

Greengrocer FRESH

Autumn

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



Plums



Autumn signals an abundance of plump juicy plums at your greengrocer. Each plum variety has a different skin colour and flavour. Some are sweet and some are slightly tart. Be sure to try them all! This quick and easy plum crumble is delicious for a weeknight dessert.

Easy Plum Crumble

STEP 1 Preheat oven to 200°C/180°C fan-forced. Halve and remove the stones from **6 firm plums**. Arrange the plums, cut-side up, on a baking tray lined with baking paper.

STEP 2 Combine **½ cup plain flour**, **2 tbs brown sugar** and **35g finely chopped chilled butter** in a bowl. Using your fingertips, rub in butter until well combined. Stir through **½ cup chopped walnuts**.

STEP 3 Top each plum with the crumble mixture. Bake for 15 to 20 minutes until the plums are tender and the crumble is golden. Serve plum crumble with ice-cream or yoghurt. Serves 4-6.



FRESH and in season

WHAT'S BEST IN...

March

FRUIT

Apples
Bananas
Dates
Figs
Finger limes
Grapes
Guava
Kiwifruit
Limes
Mangosteens
Nashi
Oranges: Valencia
Passionfruit
Papaw
Pears
Plums
Pomegranates
Quinces
Tamarillo

VEGGIES

Asian greens: Bok choy
Beans
Broccoli
Brussels sprouts
Cabbages
Capsicums
Chestnuts
Cucumbers
Eggplant
Eschallots
Kale
Lettuce
Mushrooms
Okra
Onions
Potatoes
Pumpkin
Sweetcorn
Swiss chard
Tomatoes
Witlof
Zucchini

April

FRUIT

Apples
Avocados
Bananas
Custard apples
Dates
Finger limes
Grapes
Guava
Kiwifruit
Limes
Mandarins: Imperial
Nashi
Pears
Passionfruit
Persimmons
Pomegranates
Quinces
Tamarillo

VEGGIES

Asian greens: Bok choy
Beans
Broccoli
Brussels sprouts
Cabbages
Capsicums
Cauliflower
Chestnuts
Chokos
Eggplant
Eschallots
Fennel
Kale
Leeks
Mushrooms
Okra
Potatoes
Pumpkins
Silverbeet
Spinach
Swiss chard
Turnips
Witlof

May

FRUIT

Apples
Avocados
Bananas
Custard apples
Dates
Grapes
Kiwifruit
Lemons
Mandarins: Imperial
Nashi
Oranges: Navel
Pears
Persimmons
Pomegranates
Quinces
Rhubarb

VEGGIES

Asian greens: Bok choy
Broccoli
Brussels sprouts
Cabbages
Carrots
Cauliflower
Celery
Celeriac
Chestnuts
Eggplant
Fennel
Kale
Ginger
Leeks
Mushrooms
Okra
Parsnips
Silverbeet
Spinach
Sweet potatoes
Swiss chard
Turnips

Vegetable spaghetti

Low in kilojoules, fat free and a source of potassium and other nutrients, vegetable spaghetti is a type of pumpkin that makes a healthy and delicious alternative to pasta. Once cooked, its flesh softens and easily shreds into thin spaghetti or vermicelli-style strands.

Choose firm whole vegetable spaghetti that feels heavy for its size. No need to cut or refrigerate, simply store the whole vegetable spaghetti at room temperature for up to 2 weeks.



How to cook and serve vegetable spaghetti

To roast: Preheat oven to 200°C/180°C fan-forced. Halve the vegetable spaghetti lengthways and scoop out the seeds. Arrange flesh-side up on a baking tray lined with baking paper. Lightly brush or spray with olive oil. Roast for 30 to 40 minutes until just tender when pressed with a fork.

To microwave: Halve the vegetable spaghetti lengthways and place in a single layer in a microwave-safe dish. Cover and microwave on high for 10 minutes or until flesh is tender.

To serve: Using a fork, scrape the cooked flesh lengthways away from the skin. Toss through tomato pasta sauce or pesto for an easy meal. For a side dish, place the shredded flesh into a bowl, drizzle with a little extra virgin olive oil, season with salt and ground black pepper then serve.

Shepard avocados

Available from late February to April, the Shepard has smooth buttery, slightly nutty flavoured flesh. The green skin doesn't change colour with ripening.

Shepard avocados, unlike other varieties, have the advantage of not discolouring once cut. This quality makes them the perfect avocado for sandwiches, toast toppers and salads.

Handle avocados with care because they bruise easily. Store firm unripened avocados at room temperature.

To test if your avocado is ripe and ready to eat...

Gently press the avocado at the stem end. If it yields to slight pressure, it's ready to eat.

Why is avocado good for you?

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health.

Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells.

A good source of vitamin C, that helps keep gums and teeth healthy.



Roasted grapes

With roasting, grapes delicately soften and their sweet flavour intensifies. They're delicious added to leafy green salads. Alternatively, jazz up a cheese platter or team with prosciutto, rocket and feta.

How to roast grapes...

1. Preheat oven to 200°C fan-forced.
2. Wash a large bunch of seedless red grapes in cold water. Drain then pat dry with paper towel.
3. Cut the bunch into small clusters and place onto a baking tray lined with baking paper. Lightly spray or brush grapes with olive oil.
4. Roast grapes for 15 to 20 minutes or until just tender. Set grapes aside to cool slightly before serving.



Fresh for Kids® Crunchy potatoes with cheddar cheese crumbs

Preparation 20 mins | Cooking 90 mins | Serves 4

A versatile waxy potato with creamy flesh, Desiree potatoes are perfect for roasting.



STEP 1 Preheat oven to 180°C/160°C fan-forced. Peel 6 Desiree potatoes (about 200g each) and halve lengthways. Place a halved potato cut-side down onto a board. Slice thin, evenly-spaced cuts, about two thirds of the way through the potato. Repeat using remaining potatoes. Liberally coat potatoes with olive oil cooking spray and place cut-side up onto a baking tray lined with baking paper. Bake for 50-55 minutes until tender.

STEP 2 Combine ½ cup wholegrain breadcrumbs and ½ cup grated reduced fat cheddar cheese. Remove potatoes from oven. Sprinkle breadcrumb mixture over potatoes. Bake for a further 12-15 minutes until golden and crunchy. Serve immediately.



Avocado smash, tomatoes & egg on toast

Preparation 10 mins | Cooking 3 mins | Serves 4

Simply fabulous for breakfast, brunch, lunch or a snack, this recipe is a breeze to make!

- 4 free-range eggs
- 1 large ripe avocado
- 1 tbs lime or lemon juice
- 4 slices wholegrain bread
- 2 vine-ripened tomatoes, sliced

STEP 1 Place eggs in a small saucepan of cold water. Bring to the boil over high heat. Turn off heat and leave eggs in the water for 7 minutes. Drain, refresh in cold water then peel and slice.

STEP 2 While the eggs are standing in the hot water, halve avocado lengthways, deseed and scoop flesh into a bowl. Add lime or lemon juice. Using a fork, roughly mash avocado.

STEP 3 Top toasted bread with avocado, sliced boiled eggs and tomatoes and serve.

Pears

Packham A flavoursome pear with juicy white flesh, the Packham is available in a range of sizes. The smaller, snack-sized pears are ideal for school lunchboxes. The green skin turns a paler shade with ripening.

Corella This dense white-fleshed pear is small to medium in size and has a delicate pink blush. It's crisp and slices easily making it the ideal addition to cheese platters and a range of salads. It's also a great pear for a lunchbox.

Beurre Bosc The elegant cinnamon brown-skinned Beurre Bosc is one of the best pears for cooking. Choose slightly under-ripe fruit and you'll be rewarded with a superior result. Its cooked flesh is sweet and deliciously tender.

Josephine A versatile squat and shiny green pear that can be eaten while crisp and crunchy or fully ripe and rich tasting. The Josephine variety has sweet and juicy flesh.



Cauliflower

Cauliflower flourishes in cooler weather. Its creamy white florets provide a healthy alternative to rice. Serve cauliflower rice with Indian curries or dahl, use instead of couscous, or simply serve it as a side dish with roasted vegetables, chicken or meat.



Choose firm cauliflower with tight vibrant florets and fresh green leaves.

How to make cauliflower rice

STEP 1 Preheat oven to 200°C/180°C fan-forced. Trim 1 large cauliflower into small florets (untrimmed weight is approximately 1.8kg). Place the florets onto 2 large baking trays lined with baking paper.

STEP 2 Drizzle with ¼ cup olive oil and season with salt and pepper. Toss, then spray with olive oil until evenly coated to prevent drying out. Roast cauliflower for 25 to 30 minutes or until tender. Set florets aside to cool slightly.

STEP 3 Using a food processor, process cauliflower in batches until cauliflower resembles rice grains. Reheat in the microwave, if desired. Serves 4.

