

# Greengrocer FRESH

## Winter

What's in season

Top tips and hints

Fresh ideas for serving fruit and veg



### Kiwifruit

**A nutritional gem, kiwifruit is a fantastic source of vitamin C and contains vitamin E as well as dietary fibre.**

All kiwifruit have small edible seeds and thin brown skin. Some varieties are firmer than others. Their flesh colour, taste and texture can vary.

**Green-fleshed kiwifruit** is very popular and less sweet than the yellow-fleshed variety. It has a firm edible central core.

**Gold/yellow-fleshed kiwifruit** has very juicy, sweet, tender golden-yellow flesh. It's slightly elongated in shape. A mere 40g of gold kiwifruit contains a day's recommended intake of vitamin C!

**Red-fleshed kiwifruit** is a sweet and utterly irresistible new arrival to the market. Its green and red flesh has an attractive star pattern in the centre.

**To ripen and store:** Leave firm kiwifruit to ripen at room temperature. It's ripe and ready to eat when it yields to gentle pressure around the stem. The yellow-fleshed variety is ideally eaten when slightly firm. Refrigerate once ripe. Keep apples away from kiwifruit to avoid kiwifruit ripening too quickly.

**To eat:** Cut kiwifruit in half lengthways and scoop out the flesh with a teaspoon. Alternatively, peel the fruit with a small sharp knife, and slice or dice as desired.

### 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

# Boost your vitamin C!

Vitamin C is an essential nutrient with three key functions which act to protect the body from disease.

1. **The antioxidant properties of vitamin C** help to neutralise free radical molecules that cause oxidative damage to body cells. Free radicals can lead to premature ageing and cancer.
2. Our skin and connective tissue are made from collagen, and the **production of collagen** is heavily reliant on adequate supplies of vitamin C.
3. **Vitamin C strengthens the immune system** by boosting our white blood cell count. These cells protect the body against infectious disease.

Enjoy a wide variety of delicious fresh fruit and veggies to obtain your recommended daily intake of vitamin C (45mg). We can always benefit from more so get feasting on these winter favourites!

Seasonal fruit and veggie Vitamin C content	Vitamin C (mg)
1 GUAVA	216
1 LARGE ORANGE	96
4 BRUSSELS SPROUTS (LIGHTLY COOKED)	74
1 KIWIFRUIT	57
½ CUP RAW BROCCOLI	41
¼ RED CAPSICUM	39
½ CUP STRAWBERRIES	36
½ CUP CHOPPED RED CABBAGE	33
1 MEDIUM TOMATO	30
2 TBS LEMON JUICE	24

# Vitamin C-rich fruit & veggies



## Kohlrabi

This crisp nutritious veggie is stepping into the spotlight this winter. Super-healthy, it's from the same family as cabbage, broccoli, kale and Brussels sprouts.

Kohlrabi is high in dietary fibre and vitamin C. It is crunchy like broccoli stems and tastes similar to sweet mild turnip.

**To buy:** Select kohlrabi with a vibrant, firm bulb and crisp leaves. Avoid ones with yellow leaves. Choose from the white-pale jade green or deep purple-skinned varieties. The smaller bulbs are milder and crunchier so opt for ones similar in size to baseballs.

**To eat:** At its best in colder months, kohlrabi can be eaten raw or cooked. The leaves and stems are edible but must be very fresh and crisp. Trim then finely slice or shred the bulb using a V-slicer or sharp knife. Alternatively, cut kohlrabi into matchsticks.

- Team kohlrabi with savoy cabbage and thinly sliced pear in a winter slaw.
- Toss into a stir-fry with chicken, chilli and green onions then splash with sesame oil and soy sauce.
- Add kohlrabi to enhance veggie and minestrone soups.



## MEDJOOl DATE & CACAO BLISS BALLS



Sweet, tender fresh Medjool dates are a prime source of dietary fibre and provide vitamin C, folate and potassium.

- ½ cup walnuts
- 250g fresh Medjool dates, pitted
- ½ cup ground almonds
- 1½ tbs raw cacao\* powder
- 1 tbs chia seeds
- ¼ cup desiccated coconut

\*Cocoa is made by cold pressing unroasted cocoa beans - it looks like dark cocoa but it is far more nutritious, as it's rich in antioxidants. Cocoa powder is available from health food shops and some supermarkets. Substitute with plain cocoa if preferred.

- STEP 1** Place walnuts into a food processor. Process until roughly chopped. Transfer to a bowl.
- STEP 2** Add dates, ground almonds, cacao powder and chia seeds to food processor. Process until well combined. Add approx. 1 tbs water to mix to a firm (rollable) consistency. Stir through walnuts.
- STEP 3** Roll mixture into small balls (about the size of a 20¢ piece). Place coconut onto a plate. Roll balls in coconut to lightly coat. Store in an airtight container in the fridge. Eat within 2 weeks. Makes 15.



## Vegan Lentil & Vegetable Soup

*Brimming with nutritious veggies, this tasty and healthy vegan soup is perfect for a warming pick-me-up.*

- 1 tbs olive oil
- 1 leek, trimmed, halved lengthways and thinly sliced
- 1 tsp ground cumin
- 3 garlic cloves, crushed
- 2 carrots, peeled and diced
- 2 celery sticks, thinly sliced
- 400g can lentils, drained and rinsed
- 800g can chopped tomatoes
- 5 cups vegetable stock
- 2 firmly-packed cups chopped kale
- Crusty wholegrain bread, to serve

**STEP 1** Heat oil in a large saucepan over medium heat. Add leek and cook, stirring often, for 4-5 minutes until tender. Add cumin and garlic and cook, stirring, for 30 seconds until fragrant. Add carrots and celery and cook, stirring often, for 5 minutes.

**STEP 2** Add lentils, tomatoes and stock. Stir until combined, cover and bring to the boil. Reduce heat, partially cover and simmer for 45 minutes. Add kale. Cover and simmer for a further 15-20 minutes until thick and vegetables are tender. Season with salt and pepper to taste. Ladle into serving bowls and serve with crusty wholegrain bread. Serves 4-6.



## Spiced Cauliflower, Carrot & Pomegranate Salad

*Roasting the cauliflower and carrots adds a uniquely nutty flavour and sweetness to this delicious winter salad. Vibrant Aussie-grown pomegranate adds crunch and juiciness.*

- 1 medium cauliflower, trimmed
- 1 bunch (even-sized) Dutch carrots, washed, dried and trimmed
- ¼ cup extra virgin olive oil
- 3 garlic cloves, crushed
- 1 tsp ground cumin
- 40g baby spinach leaves
- 75g Persian or marinated feta, crumbled
- ½ pomegranate, seeds removed

**STEP 1** Preheat oven to 200°C fan-forced. Cut cauliflower crossways into 2cm thick slices and trim the central core. Place into a large roasting pan lined with baking paper. Toss through carrots.

**STEP 2** Combine oil, garlic and cumin in a bowl. Season with salt and pepper. Stir to combine. Drizzle mixture over vegetables and toss to coat. Roast on the top shelf, tossing once or twice, for 35-40 minutes or until just tender.

**STEP 3** Stir through spinach. Sprinkle with feta and pomegranate seeds and serve. Serves 4.

## Get cooking with apples

**GRANNY SMITH APPLES:** Noted for its crisp, firm and tart white flesh, the Granny Smith apple is perfect for winter cooking. The flesh softens while cooking and becomes golden and sweeter, making it ideal for stewing, baking, purees and sauces.

**GOLDEN DELICIOUS APPLES:** Cooking this crisp apple enhances its sweetness and intensifies the golden flesh. It holds its shape well when cooked, making it the go-to ingredient for muffins, pies and tarts.

### Make poached spiced apples...

Peel, core and chop 1.5kg Golden Delicious or Granny Smith apples into 2 to 3cm pieces. Place into a large bowl. Drizzle with the juice of 1 lemon and ¼ cup water. Set aside. Whisk ½ cup water and 2 tbs cornflour in a teacup until smooth. Place cornflour mixture into a large saucepan over medium heat. Stir in ½ cup caster sugar, 1 tsp ground cinnamon and ½ tsp ground nutmeg. Stir until mixture comes to the boil.

Add apple mixture and stir to combine. Bring to the boil. Reduce heat, cover and gently simmer, stirring occasionally, for 15 to 20 minutes until the apples are very tender. Set aside to cool in the saucepan. Serve warm or cold. Store in an airtight container and refrigerate for up to 5 days. Makes 2 cups.



Spoon this deliciously versatile apple pie filling over hot porridge, swirl through yoghurt, or spoon into bowls, drizzle with custard and top with winter berries.