

HARRIS FARM

MARKETS

A Family Owned
Australian Company

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Beautiful summer berries
Buy yourself some apricots
Achacha...what's that?
Go for the cherries
Christmas pudding ice cream
Jewel like... red and white
currants
Make entertaining easy
Pudding Lane Christmas puds
Meet Joe Oliveri & try his
sweet, succulent figs



What to enjoy in...

December

Apricots, bananas, blackberries, blueberries, currants (red & white) cherries, grapes, loganberries, lychees, mangoes, melons, nectarines, papaya, passionfruit, pawpaw, peaches, pineapple, raspberries, strawberries, Valencia oranges and youngberries

Asparagus, butter beans, capsicum, celery, cucumbers, eggplant, flat beans, green beans, green onions, lettuce, onions (salad), peas, radish, sweetcorn, tomatoes, watercress and zucchini

Sweet new season apricots

Our new season apricots will be slightly blemished, but still taste fantastic! Our apricot growers from Swan Hill, Shepparton and Cobram in Victoria have both had hail, and wind damage to their crops this year. As a result the fruit is a little marked, particularly around the stem end. Don't worry about the marks, they won't have penetrated the skin. Try the apricots and see ...you'll find they're still wonderfully sweet and flavoursome.

Try something new ... Achacha

Ah-cha-cha! Think Ah! Then think of the dance...

The Achacha is an exotic tropical fruit related to the mangosteen. It has a sweet, tart, refreshing white flesh with a sorbet-like consistency. A native of the Amazon Basin in the province of Santa Cruz, Bolivia, it had not been grown elsewhere until seeds were planted in North Queensland in 2002. This is the first time it has been grown commercially in the world.

Achacha have thick protective outer skin which can be used to make a nutritious drink, and a soft inner seed. It's easy to open, simply score and squeeze. The fruit is relatively low in fruit sugars so there are no sticky fingers afterwards.



Summer Achacha Salad

Place mixed baby salad leaves in a bowl, add slices of Achacha flesh, a little shaved parmesan and toasted pine nuts. Drizzle with French salad dressing.

Berry delicious...summer berries

loganberries, youngberries, blackberries, boysenberries

We've just a small window of opportunity each December to enjoy sweet loganberries and youngberries. They're around for about three weeks from the start of the month. Our growers in Victoria produce some of the very best. Their berries are fantastic quality, the loganberries are juicy and sweetly tart, while youngberries (they look a little like blackberries) are slightly sweeter.

Blackberries start later in December and will be in store until mid March. Cultivated blackberries are different to the wild type, you'll find them plump, juicy and full-flavoured. Boysenberries come in around late Jan/early Feb, they're a hybrid of blackberries, and are large, sweet and luscious.

Store all types of berries in the refrigerator unwashed until ready to use. For best flavour bring them to room temperature before eating. They keep for three to five days, depending on the berry.

For a summer berry fool, beat thickened cream and icing sugar to soft peaks, purée berries and fold through the cream. Spoon into small glasses, serve chilled with wafer biscuits.



Cherries say it's December like no other fruit

You know it's getting close to Christmas when good supplies of cherries hit the shelves. We have the very best the market has to offer. And they're at a great price.

Our suggestion is to enjoy these terrific quality cherries this month while they're around. Word is the usual January crop of cherries out of Tasmania is expected to be sparse (and as such a little pricier).

Tasmania has experienced persistent rain for much of this year (some say it's had the most rain in 150 years). Because of the soaking the quantity and the quality of the cherries is likely to be compromised.

*At Christmas play and make good cheer,
for Christmas comes but once a year
~Thomas Tusser~*

Scrumptious Christmas pudding ice cream

Soften 1 litre of rich vanilla ice cream, it should have a soft folding consistency but not be fully melted. Add the following, and gently mix.

- 1½ cups dried fruit (try a mix of currants chopped raisins and dried cranberries)
- 1 cup mixed, chopped glace fruit (like pineapple, cherries and apricots)
- 1 cup of unsalted nuts (almonds or hazelnuts), toasted and chopped

Spoon the mixture into a ring tin or Xmas mould (8 cup capacity). Freeze until firm. Cover a flat tray with plastic wrap, turn the ice cream out of the mould onto the tray and re-freeze until ready to serve. You can make it up to 1 week ahead.

Entertaining made easy

Olives are very moreish with a festive drink. We have lots to choose from; black, green, stuffed, or marinated mixed ones, a small tub of each won't go astray. Savoury biscuits and cheeses are good to have on hand too. We have a huge selection of local and imported cheese, as well as dips and salsas.

Nuts and dried fruits are ideal for Xmas nibbles. Choose a few different types of nuts, salted and unsalted. Since you can buy them loose (by the gram) you needn't spend a lot. Our dried fruits are sold the same way, so buy just what you need. Figs, dried muscatel grapes and dried apricots are good choices.



Little gems...red and white currants

Available for just two or three weeks around mid-December, currants are tangy and intensely flavoured. Good for jam and sauce making. They're quite delicate and best eaten within one or two days of purchase. Take them from their stalks and freeze them in a single layer for longer storage. They look great (frozen) piled on top of an ice-cream Xmas pud!

The proof's in the pudding

There are Xmas puds, and there are Xmas puds, but the winner by a mile are the fabulous Pudding Lane Christmas puddings.

They are so good in fact even the Brits have acknowledged that they're the world's best by awarding the company 2 gold awards at the 2009 UK Great Taste Awards (they're the food and drink's equivalent to Michelin star).

*Independent experts
judging on taste alone
declared Australia's
Pudding Lane Classic
Christmas pudding and
their Date & Toffee
puddings to be the
world's best.*



Made here in Newcastle with the finest Australian produce, each pudding is individually mixed and shaped, tied up in calico and boiled in traditional old style "coppers", then hung to naturally dry, age & mature. Check out their range in-store.

Meet our farmer friend Joe Oliveri

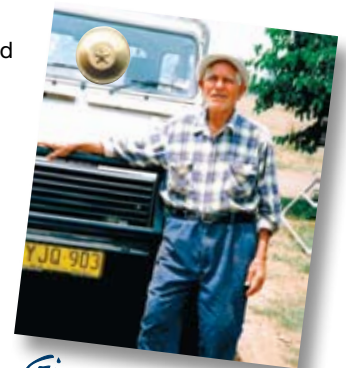
David Harris says figs are one of the fastest selling fruits at Harris Farm Markets, "our customers are really getting to know them, and enjoy using them".

Our farmer friend Joe Oliveri supplies Harris Farm Markets with figs from December through to Easter. He's been supplying them since 1985. Joe says David Harris always demands the best, telling him "Joe if in doubt, leave it out". "And that's what I do" says Joe, "supply Harris Farm Markets the very best of the crop!"

Joe and his father Giovanni turned their tomato and veggie farm in Sydney's Luddenham over to figs in 1979. Their orchard produces three varieties of figs. Black Genoa is the type we'll see in store from around the second week in December. The White Genoa figs come into season mid-January until late March, and the late cropping Preston's Prolific start around Easter.

It's still a family run business with Joe and Giovanni working the property and Joe delivering the figs to market in the early hours each morning during harvest time. The figs are on their trees one day, and on HFM shelves the next day.

Joe's tip, enjoy figs every day. Sure you can have them with cheese, with prosciutto, in salads, even grilled... but you can't beat them sliced on hot buttered toast for breakfast!



Giovanni Oliveri

*Make the most of the season, go to
www.harrisfarm.com.au for delicious recipe ideas*

