

Greengrocer FRESH Winter

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



Radicchio

Hailing from Italy, radicchio is a leafy veggie that is a star in its own right!

A member of the chicory family, the brilliant burgundy-leaved variety is referred to as **Radicchio di Verona**. Its bold, bitter flavour mellows when it's grilled or roasted.

Due to its milder flavour, one of the hottest varieties this winter is **Radicchio di Castlefranco**. This beauty has tender speckled magenta, pale green and cream leaves. It cooks well and is a wonderful addition to risotto and pizza.

Serve the raw leaves with a drizzle of vinaigrette to accompany a rich winter casserole.

For a more substantial salad, toss radicchio with crumbled blue cheese and toasted walnuts.

To store...

Like lettuce, radicchio should be stored unwashed in a covered container in the fridge and used within a few days.



Radicchio di Verona



Radicchio di Castlefranco

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
Radicchio
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
Radicchio
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

Fennel

Crisp, fresh fennel imparts a rich aniseed flavour to winter casseroles, soups and bakes.

It softens deliciously on cooking and compliments a variety of chicken and fish dishes.

This aromatic bulb can also be eaten raw, either shredded or finely sliced on a V-slicer and tossed into coleslaws and crunchy winter salads.



Make it tonight...

Braised fennel, lemon & thyme chicken

HEAT 1 tbs oil in a large oven-top casserole or deep fry pan over high heat. Brown 8 bone-in chicken thighs. Transfer the chicken to a plate.

ADD 1 tbs olive oil to the pan and heat over medium heat. Toss in 2 sliced red onions and cook until soft, then add 2 halved and thinly sliced fennel bulbs and cook until just softened. Pour in ½ cup dry white wine and cook for 1 minute.

RETURN chicken to the pan. Add 1 cup chicken stock and 5 thyme sprigs. Cover and simmer for 30-35 minutes until chicken is just cooked through. Stir through ½ cup Kalamata olives. Serve with creamy mashed potatoes.



Navel oranges

In peak season during winter, Navel oranges are characterised by their vibrant orange colour and little belly button-like dimple on their base.

These juicy oranges have virtually no seeds, sweet dense flesh and are easy to peel.

Eat a Navel orange every day and naturally nourish your body with beneficial vitamin C.

Each Navel orange contains 2 days' supply of this immune-boosting vitamin. As an added bonus, being a low GI fruit, the carbohydrate is released slowly into the bloodstream for sustained energy.



How to store fresh ginger

Correct storage helps optimise the natural juiciness, flavour and crispness of fresh ginger.

1. Place fresh scrubbed and dried unpeeled ginger into airtight jars.
2. Cover with Shaoxing rice wine (also called Shaohsing or Chinese cooking wine) or dry sherry.
3. Use the ginger as required in recipes or add a splash of the ginger-infused rice wine or sherry to your stir-fries.



FRESH
for
KIDS

SPINACH, TORTELLINI & ZUCCHINI NOODLE SOUP



Preparation 15 mins | Cooking 40 mins | Serves 4

1 tbs olive oil
1 small brown onion, finely chopped
1 carrot, finely chopped
1 stick celery, finely chopped
2 garlic cloves, crushed

6 cups chicken stock
350g pkt fresh chicken tortellini
2 large zucchini, spiralised into noodles
50g baby spinach leaves
Grated parmesan, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 3-4 minutes until tender. Add carrot, celery and garlic and cook, stirring often, for 5 minutes. Stir stock, cover and bring to the boil. Reduce heat, cover and simmer for 20-25 minutes until vegetables are tender.

STEP 2 Increase heat to medium heat. Add tortellini and cook for 3-4 minutes until just cooked through. Stir through zucchini noodles and spinach. Ladle into bowls. Sprinkle with grated parmesan and serve.



Eat your carrots!

One single carrot contains 2 days' worth of beta carotene, which the body converts to vitamin A. Carrots also boost eye health, are high in dietary fibre and provide valuable vitamin C.

Craving a sweet pick-me-up? Nibble on crunchy raw carrot sticks for a nutritious energy burst. For a deliciously warming lunch or light dinner, indulge in rich creamy carrot and chickpea soup.



Creamy carrot & chickpea soup

Preparation 15 mins | Cooking 1 hour | Serves 4-6

2 tbs olive oil
1 medium brown onion, finely chopped
2 garlic cloves, finely chopped
750g carrots, peeled and roughly chopped
400g can chickpeas, drained and rinsed
6 cups chicken stock
reduced fat sour cream and wholegrain toast, to serve

STEP 1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, for 3-4 minutes until tender. Add garlic and carrots and cook, stirring occasionally, for 5 minutes.

STEP 2 Stir in stock and chickpeas. Cover and bring to the boil. Reduce heat, partially cover and simmer, stirring occasionally, for 45-50 minutes until vegetables are very tender.

STEP 3 Using a stick blender, blend soup until smooth. Stir through cream and parsley. Gently heat until hot. Season with salt and pepper to taste. Ladle into serving bowls, top with a dollop of sour cream and serve with wholegrain toast.

Lemons

Prized for their refreshing citrus tang and juiciness, vibrant lemons are in abundance during winter.

Choose plump lemons that feel heavy for their size, which is a good indication of their juiciness. Remember to wash and dry the lemon before grating the rind (zesting).

Quick & easy microwave lemon curd

Place 125g chopped unsalted butter into a large microwave safe bowl. Microwave on high for 30-60 seconds until the butter is melted.

Add 3 free-range eggs (at room temperature), $\frac{1}{2}$ cup caster sugar, 2 tsp finely grated lemon rind and $\frac{3}{4}$ cup freshly-squeezed lemon juice. Microwave on medium, whisking every minute, for 5-7 minutes until a smooth thick curd forms.

Transfer the mixture to an airtight container, cover with a sheet of plastic wrap and refrigerate until cold.

Store the curd in the fridge and use within 1 week.



Fuji apples

Eaten raw or cooked, these crisp, sweet dense-fleshed apples are the most versatile winter fruit! Medium in size with thin red skin, the Fuji originated in Japan. It's in peak supply throughout the colder months.



Fresh Fuji tips...

- Serve thinly-sliced Fuji apple with cheese platters.
- Add grated Fuji apple to pancake batters.
- Toss julienned Fuji apple with a drizzle of lemon juice and add to crunchy winter coleslaws.