williams
- Pineapples
- Plums
- Rambutans

VEGETABLES

- Asparagus
- Beans: green, flat, butter
- Capsicums
- Celery
- Cucumbers
- Eggplant
- Lettuce
- Onions: salad, green
- Okra
- Peas
- Potatoes
- Radish
- Sweetcorn
- Tomatoes
- Zucchini

raspberries

Luscious plump raspberries are at their best. Before buying, check the underside of the punnet and avoid squashed berries. The smartest way to store raspberries is to place them on a plate lined with paper towel, covered with plastic in the fridge. Use within 1-2 days.



Whip up a raspberry & peach sundae...

Layer raspberries with peeled chopped ripe peaches, crushed amaretti biscuits and whipped cream or thick berry or natural yoghurt in serving glasses. Chill for up to 3 hours before serving.

Fresh for Kids®



sweet corn with peanut crunch

1. Rinse 4 corn cobs in cold water and individually wrap the (undried) cobs in plastic wrap.
2. Arrange directly on the microwave turntable. Microwave on high for 8 minutes or until kernels are tender.
3. While corn is cooking, mix 2 tbs crunchy peanut butter with 1 tsp kecap manis and 2 tsp honey in a bowl.
4. Carefully unwrap corn, spoon over peanut sauce and serve.

sweet corn

Choose sweet corn with light green husks and plump kernels that spurt a creamy liquid when pressed. Sweet corn rapidly loses its sweetness, so use within 1-2 days.

Smart things to do with...

basil

Toss a few handfuls of basil leaves into freshly-cooked spaghetti with chopped red chillies and extra virgin olive oil, or fresh tomato sauce.

For a quick entrée, team basil with sliced ripe tomatoes, drizzle with olive oil and serve with grilled garlic bread.

mint

For a quick dinner, toss mint leaves with barbecued sliced zucchini, crumbled feta cheese and black pepper and serve with grilled chicken.

Add mint leaves to iced lemon or lime drinks or to water for a refreshing flavour.

coriander

For an easy salad, combine coriander leaves with sliced ripe avocados and Lebanese cucumbers, drizzle with lime juice, season to taste and toss gently.

Whip up a **spicy coriander marinade** by mixing chopped coriander leaves with crushed garlic, chopped red chillies, olive oil and lime juice.

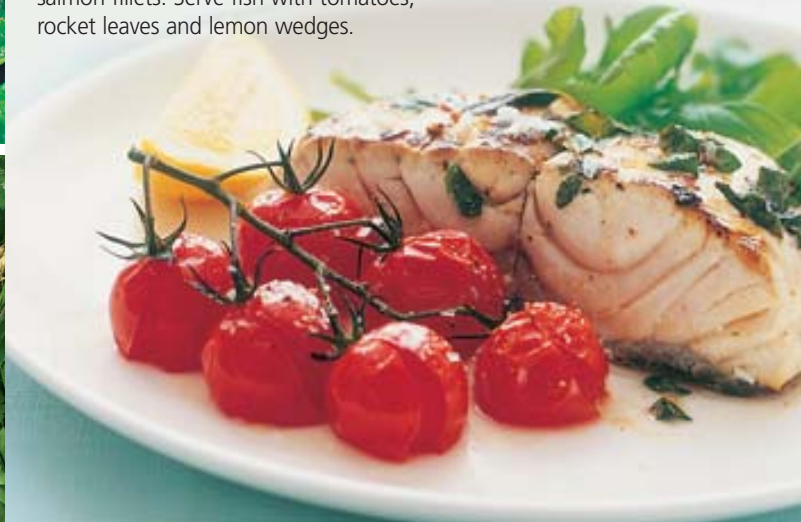


truss cherry tomatoes

Choose rich-coloured cherry tomatoes attached to a firm green stem. Smart cooks leave tomatoes to ripen at room temperature for 1–3 days until rich red in colour and full flavoured.

Whip up a quick dinner...

Preheat oven to 200°C. Place 2 x 250g stems cherry tomatoes on a baking tray lined with non-stick baking paper. Spray or drizzle with olive oil and sprinkle with sea salt and black pepper. Roast for 12 minutes until tender. Meanwhile, barbecue 4 thick white fish or salmon fillets. Serve fish with tomatoes, rocket leaves and lemon wedges.



passionfruit

Perfect for drizzling over yoghurt, ice-cream and desserts, passionfruit is the ultimate summer fruit. Select plump passionfruit that feels heavy for its size. Slightly wrinkled skin means that it's ripe and ready to eat.

Whip up passionfruit, mango & rum ice-cream...

Place 1 litre of vanilla ice-cream in the fridge for 30 minutes to soften slightly. Transfer to a large bowl. Swirl through the pulp from 4 passionfruit, 1 large chopped mango and 2 tbs white rum. Transfer to an airtight container and freeze for 4 hours or until just firm. Serve scoops topped with toasted shredded coconut and passionfruit pulp.



Reed avocados



Recognise Reed avocados by their round almost cannonball shape. With a delicate nutty flavour and smooth creamy flesh, they're a top choice for easy salads, salsas and sandwiches.



Smart shoppers choose Reed avocados that yield to gentle pressure for eating within a day or two, and firm avocados for eating within 3–4 days. Leave avocados to ripen at room temperature.

To speed ripening, place in a paper bag with a banana or apple. Once cut, drizzle avocados with lemon or lime juice to prevent browning.

What's best in February

FRUIT

- Avocados
- Berries: blueberries, raspberries, strawberries
- Figs
- Grapes
- Limes
- Lychees
- Mangosteens
- Melons
- Nectarines
- Oranges: Valencia
- Passionfruit
- Peaches
- Pears: Howell, Williams
- Pineapples
- Plums
- Prickly Pears
- Rambutans

VEGETABLES

- Beans: butter, flat, green, snake
- Capsicums
- Celery
- Chillies
- Chokos
- Cucumbers
- Eggplant
- Lettuce
- Onions: salad, green
- Okra
- Peas
- Radish
- Squash
- Sweet corn
- Tomatoes
- Zucchini