

Greengrocer **FRESH**

Summer

What's in season

Top tips and hints

Fresh ideas for serving fruit and veg



Radishes

Crunchy radishes with their colourful skin and crisp-white flesh have a unique peppery flavour. Use them in salads and pickles.

To prepare radishes, wash well and trim the leaves. To store, wrap radishes in paper towels and refrigerate in an airtight container. For ultra-crisp radishes, plunge them into a bowl of iced water for 10 minutes before serving.

Add very thinly sliced radish to salads, slaws and sandwich fillings. In the French style, simply serve halved radishes with unsalted chilled butter and sea salt.

TO PICKLE RADISHES

With their colour and crisp texture, radishes are ideal for pickling. To make pickled radish, place 1 cup white wine vinegar, 2 tablespoons caster sugar and ½ tsp black peppercorns in a saucepan and stir over medium heat until sugar dissolves. Set aside to cool. Place 2 bunches washed, trimmed and thinly sliced radishes into a sterilised jar. Cover with cooled vinegar mixture. Seal and store in the fridge.

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
Mangoes
Mangosteens
Melons
Nectarines
Oranges:
Valencia
Passionfruit
Peaches
Pears:
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

Luscious cherries

The Aussie cherry season lasts around 100 days from November through to late summer so don't miss out on this prized summer gem.

This superfruit not only tastes delicious, it is nutrient rich and contains beneficial antioxidants known to have potential disease-fighting properties.

EASY PREP

It's hard to beat the sweet taste of a fresh cherry straight from the stalk. Simply rinse in cold water and they're ready to eat. Use a cherry-pitter to easily remove the seeds - this convenient gadget is available from kitchen shops

WAYS TO USE CHERRIES

- For picture perfect desserts, top your favourite sponge or pavlova with whipped cream and a crown of glossy cherries. Sprinkle with grated chocolate for added decadence.
- Plump cherries teamed with soft creamy brie or goat's cheese and crackers make the perfect cheese platter.
- For a savoury twist, drizzle cherries with olive oil and caramelised balsamic vinegar and roast until tender. They pair perfectly with roast turkey or chicken.



Champagne melon

Make sure you try honey-sweet champagne melon this summer when it is at its refreshing best. This watermelon variety has juicy golden yellow flesh with a mottled green-striped skin.



CHOOSING AND STORING

Choose whole champagne melon that feels heavy for its size and sounds hollow when tapped. Store at room temperature out of direct sunlight for up to 2 weeks. Once cut, store covered in an airtight container or plastic wrap in your fridge. Use within 2 days.

HOW TO SERVE CHAMPAGNE MELON

- For a refreshing cool drink, blend chopped champagne watermelon with lemon sorbet and fresh mint leaves.
- For an easy, light entrée, arrange slices of champagne melon on a serving platter, top with crumbled feta, thinly sliced red onion, black olives and prosciutto. Drizzle with extra virgin olive oil and serve.

Summer tomatoes

Summer is the best time to enjoy sun-ripened tomatoes. Choose from a great range of glossy tomatoes including heirloom, cherry, kumatoes, vine-ripened, roma, ox-heart and plenty of baby tomatoes from your greengrocer.

For maximum flavour, serve tomatoes at room temperature. Once fully ripened they can be stored in the fridge but remember to bring to room temperature before serving.

3 GREAT WAYS TO SERVE TOMATOES

1. Serve sliced tomatoes of different varieties with basil leaves, fresh mozzarella or burrata, a drizzle of extra virgin olive oil, sea salt and ground black pepper for the perfect summer side dish.
2. Slow roast tomatoes with garlic, olive oil and a good sprinkle of sea salt until just tender. They're delicious served warm or at room temperature with crumbled feta and fresh basil.
3. Brush halved tomatoes or stems of cherry truss tomatoes with garlic infused oil and barbecue, turning once, until tender.



FRESH
for
KIDS

CREAMY MANGO & PASSIONFRUIT POPS

Preparation 20 mins + freezing time | Makes 8

Celebrate the fun summer days with these super cool pops! They're a breeze to make using fresh mango and passionfruit. Kids simply love them!



3 medium ripe mangoes, peeled and flesh chopped
½ cup light cream
2 passionfruit, pulp removed

STEP 1 Place the mango flesh and cream into a blender or food processor. Blend or process until smooth. Pour mixture into a jug and swirl through passionfruit pulp.

STEP 2 Pour mixture into 8 paddle-pop moulds. Gently tap moulds to dislodge any air pockets. Insert a paddle-pop stick into each. Freeze for 5 hours or overnight until firm. Remove pops from moulds and serve.

Christmas wreath

Pictured front cover.

For a special Christmas celebration dessert serve our colourful fresh summer fruits wreath. Spectacular to look at, sweet and delicious, it's good for you too!

Serve fresh luscious fresh tropical fruits, peaches, nectarines, lychees, grapes and berries for dessert all summer long. This delicious summer fruit platter is teamed with a creamy honeycomb yoghurt.

ULTIMATE SUMMER FRUIT PLATTER

Preparation 25 mins + chilling time | Serves 6-8

- 1 ripe mango
- 200g cherries
- 125g raspberries
- 125g blueberries
- 8 plump strawberries, hulled
- 2 ripe nectarines, cut into wedges
- 2 peaches, cut into wedges
- 4 apricots, halved
- 3 passionfruit, halved
- Edible flowers, to serve, if liked
- Honeycomb cream:**
- 1 cup thickened cream
- 1 tsp vanilla extract
- ½ cup thick Greek-style natural yoghurt
- 3 x 50g chocolate honeycomb bars, roughly chopped

STEP 1 To make honeycomb cream, using an electric hand-mixer, whip cream and vanilla until soft peaks form. Stir in yoghurt and honeycomb. Cover and refrigerate for 1 hour before serving.

STEP 2 Place mango, stem-side down on a board. Cut downwards close to the stone and slice off the mango cheeks from the mango. Cut a honeycomb pattern into the flesh (but don't cut through the skin). Press underside to open up the mango flesh.

STEP 3 Arrange the fruit on a large serving platter. Scatter with a few edible flowers if liked. Serve with the honeycomb cream.



Tarragon-infused vinegar

This special fresh tarragon-infused vinegar makes the perfect Christmas gift.

The deep mellow flavour of fresh tarragon combines beautifully with the vinegar to make the perfect base for your summer salad dressings or to make mayonnaise and hollandaise sauce.

1. Wash and dry tarragon well. Place tarragon stems into a sterilised bottle.
2. Cover with white wine, cider or champagne vinegar.
3. Store in a cool dark place for 3-4 weeks then it's ready to use.



Cool as a telegraph cucumber

Flavoursome, crisp telegraph cucumbers take centre stage in summer.

Refreshing and crunchy, this juicy cucumber is so easy to prepare. The fine seeds and thin green skin are edible, but can be removed if preferred. Simply chop or slice, or to make super cool cucumber ribbons, thinly slice telegraph cucumbers lengthways using a vegetable peeler.

Store whole cucumbers in an airtight container or plastic bag in the fridge. Just before using wash in cold water and dry with paper towel.

FOR THE EASIEST OF CUCUMBER SALADS

Arrange telegraph cucumber ribbons, sliced iceberg lettuce, thinly sliced radishes and shredded cooked chicken in serving bowls. Combine ½ cup finely chopped mint, ½ cup buttermilk, ¼ cup Greek-style yoghurt and 1 tbs lemon juice in a bowl. Season. Drizzle dressing over salad and serve. Scatter with mint and serve with lemon wedges.

