

# Greengrocer **FRESH**

## Winter

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



### Fresh herb of the season... *thyme*

Fresh thyme sprigs are an aromatic essential in many classic winter dishes. Thyme is a key ingredient in fragrant bouquet garni. Select fresh bunched thyme sprigs with intact stems of clustered small, firm deep-green leaves.

To store, wrap the thyme sprigs in damp paper towel and refrigerate in an airtight container. Use within 5 days.

Cook with whole sprigs (stems and leaves) or remove the leaves from the stem by pulling the stems through your fingers.



#### FRESH THYME TIPS

- Thyme complements chicken, lamb and pork so add it to casseroles.
- Create a thyme baking rack for roasting by simply placing a bed of thyme sprigs and garlic in a baking dish lined with baking paper. Drizzle with olive oil then place the roast of your choice on top and bake to your liking.
- Scatter a pan of chopped vegetables and garlic cloves with thyme sprigs, drizzle with oil and roast until tender.
- Add thyme sprigs to home-made soups.

### 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  
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  
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



## Warm up with root veggies

*With their comforting flavour, nourishing parsnips, turnips and swedes take centre stage at this time of year.*

### Turnips

In addition to roasting, turnips are ideal for slow braising and as a flavoursome addition to broth-style soups, especially chicken noodle. Peel and chop turnips as required.

### Parsnips

With a sweet unique flavour, parsnips are a delicious alternative to potatoes. Try them roasted or mashed, as wedges or fried crisps. Peel and halve parsnips lengthways, toss in olive oil, garlic and a drizzle of maple syrup then roast until tender and golden.

### Swedes

Swedes turns a light yellow once cooked. Cook chopped peeled swedes in chicken stock with a sprig of thyme until golden and tender. Drain then mash with hot milk and a knob of butter until smooth. Season, swirl through a handful of grated parmesan and serve.

## Radiate warmth with pumpkin

### Butternut

This very popular variety has sweet, nutty bright-orange flesh and creamy firm skin. Experiment beyond soup. Add butternut pumpkin to spicy curries, pasta, Middle Eastern-inspired meat or rice dishes, and casseroles. If roasting, leave the skin on because it has a pleasant flavour.



### Jap

Deliciously nutty-flavoured, this small pumpkin with mottled green and orange skin is easy to peel. Kids love the sweet flesh. The tender Jap pumpkin is delicious roasted. Leave the skin on when roasting because it helps the pumpkin retain shape.



### Jarrahdale

The Jarrahdale is a large pumpkin with thick ribbed blue-greyish skin and deep golden-orange flesh. It is ideal for soups and roasting. Add a dash of nutmeg and parmesan to Jarrahdale pumpkin mash.



## Fresh for Kids®

*Stewed apple, sweet roast pumpkin and sausage are a tasty combo in these fantastic subs.*

### Apple, roast pumpkin & sausage subs

Preparation 20 mins | Cooking 45 mins | Serves 6

750g Butternut or Jarrahdale pumpkin  
Olive oil cooking spray  
6 reduced fat pork sausages  
2 long baguettes\*, cut into 15cm pieces  
(\*or use 6 small long bread rolls)

**Chunky apple sauce:**  
3 Granny Smith apples,  
peeled and cut into 2-3cm pieces  
1 tbs caster sugar  
2 tbs water  
2 tsp lemon juice



**STEP 1** Preheat oven to 200°C/180°C fan-forced. Peel, deseed and cut pumpkin into 1.5 cm-thick slices. Spray both sides with oil. Season with salt and pepper. Place in a single layer on a large baking tray lined with baking paper. Roast, turning once, for 25-30 minutes until tender.

**STEP 2** Meanwhile, to make apple sauce, combine apples, caster sugar, water and lemon juice in a medium saucepan. Cook, uncovered and stirring often, for 20-25 minutes until golden and tender. Roughly break up apples with a wooden spoon. Set aside to cool.

**STEP 3** Preheat a large non-stick frying pan on medium heat. Cook sausages, turning occasionally, for 12-15 minutes until cooked through. Drain on paper towel.

**STEP 4** To serve, split baguettes, top each with pumpkin, sausages and apple sauce and serve.



# Pumpkin, tofu & spinach massaman curry

Preparation 20 mins | Cooking 45 mins | Serves 4

- 400ml can reduced fat coconut cream (unshaken)
- ½ cup Massaman curry paste
- 1 small red bird's eye chilli, deseeded and chopped
- 1 red onion, cut into thick wedges
- 1 cinnamon stick
- 4 cardamom pods, lightly crushed
- 1 star anise
- 1 tbs brown sugar
- 1½ tbs fish sauce
- 750g piece Butternut pumpkin, deseeded, peeled and cut into 4-5cm pieces
- 250g firm tofu, drained and cut into 4cm cubes
- 100g baby spinach leaves
- ½ cup coriander leaves, chopped + extra leaves to serve
- ½ cup roasted unsalted cashews, roughly chopped
- Steamed jasmine rice, to serve

**STEP 1** Heat a large saucepan over medium heat. Add the thick top layer of coconut cream to the pan and cook, stirring, for 2-3 minutes until oil separates. Stir in curry paste and chilli. Cook, stirring, for 1-2 minutes until aromatic.

**STEP 2** Add onion, cinnamon stick, cardamom, star anise, sugar, fish sauce, 1 cup water and remaining coconut cream. Stir to combine. Bring just to the boil then reduce heat and simmer, stirring occasionally, over medium heat for 15 minutes. Add pumpkin and tofu. Cover and simmer for 20-25 minutes until pumpkin is just tender. Stir through spinach and chopped coriander and cook until spinach just wilts. Sprinkle with extra coriander leaves and cashews. Serve with steamed rice.

## Know your oranges

Boasting almost 2 day's supply of vitamin C, the juicy orange blasts away the winter chills.

### Navel oranges

Australian-grown Navels are in season from May to November. Characterised by their rich orange colour, Navels have a tangy sweet flavour. Use Navel oranges in warming winter puddings and cakes, and juice the fresh fruit for breakfast.

### Seville oranges

These large, vibrant rough-skinned oranges are only suitable for cooking. The bitter flesh, skin and seeds make the perfect tangy marmalade. Seville oranges are only available in late winter.

### Blood oranges

Arriving in July and only available until September, these deep ruby-fleshed oranges have a delicious tangy raspberry-citrus flavour. Deeper ruby-red tinged skin generally indicates more intense-coloured flesh. The colour depends on variety, exposure to sunlight and growing conditions.

### Cara Cara Navel oranges

Grown in Australia, these delicious oranges have deep rosy-orange juicy flesh. They're seedless with vivid orange thin skin and resemble the common Washington navel orange. This naturally sweet orange variety is low in acidity and has a refreshingly tart taste, similar to cranberry. They're in season from mid-June to July.

