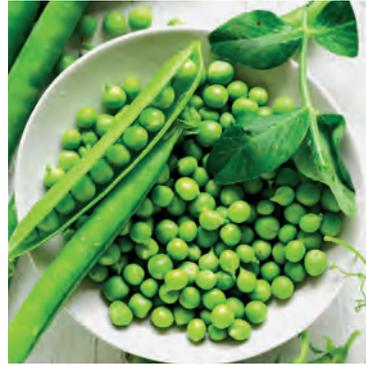


# Greengrocer FRESH Spring

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



## Piel de Sapo Melon

Perfectly ripe Piel de Sapo melon has juicy deliciously sweet pale green flesh similar to honeydew.

Originally from Spain, these melons are now grown in Australia. They are also known as Santa Claus or Christmas melons.

### TO BUY

Piel de Sapo melons are picked ripe and ready to eat. Leave at room temperature for a few days to enhance flavour.

### TO PREPARE

Wash the whole melon in cold water then halve, deseed and discard the thick rind.

### GREAT WAYS TO SERVE

- Serve Piel de Sapo melon wedges with thinly sliced prosciutto, rocket leaves and a drizzle of extra virgin olive oil.
- Thread melon balls onto skewers alternatively with baby bocconcini, serve with drinks.
- Team chopped Piel de Sapo melon with Greek yoghurt and honey for breakfast.
- For a starter, served chilled melon slices topped with sliced baked ricotta and thinly sliced serrano ham. Drizzle with extra virgin olive oil to serve.



## FRESH and in season

WHAT'S BEST IN...

### September

#### FRUIT

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

#### VEGGIES

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

### October

#### FRUIT

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

#### VEGGIES

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

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

## Zucchini flowers

With their soft bright-golden petals, zucchini flowers have a delicate slightly nutty floral flavour. The female flower has a baby zucchini attached, whereas the male flower has a thin stem.

Delicious stuffed and fried or baked, raw zucchini flowers also make a stunning addition to spring salads.



### CHOOSING AND STORING

Select fresh-looking zucchini flowers. Avoid wilted ones. If the baby zucchini is attached to the flower, it should be firm, slender and glossy green.

Highly perishable, the flowers are best used within 1 day of purchasing. Those with the baby zucchini attached will last for a few days if covered with damp paper towel and stored in an airtight container in the fridge.

### RICOTTA-STUFFED ZUCCHINI FLOWERS

Spoon 1 tbs seasoned fresh ricotta into each zucchini flower and gently twist the petals to enclose.

Lightly dip in tempura batter and deep-fry until golden and crisp.



## Globe Artichokes

Delicious fresh artichokes with their unique flavoured hearts are a special spring treat.

### TO CHOOSE

There are two globe artichoke varieties, one with round, deep green leaves and the other with elongated purple spiky leaves. They taste the same. Opt for firm heads with tightly closed leaves.

### TO STORE

Refrigerate in an airtight container in the fridge. Use within 1-2 days.

### TO PREPARE

Cut off and discard all but 5-8cm of the stem and peel. Remove the tough outer leaves and slice one-third off the top. When preparing globe artichokes drop them into cold water with some lemon juice to prevent discolouration.

### TO COOK

Place globe artichokes in a deep saucepan (not aluminium or cast iron) of simmering water with a squeeze of lemon juice. Cover with a plate to submerge them. Simmer for 20-30 minutes until tender when tested in the thickest part with a skewer. Drain and remove the spiky centre. Serve with a drizzle of extra virgin olive oil.



## Fresh Green Peas

Bursting with sweetness, just-picked green peas define spring freshness. Grab some from your local greengrocer today!

Select plump green peas with bright green intact pods. Once picked, green peas rapidly deteriorate and lose sweetness as the sugars convert to starch. The pod protects the delicate peas so remove just before cooking. For optimal flavour, cook peas on the day of purchase.

### EASY TO POD

Kids especially love podding fresh green peas so get the whole family involved in this fun and memorable task. Simply use your thumbnails to pry open the pod lengthways and remove the peas.

For the easiest of side dishes, rapidly boil podded green peas in salted water for 2 to 3 minutes. Drain, return peas to the pan and gently smash. Drizzle with extra virgin olive oil or butter, season with salt and pepper then serve.



## New Potatoes

Also known as Chat potatoes, these small, young potatoes are harvested before they reach maturity. They're very versatile and do not require peeling. If you're leaving these potatoes whole to cook, select similar-sized ones so they cook evenly.

Avoid potatoes with even a hint of green skin. Store potatoes in a cool, dry, dark place because light causes them to go green.



### LEMON, MINT & FETA NEW POTATOES

Place 750g small new potatoes into a saucepan, cover with cold water and bring to the boil over medium-high heat. Reduce heat and simmer for 12 minutes or until just tender. Drain, refresh in cold water and halve lengthways.

Heat 2 tbs extra virgin olive oil in a large frying pan. Add the potatoes and toss until golden. Stir through 2 sliced green onions, 2 crushed garlic cloves and 2 tbs lemon juice. Sprinkle with chopped mint, parsley and crumbled feta cheese before serving.





## Red Cabbage

Crisp red cabbage, packed with antioxidants, essential nutrients and crunch, is the perfect addition to light and fresh spring slaws.



### WATERCRESS, GREEN APPLE & SEED COLESLAW

Preparation 30 mins | Serves 6 as a side dish

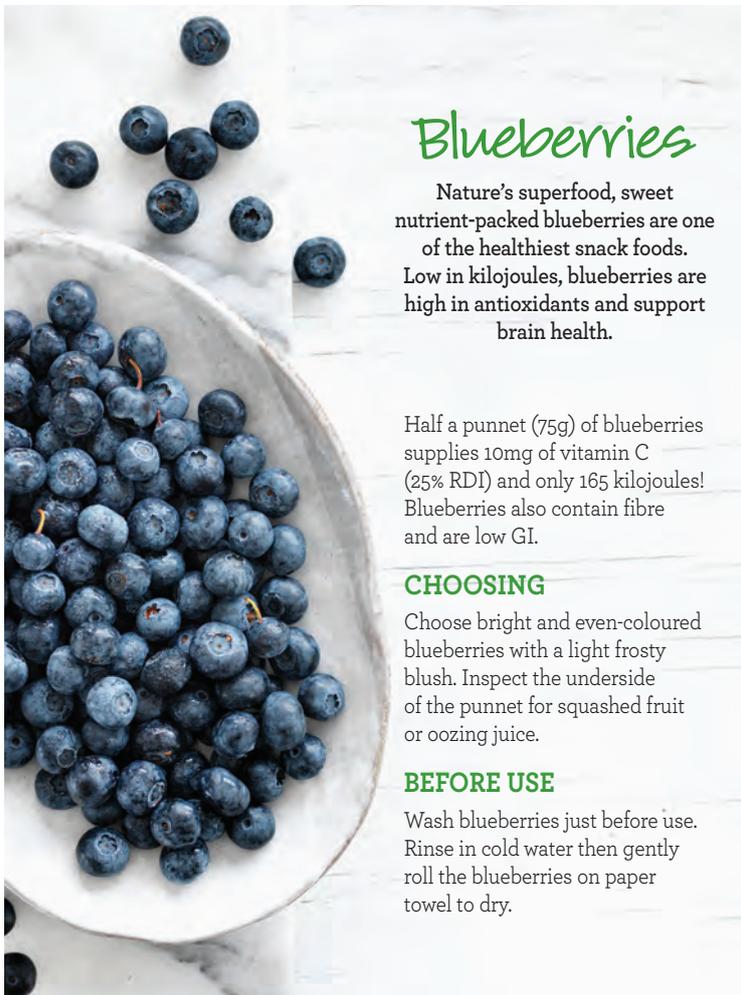
- 1 bunch watercress, picked over, washed and dried
- ½ small red cabbage, finely shredded
- 2 medium carrots, peeled and finely shredded
- 2 green onions (shallots), trimmed and thinly sliced
- 1 Granny Smith apple, cored and finely sliced
- 1 tbs lemon juice
- ½ cup toasted mixed seeds (like sunflower, sesame and pepitas)

#### Lemon yoghurt dressing:

- ½ cup thick natural Greek-style yoghurt
- 2 tbs lemon juice
- 1 tsp Dijon mustard

**STEP 1** Combine watercress, cabbage, carrots and green onions in a large bowl. Toss the apple in lemon juice and add to watercress mixture. Toss gently to combine.

**STEP 2** To make dressing, combine ingredients in a bowl. Season with salt and pepper to taste. Whisk until well combined. Drizzle dressing over salad and sprinkle with seeds. Gently toss to combine and serve.



## Blueberries

Nature's superfood, sweet nutrient-packed blueberries are one of the healthiest snack foods. Low in kilojoules, blueberries are high in antioxidants and support brain health.

Half a punnet (75g) of blueberries supplies 10mg of vitamin C (25% RDI) and only 165 kilojoules! Blueberries also contain fibre and are low GI.

#### CHOOSING

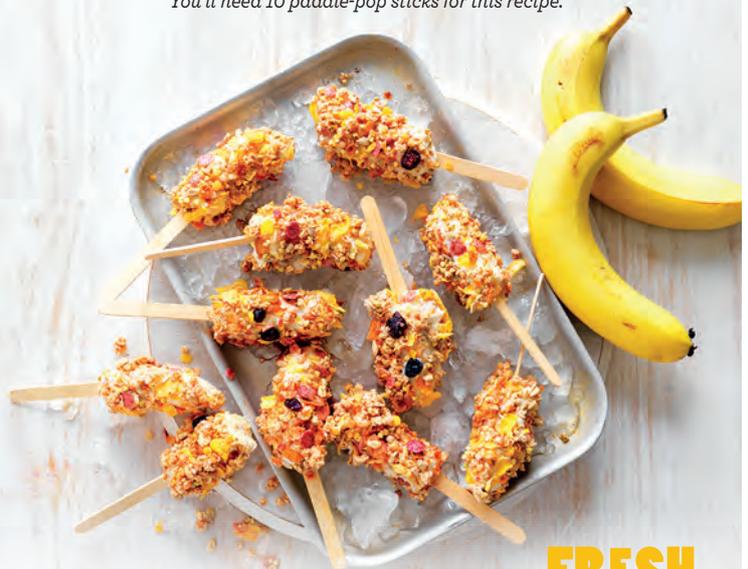
Choose bright and even-coloured blueberries with a light frosty blush. Inspect the underside of the punnet for squashed fruit or oozing juice.

#### BEFORE USE

Wash blueberries just before use. Rinse in cold water then gently roll the blueberries on paper towel to dry.

## BANANA & GRANOLA BREAKFAST POPS

Kids will love making these delicious treats. All ready to grab and munch on the go! You'll need 10 paddle-pop sticks for this recipe.



- 5 ripe bananas, peeled and halved
- 1 tbs lemon juice
- 1 cup reduced-fat thick vanilla bean yoghurt
- 4 cups granola or similar breakfast cereal

**STEP 1** Peel bananas and brush with lemon juice to avoid browning. Thread bananas lengthways onto paddle-pop sticks.

**STEP 2** Place yoghurt into a shallow bowl and the granola or cereal onto a dinner plate. Dip each banana into the yoghurt and spoon over granola or cereal, pressing to coat the banana. Place onto a tray lined with baking paper and chill for 4 to 5 hours until frozen. Makes 10.

**FRESH  
for  
KIDS**