

HARRIS FARM

MARKETS

A Family Owned
Australian Company

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Go for Gold! And green
Kiwi fruit from NZ

Is it kumara or
sweet potato?

Blood oranges & Tangelos

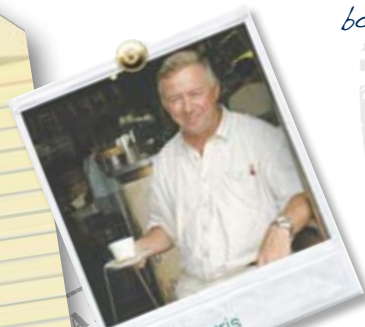
Californian grapes

The little guys of the citrus
family...cumquats

Brown onions, don't be
without 'em

Go a little wild with
our rocket

It all starts with the best...
Raw Materials



David Harris



Did you know? A Kiwi fruit has twice the amount of vitamin C as an orange, more potassium than a banana, and very high levels of Vitamin E (twice as much as an avocado). Kiwi fruit also have a very high fibre content (more than a bowl of bran).



Gold and green Kiwi fruit from NZ

Kiwi fruits have a sweet-tart flavour unlike any other fruit. This month our green and gold Kiwi fruits from New Zealand are outstanding.

What's the difference between the two? The green Kiwi fruit has a vibrant green flesh with a small white core and black seeds that burst with a tangy, sweet-sour taste.

Gold Kiwi fruits have a smooth hairless skin that is bronze in colour. They have a golden, juicy flesh and sweet, almost tropical taste.

Is it kumara or sweet potato?

Regardless of what we call them, they're actually the same thing. Native to Central America and the Pacific Islands, they come in gold, red, purple and white. In general the darker the flesh the sweeter it is.

There's no need to peel sweet potatoes, just scrub their skin, slice, and then roast or bake. They're also great on the barbecue. Slice them thinly, brush with a little oil, and then cook on the char-grill

In spite of their sturdy looks sweet potatoes don't keep well. They don't like the cold, so don't store them in the fridge. Keep them in a cool, dark, well-ventilated place (for up to one week).

Did you know: Most people in the world spell it kumera, Aussies spell it kumara

Enjoy them at their very best... Blood oranges and Tangelos

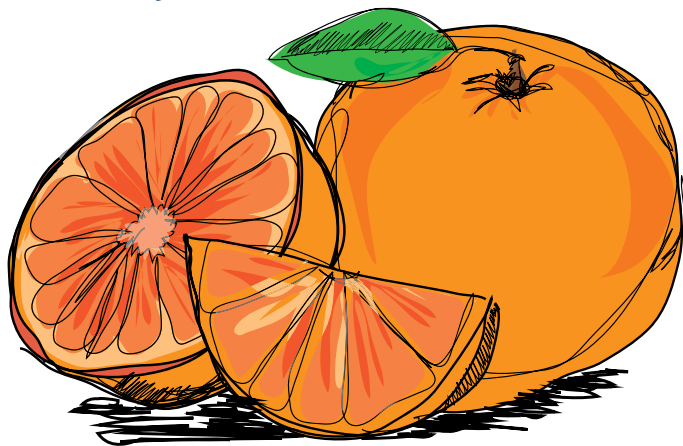
Blood oranges are great quality and very good value this month. They're especially good for juicing.

Tangelos have a burst of both sweet and sour flavours, and they're also very juicy. They are now at their absolute best. Use them wherever you would oranges or mandarins.

What to enjoy in...August

Apples, bananas, blueberries, seedless grapes (Californian), Kiwi fruit (New Zealand), lemons, mandarins, nashi, Seville and blood oranges, navel oranges, pears, pineapple, rockmelons, rhubarb, watermelon, strawberries (Queensland) and tangelos.

Artichokes (globe and Jerusalem), beans, beetroot, broccoli, Brussels sprouts, cabbage, capsicums, carrots, cauliflower, celery, eggplant, English spinach, garlic, leeks, mushrooms, onions, parsnips, potatoes, pumpkin, Swedes, Sweet potato and turnips.



"Champagne and orange juice is a great drink. The orange improves the champagne. The champagne definitely improves the orange." ~ Philip, Duke of Edinburgh ~

Grab a bunch...
grapes, try white, crimson or flame seedless

We have terrific quality seedless grapes this month, imported from California they arrive fresh, in near to just-picked condition. They're sweet, plump, juicy and ready to enjoy. Grab a bunch today.





Cumquats are the smallest fruit in the citrus family.

Their skin is slightly sweet, and their flesh is very tart. They are mostly used for jam or for sauces.

You can also make a terrific orange liqueur with cumquats.

Place equal quantities of white sugar and cumquats in a glass jar (for best results prick each cumquat a few times with a toothpick). Cover them with brandy or vodka. Seal the jar and turn it upside down several times a day for a few weeks to dissolve the sugar. Then store in a cupboard for 3 months. Strain the orangey liqueur and bottle. Use the cumquats for cakes (finely chop them).

Brown onions - a good kitchen just wouldn't be without them

They may bring tears to your eyes, but onions are prized for their ability to bring a wonderful flavour to many dishes.

They're inexpensive, easy to prepare and good to eat. Choose onions with dry papery skins, with no signs of spotting or moistness. Store them in a cool dry place.



How to stop the tears?

Well there's everything from wearing goggles to chewing gum, but what seems to work is the trick of putting onions (unpeeled) in a bowl of cold water and chilling them for 30 minutes before cutting. If you don't have the time (and who does) simply use a very sharp knife and get the job over and done with quickly!

*Interesting Fact!
Eating a lot of onions will make you sleepy, as it acts as a sedative*



Life is an onion and one cries while peeling it. ~French Proverb~

Go a little wild with our rocket

If you like something zesty in your salad bowl, then give our wild rocket a go. It's top quality at this time of year. It's a little more peppery than regular rocket. Wild rocket holds the title of one of our best selling salad leaves. We sell it in our salad mix, and on its own.

Rocket and other mixed lettuce leaves should be stored in a plastic bag (line the bag with kitchen paper) in the crisper section of the fridge until you're ready to use them. Rinse them just before use. Place the leaves in a colander and rinse under cold water. Gently shake them and pat dry with kitchen paper.

*It all starts with the best...
Raw Materials*

Raw Materials began in 2002 with the vision of providing fantastic quality groceries to food lovers Australia wide. Their aim is to inspire consumers to cook, entertain and enjoy eating through exceptional food with outstanding quality, and value for money.

Raw Materials owner Andrew Gray says "We simply wanted to share the same passion we have for the things we eat, and how we eat them"

"We have an obsession for full-flavoured, traditional food - food made the way it used to be. It's what 'Raw Materials' is all about".

Raw Materials' impressive range of premium local and imported foods has a dedicated following at our stores. Here are some of our customers' favourites.

More dough Premium Stock (Beef, chicken, fish and vegetable) in handy 500ml sachets. Made with the freshest ingredients, they have no artificial flavourings or additives and no added MSG.



No. 1 with our shoppers are the Raw Materials pasta sauces (sold in 500ml jars). We have their Classic Tomato, Rocket, Basil and Roast Vegetable & Chilli sauces in-store. Just heat and eat!

If you're after some 'cheese and biscuits' try their award winning 180 Acres Goats cheese (one taste and you'll know why it's a winner). Team it with Raw Materials own Lavosh bread. Hand-made to an age-old Middle Eastern recipe and speckled with poppy and sesame seeds, it makes an excellent addition to a cheese platter.

