

Greengrocer **FRESH**

Winter

What's in season | Top tips and hints | Fresh ideas for serving fruit and veg



Medjool Dates

Delicious fresh Medjool dates have soft sweet flesh with a delicate hint of caramel. Eat dates fresh for a sweet snack or add seeded, chopped dates to cakes, puddings or porridge. Choose plump, shiny, dark brown Medjool dates. Store in an airtight container in the fridge for several months, or freeze for up to 12 months.

Medjool date & banana self-saucing pudding

- 1 cup self-raising flour
- ½ cup firmly-packed brown sugar
- 200g fresh Medjool dates, seeded and roughly chopped
- 1 tsp ground cinnamon
- ½ cup milk
- 1 very ripe banana, mashed
- 1 free-range egg
- 100g butter, melted, cooled (+ extra for greasing)

- Topping:**
- ½ cup brown sugar
 - ¼ cup golden syrup
 - 1½ cups boiling water
 - Sifted icing sugar, for dusting



Serves 4

STEP 1 Preheat oven to 180°C /160°C fan-forced. Grease 4 x 1 cup teacups or ovenproof dishes with butter and place on a baking tray lined with baking paper.

STEP 2 Sift flour into a large bowl. Stir in brown sugar, dates and cinnamon. Whisk milk, mashed banana, egg and melted butter together in a jug. Pour into flour mixture and using a large metal spoon, fold until combined. Spoon mixture into prepared cups or dishes.

STEP 3 For topping, sprinkle 1/2 cup brown sugar evenly over puddings. Combine golden syrup and boiling water in a heatproof jug. Pour mixture evenly over the back of a spoon onto puddings. Bake for 30 minutes or until a skewer inserted in the centre of the puddings comes out clean. Set aside for 5 minutes. Dust with icing sugar and serve.

FRESH and in season

WHAT'S BEST IN...

June

FRUIT

- Apples
- Avocados
- Banana
- Custard apples
- Dates
- Grapefruit
- Kiwifruit
- Lemons
- Mandarins
- Nashi
- Oranges:
 - Cara Cara Navel
 - Navel
- Passionfruit
- Pears
- Pomelo
- Quince
- Rhubarb

VEGGIES

- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Fennel
- Jerusalem artichokes
- Kale
- Kohlrabi
- Leeks
- Onions
- Parsnips
- Potatoes
- Pumpkin
- Silverbeet
- Spinach
- Swede
- Sweet potato
- Turnips

July

FRUIT

- Apples
- Avocados
- Banana
- Custard apples
- Dates
- Grapefruit
- Kiwifruit
- Lemons
- Mandarins
- Nashi
- Oranges:
 - Cara Cara Navel
 - Navel
- Pomelo
- Quince
- Rhubarb
- Strawberries
- Tangelos

VEGGIES

- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Fennel
- Jerusalem artichokes
- Kale
- Kohlrabi
- Leeks
- Onions
- Parsnips
- Potatoes
- Pumpkin
- Silverbeet
- Spinach
- Swede
- Sweet potato
- Turnips
- Witlof

August

FRUIT

- Apples
- Avocados
- Banana
- Cumquat
- Grapefruit
- Kiwifruit
- Lemons
- Mandarins
- Oranges:
 - Blood
 - Navel
- Pomelo
- Rhubarb
- Strawberries
- Tangelos

VEGGIES

- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Fennel
- Jerusalem artichokes
- Kale
- Kohlrabi
- Leeks
- Okra
- Onions
- Parsnips
- Potatoes
- Pumpkin
- Silverbeet
- Spinach
- Swede
- Sweet potato
- Turnips
- Witlof

Know your onions

Brown onions

One of the most popular and great value varieties, brown onions have a pungent sharp flavour when used raw but develop a delicious sweetness with cooking because the volatile oils convert to sugar. Use brown onions for casseroles, soups, stocks, risotto and for making caramelised onions.



White onions

Fleshy white onions are milder in flavour than brown onions so suit a wide array of dishes. White onions are particularly good sliced and barbecued or roasted whole.



Red Onions

Also known as Spanish onions, these vibrant crimson-skinned onions are ideal in salads and salsas. They're slightly milder in flavour than white and brown onions. Red onions are perfect for roasting and barbecuing.



Kale

One of the healthiest greens, vibrant curly leaf kale is a good source of vitamin C and folate, vitamin E, vitamin K and beta carotene, which the body converts to vitamin A. Kale also contains iron, calcium and potassium.

Choose bunched kale with crisp deep green leaves. Refrigerate in a plastic bag in the crisper and use with 2 to 3 days of purchase.



Great ways to use kale...

- Toss washed and chopped kale in a hot frying pan with a drizzle of olive oil and a clove of crushed garlic. Toss over heat for 2-3 minutes until wilted.
- Pour over ¼ cup chicken stock, cover and cook until tender. Toss through 2 tbs currants and 2 tbs toasted pine nuts and serve.
- Add chopped kale to omelettes, quiches and frittatas.
- Add a cup of shredded kale leaves to hearty vegetable soups.
- Team fresh kale leaves with green apple, mint leaves and coconut water for a refreshing detox drink.

How to roast... rhubarb

Team roasted rhubarb with cereal and yoghurt for breakfast or serve warm with ice-cream for dessert.

STEP 1 Preheat oven to 180°C/160°C fan-forced. Trim 1 bunch rhubarb and discard the leaves.

STEP 2 Wash rhubarb stems then pat dry and cut into 10cm lengths. Arrange rhubarb in a single layer on a baking tray lined with baking paper. Sprinkle with 2 tbs fresh orange juice and 2 tbs caster sugar. Roast for 20-25 minutes until tender.



Fresh for Kids®

Kids love this warming nourishing creamy veggie soup so it's a great way to boost their daily veggie intake. Colourful carrot and kumara (orange sweet potato) are sweet vegetables packed with nutrients. Serve this soup for lunch or dinner.

Creamy Carrot & Kumara soup

Prep 25 mins | Cook 50 mins

This soup thickens on standing. Add extra stock if necessary.

- 1 tbs olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 175g rindless shortcut bacon rashers, roughly chopped
- 600g kumara (orange sweet potato), peeled and diced
- 600g carrots, peeled and diced
- 5 cups chicken stock
- Reduced fat tasty cheese and thick wholegrain toast, to serve



Serves 4

STEP 1 Heat oil in a large saucepan over medium heat. Add onion, garlic and bacon and cook, stirring often, for 5 minutes. Add kumara and carrots and cook, stirring often, for 10 minutes.

STEP 2 Add stock, cover and bring to the boil. Reduce heat to medium-low, partially cover and simmer, stirring occasionally, for 25-30 minutes or until vegetables are tender.

STEP 3 Blend or process soup until smooth. Heat soup over medium-low heat until hot. Season with salt and pepper to taste. Ladle soup into mugs or large cups, sprinkle with cheese (and some extra crisp bacon if desired) and serve with toast.

Spinach, lentil & yoghurt soup

Preparation 20 mins | Cooking 40 mins | Serves 4-6

- 2 bunches English spinach*, trimmed
- 2 tbs olive oil
- 1 celery stick, chopped
- 1 large brown onion, chopped
- 1 Desiree potato (about 200g), peeled and diced
- 4 garlic cloves, finely chopped
- 3 cups chicken stock
- 400g can lentils, drained and rinsed
- 1 cup reduced fat Greek-style natural yoghurt
- Grilled sourdough bread, to serve

*You'll need about 375g trimmed spinach.

STEP 1 Wash spinach, drain and roughly chop. Set aside.

STEP 2 Heat oil in a large wide-based saucepan over medium heat. Add celery and onion and cook, stirring often, for 4-5 minutes until tender. Add potato and garlic and cook, stirring occasionally, for 4-5 minutes until softening.

STEP 3 Add stock and lentils, cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 15 minutes or until potato is just tender. Increase heat to high, add spinach and stir over heat until wilted. Reduce heat, cover and simmer for 5 minutes. Cool for 10 minutes.

STEP 4 Using a hand blender, puree soup until smooth. Stir through yoghurt and heat over medium-low heat until hot. Season with salt and pepper to taste. Serve with grilled sourdough bread.



Cara Cara navel oranges

Grown in Australia, these delicious oranges have deep rosy-orange juicy flesh. This naturally sweet variety is low in acidity and has a refreshingly tart taste, similar to cranberry.

Cara Cara navels are seedless with vivid orange thin skin and resemble the common Washington navel orange. They're in season from mid-June to July.

Brimming with nutrients, Cara Cara navel oranges are a very good source of vitamin C, which is essential for maintaining healthy gums, teeth, cartilage, bones and skin. Half a large orange supplies one day's recommended vitamin C intake.

Top ways to enjoy Cara Cara navels...

- Squeeze the juice over crepes and use to soak bircher muesli.
- Juice oranges for a vitamin C-packed breakfast beverage.
- Quarter oranges and serve to kids after sport.
- Toss orange segments into a winter salad with shaved fennel and baby spinach.



Spinach

Fresh vibrant green leafy spinach is a powerhouse of essential antioxidants and vitamins.



English spinach

Top-value fresh leafy green English spinach is perfect for cooking.

Choose crisp bunches with undamaged stems and vivid deep green leaves. Trim roots and refrigerate, unwashed, in a plastic bag in the crisper. It can wilt quickly so it's best used within 1 to 2 days of purchase.

The stems and leaves are edible. Wash well before cooking. Use bunched spinach to make soups, pies, quiches and tarts.

Quick spinach side dish . . .

Cook spinach rapidly in a frying pan with the water left clinging to the leaves after washing. Turn spinach with tongs as the leaves wilt on the base of the saucepan so it cooks evenly. Drain well, drizzle with extra virgin olive oil and season with salt and pepper.

Baby spinach leaves

These ultra-convenient loose spinach leaves are very versatile. They're best eaten fresh or quickly cooked so they retain their natural colour, flavour and nutrients.

Choose crisp deep green spinach leaves with no signs of wilting. Refrigerate the leaves in a plastic bag or airtight container in the crisper. Use within 2 to 3 days of purchase. Rinse spinach leaves in cold water and spin in a salad spinner or pat dry with paper towel before using.

Toss baby spinach leaves through curries, stir-fries and into a casserole at the end of cooking. Add baby spinach leaves to omelettes, warm or cold salads, and sandwich fillings.

