

# Greengrocer FRESH Spring

What's in season

Top tips and hints

Fresh ideas for serving fruit and veg



## Asparagus

Bursting with flavour, with a delicious nutty crunch, Australian-grown asparagus is now in season.

When buying, look for firm asparagus with even-sized spears and tightly closed tips. Then simply snap or slice off the woody end from the spear before using.

Asparagus is best cooked rapidly to retain its colour and crunch. About 1-3 minutes (depending on thickness) is all that's required.

### SO EASY TO COOK...

- Plunge asparagus into a saucepan of gently boiling water for 1-3 minutes. Drain and either serve steaming hot with a drizzle of extra virgin olive oil, or refresh in cold water, pat dry with paper towels and add to a salad.
- Brush asparagus with olive oil and barbecue, turning occasionally, over medium high heat. Serve with aioli and a drizzle of sriracha hot chilli sauce.
- Toss chopped asparagus into stir-fries or roast whole spears brushed with olive oil.

### FOR A CRUNCHY RAW OPTION...

- Using a vegetable peeler, thinly shave asparagus lengthways into ribbons. Add these crunchy morsels to all sorts of salads.



## FRESH and in season

WHAT'S BEST IN...

### September

#### FRUIT

Apples:  
Lady Williams  
Berries:  
Strawberries  
Grapefruit  
Lemons  
Mandarins:  
Honey Murcot  
Rockmelon  
Oranges:  
Blood  
Seville  
Papaya  
Papaw  
Pineapples  
Pomelo  
Tangelos

#### VEGGIES

Artichokes:  
Globe  
Asian greens  
Asparagus  
Beans:  
Broad  
Green  
Beetroot  
Broccoli  
Carrots  
Cauliflower  
Chillies  
Fennel  
Garlic, fresh  
Kale  
Lettuce  
Mushrooms  
Onions:  
Spring  
Green (shallots)  
Peas  
Potatoes  
Silverbeet  
Spinach

### October

#### FRUIT

Avocados  
Bananas  
Berries:  
Strawberries  
Blueberries  
Grapefruit  
Mangoes  
Melons  
Oranges:  
Valencia  
Papaya  
Papaw  
Passionfruit  
Pineapples  
Pomelo  
Tangelos

#### VEGGIES

Artichokes:  
Globe  
Asian greens  
Asparagus  
Beans:  
Broad  
Green  
Beetroot  
Cucumber  
Chillies  
Fennel  
Garlic, fresh  
Kale  
Lettuce  
Mushrooms  
Onions:  
Spring  
Green (shallots)  
Peas  
Potatoes  
Silverbeet  
Spinach  
Watercress  
Zucchini

### November

#### FRUIT

Avocados  
Bananas  
Berries:  
Youngberries  
Mulberries  
Blueberries  
Cherries  
Grapefruit  
Loquats  
Mangoes  
Melons  
Oranges:  
Valencia  
Papaya  
Papaw  
Passionfruit  
Pineapples

#### VEGGIES

Artichokes:  
Globe  
Asian greens  
Asparagus  
Beans:  
Green  
Cucumber  
Chillies  
Lettuce  
Onions:  
Spring  
Green (shallots)  
Peas  
Potatoes  
Silverbeet  
Spinach  
Sweetcorn  
Tomatoes  
Watercress  
Zucchini  
Zucchini flowers

# Zucchini

Slice, dice, chop, grate, spiralize...versatile zucchini. With its tender flesh and mild flavour, zucchini is a very versatile veggie. Due to its delicate flavour and texture, zucchini naturally takes up other flavours and can be used in many different ways. Better still — no need to peel, just use the entire vegetable!

## ZUCCHINI RIBBONS

Using a vegetable peeler, slice zucchini lengthways to make these delicate wafer-thin ribbons. Toss into salads and hot pasta sauces.

## ZUCCHINI ROUNDS

Thread onto skewers to complement chicken or meat, or use as a delicious addition to stir-fries or frittatas.

## GRATED OR BLITZED ZUCCHINI

Add to burger or meatball mixtures, Bolognese sauce or fritters.

## SPIRALIZED ZUCCHINI ZOODLES

Made using a spiralizer, zoodles — these bright veggie curls — can be used in place of spaghetti, added to coleslaw or tossed through salads.

## JULIENNED ZUCCHINI

Thinly slice zucchini lengthways using a hand-held julienne peeler, then add to salad bowls, laksa or pasta sauces.

## DICED ZUCCHINI

Pan-fry and add to pasta bakes, stir-fries, soups or fried rice.



# Blueberries

Select deep-purple plump blueberries with a pale blush on the skin, avoiding any with wrinkled skin. Once home, simply store in your fridge and use within a few days.

Fuss-free preparation!  
A quick rinse in cold water is all that's required.



## QUICK & EASY...BLUEBERRY CHIA BREAKFAST POTS

Combine 125g blueberries, 400ml sweetened almond milk and 1 tbs honey in a blender. Blend until smooth. Stir in 1/3 cup white chia seeds. Pour mixture into 4 small glasses, jars or airtight containers. Chill for 4 hours, or overnight if time permits, until jelly-like. Top with extra blueberries and serve.



## LETTUCE, CUCUMBER & TURKEY SKEWER SANDWICHES

Preparation 20 mins | Makes 6



*You'll need 6 bamboo skewers for this recipe.*

- 1/4 small Iceberg lettuce, washed and chilled
- 1 large Lebanese cucumber
- 4 slices whole grain bread, crusts removed
- Butter or margarine, for spreading
- Cranberry sauce, for spreading
- 12 mini roma tomatoes
- 150g sliced turkey breast, thinly sliced lengthways
- 4 slices Swiss cheese, halved

**STEP 1** Cut chilled lettuce into small bite-sized pieces. Using a vegetable peeler, slice cucumber lengthways into thin ribbons.

**STEP 2** Spread bread with butter or margarine then spread with cranberry sauce. Cut each slice into 4 squares.

**STEP 3** Thread tomatoes, bread, turkey, cucumber ribbons, cheese and lettuce onto 6 thick bamboo skewers and serve.

**TIP:** For younger children, trim the pointy end of the skewers.



## Papaya

**Nature's own bowl food!** For a nutritious start to the day, team delicious papaya with fresh blueberries, crunchy granola and yoghurt.

Delicately sweet, papaya is one of the most nutritious fruits! It is rich in both vitamin C (200g would provide 2-3 days' supply) and beta carotene which the body converts to vitamin A.

Whole papaya continues to ripen after harvesting so it is best to leave it for a few days at room temperature to fully ripen. It's ready to eat when the fruit loses its greenish hue and yields to gentle pressure around the stem.

For cut papaya, choose the fruit with vibrant pinkish-orange flesh without any bruising. Cover with plastic wrap or place in an airtight container and store in the fridge for up to 2 days.

### PAPAYA BREAKFAST BOATS

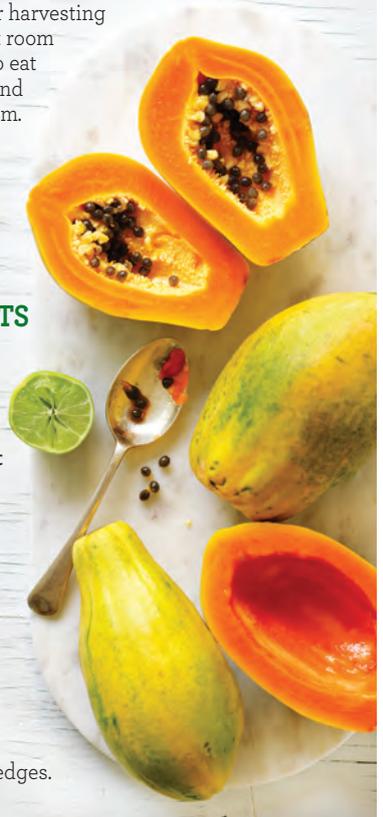
PICTURED FRONT COVER

Preparation 10 mins | Serves 4

2 small (about 600g each) ripe papayas  
1 lime, juiced  
1 cup thick natural Greek-style yoghurt  
1 cup granola or toasted muesli  
125g blueberries  
¼ cup chopped pistachios  
honey, for drizzling  
lime wedges, to serve

**STEP 1** Halve papayas lengthways. Using a spoon, scoop out the seeds. Place papaya halves flesh-side-up onto a board. Drizzle with lime juice.

**STEP 2** Top papaya with yoghurt, granola, blueberries and pistachios. Drizzle with honey. Serve with lime wedges.



## How to keep & use potted fresh herbs

With a little natural light and occasional watering, potted fresh herbs keep for weeks on your window sill or kitchen bench.

Fresh, fragrant and ultra-convenient (with the extra bonus of not taking up your fridge space), ensure you have a selection of potted fresh herbs on standby for all your cooking needs. Simply snip off the herbs that you require!

Flat-leaf and curly parsley, coriander, basil, mint, thyme, oregano, rosemary, sage and chives are just some of the extensive range of potted herbs available from your greengrocer.



## Pineapple

Add some tropical flavour and sweetness to your day with fresh pineapple. At its best from mid-spring through to the end of summer, this delicious fruit is picked ripe and ready to eat.

Once home, leave your whole pineapple at room temperature, out of direct sunlight and use within 4 days. Once cut, peel and store pineapple in an airtight container in the fridge.

**Easy to prepare.** Trim the ends and cut down the sides making sure you cut away the thick skin and the 'eyes' of the pineapple. Slice in quarters lengthways and cut away the thick core, or alternatively, leave whole and slice into rounds.

**Team** pineapple with the fresh flavours of mint, lime, chilli, passionfruit, ginger or coconut.

**Add** chopped pineapple to Mexican-style salsas, pavlova toppings or fresh fruit salads.

**Caramelise** pineapple wedges in a pan with brown sugar.

**Char-grill** pineapple, chicken & red onion skewers.

