

# Greengrocer **FRESH**

## Summer

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



### Watermelon radish

With its vibrant watermelon-coloured crisp flesh and slight peppery flavour, this radish is one of the hottest summer veggies!



Select watermelon radishes with firm taut skin that feel heavy for their size. Refrigerate in a plastic bag in the crisper. The leaves wilt quickly but the bulbs will keep for a week.

No peeling required. Simply trim and scrub radishes with a soft brush before using. For extra crispness, plunge radishes into a bowl of iced water and stand for 15 minutes.

#### Ways to serve watermelon radish...

- Thinly slice watermelon radish with a V-slicer or sharp knife and toss through coleslaw or your favourite salad.
- Serve halved watermelon radishes with salted butter for a French-style snack.
- Pickle thinly sliced watermelon radish in a sugar and white wine vinegar mixture. Serve on a steak sandwich or with smoked salmon.

### **FRESH** and in season

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  
Papaw  
Peaches  
Pineapple

##### VEGGIES

Asparagus  
Beans:  
butter  
flat  
green  
Capsicum  
Celery  
Cucumbers  
Eggplant  
Lettuce  
Mushrooms  
Onions  
Peas  
Radish  
Spinach  
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  
Paradise  
Pineapple  
Plums  
Rambutans

##### VEGGIES

Asparagus  
Beans:  
butter  
flat  
green  
Capsicum  
Celery  
Cucumbers  
Eggplant  
Lettuce  
Mushrooms  
Onions  
Okra  
Peas  
Potatoes  
Radish  
Spinach  
Sweetcorn  
Tomatoes  
Zucchini

#### 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

##### VEGGIES

Beans:  
butter  
flat  
green  
snake  
Capsicum  
Celery  
Chillies  
Chokos  
Cucumbers  
Eggplant  
Lettuce  
Mushrooms  
Onions  
Okra  
Peas:  
sugar snap  
Radish  
Spinach  
Squash  
Sweetcorn  
Tomatoes  
Zucchini

## Apricots

One of our most-loved summer fruits, plump juicy apricots are at their best in early summer. Their natural sweetness and succulent orange flesh is delicious.



**CHOOSE** firm apricots with an even colour and no indication of soft patches. The tastiest fruit has an alluring sweet aroma.

**STORE** apricots in a single layer out of direct sunlight at room temperature. To avoid bruising, do not stack in a fruit bowl. They're ripe and ready to eat when they yield to gentle pressure around the stem. Once ripe, store in the fridge and use within 2 days.

Apricots are so versatile. Poach, pan-fry, use in an upside-down cake, crumble or cobbler, toss through fresh fruit salads or simply eat fresh.

Serve firm sliced apricots with creamy brie and crusty French bread.

## Lebanese zucchini

This zucchini is popular in Middle-Eastern and Mediterranean cooking. It's favoured for its smooth skin, plumpness and dense white flesh that has a mild flavour. Substitute traditional dark green-skinned zucchinis with Lebanese zucchinis.

### Top ways to use Lebanese zucchinis in summer...

- Thinly slice Lebanese zucchinis lengthways then brush with olive oil and chargrill or barbecue until golden. Scatter with crumbled feta, mint and pomegranate seeds.
- Add grated Lebanese zucchinis to fritters with chopped parsley and lots of garlic. Serve with lemon wedges.
- Using a vegetable peeler, slice Lebanese zucchinis lengthways into very thin ribbons and toss into a leafy salad with halved cherry tomatoes and toasted pine nuts.
- Use a spiralizer or julienne peeler to make Lebanese zucchini noodles. Toss in a frying pan with extra virgin olive oil, lemon juice, crushed garlic, chopped red chilli, salt and pepper. Top with shaved parmesan and basil leaves and serve as a side dish with barbecued chicken or fish.



## HOW TO MAKE Fresh fruit ice-cubes

Pop these fruity, juicy, icy jewels into your favourite summer drinks. So easy to make!

1. Place chopped fresh just-ripe fruit such as mango, apricot, peach and nectarine in deep ice-cube trays.
2. Add a few cherries, blueberries and raspberries.
3. Scatter with fresh edible flowers such as nasturtiums or native violets.
4. Fill the ice-cube trays with cold water to cover the fruit and flowers.
5. Freeze for 4-5 hours or overnight until firm.



## Fresh for Kids® Avocado, cherry, turkey & lettuce wraps

Preparation 15 mins | Makes 2

- 1 small ripe avocado
- 2 tsp lemon or lime juice
- 125g sliced turkey breast, roughly chopped
- 8 cherries, halved and pitted
- 2 tbs cranberry sauce
- 2 whole wheat wraps
- 2 Iceberg lettuce leaves

**STEP 1** Using a fork, roughly mash avocado in a small bowl with the lemon or lime juice. Combine turkey, cherries and cranberry sauce in a bowl.

**STEP 2** Place wraps onto a board. Top each with a lettuce leaf then pile the centre with mashed avocado and the turkey mixture. Roll up, cut in half and serve.





## Tomatoes with coriander, green chilli, peanut & lime pesto

Preparation 20 mins | Cooking 2 mins | Serves 4-6

*This refreshing salad is perfect for hot summer days.*

800g mixed ripe tomatoes  
(use a mix of ripe heirloom, baby and truss tomatoes)  
Crusty sourdough bread, to serve

**Coriander, green chilli, peanut & lime pesto (makes  $\frac{3}{4}$  cup):**

$\frac{1}{3}$  cup salted peanuts  
1 long green chilli, deseeded  
2 cups coriander leaves (about 1 large bunch)  
2 garlic cloves, peeled  
100ml peanut oil  
2 tbs lime juice  
 $\frac{1}{2}$  tsp sesame oil  
2 tsp palm sugar (or use caster sugar)

**STEP 1** To make the pesto, heat a small non-stick frying pan over medium-high heat. Add peanuts and cook, tossing often for 1-2 minutes until toasted. Set aside to cool slightly. Combine chilli, coriander, garlic, oil, lime juice, sesame oil and palm sugar in a small food processor. Process until well combined. Add peanuts and season well with pepper. Pulse until peanuts are roughly chopped. Transfer to a serving jar.

**STEP 2** To serve, slice tomatoes and arrange on a serving board or platter. Drizzle with the pesto and serve with crusty bread.

## Heirloom tomatoes

Ripe for the picking, flavoursome and colourful heirloom tomatoes come in many shapes and sizes. Enjoyed for their old-fashioned rich tomato flavour, these vibrant tomatoes have succulent, dense yet tender flesh.

There are numerous heirloom tomato varieties. The range includes smaller bright cherry tomatoes, glossy emerald green striped tomatoes, golden yellow and orange tomatoes, deep black tomatoes and rich red tomatoes.

**Great for slicing or chopping, heirloom tomatoes are perfect for all sorts of salads and sandwiches. They're best served at room temperature for maximum flavour.**

Select firm tomatoes and leave to ripen at room temperature out of direct sunlight in a single layer until richly coloured and tender when gently pressed.

Team heirloom tomatoes with salty feta or goat's cheese, olives, extra virgin olive oil and fresh herbs like basil and flat-leaf parsley.



## White cherries

With thin yellow skin delicately brushed by rosy pink, stunning sweet white cherries are a summer treat.

White cherries are only available for a limited time so snap them up when you see them in your local greengrocer.

Choose glossy firm white cherries with the green stem still attached. Store cherries in the fridge in an airtight container and use within a few days.

### *Brilliant ways to use white cherries...*

- Team white cherries with goat's cheese and crostini on a platter to accompany drinks.
- Top a pavlova or trifle with white cherries and shaved chocolate.
- Dip white cherries into melted dark chocolate.
- Pop a handful of white cherries onto a fruit platter.
- Present lunch or dinner party hosts with a beautiful gift box of plump white cherries.

