

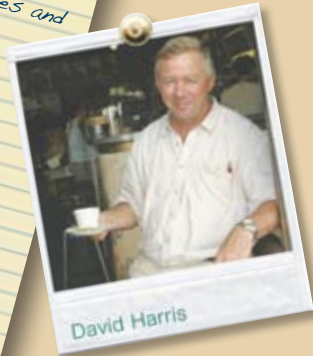
# HARRIS FARM

MARKETS

A Family Owned  
Australian Company

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The best of summer's peaches  
Ripe and ready...nectarines  
Tassie cherries, blueberries and  
raspberries  
Basil, enjoy it now  
Summer veg...eggplant and  
zucchini  
Udder Delights, utterly  
delicious Cheeses  
Try our Hass and Reed avo's  
Smoked salmon anyone?



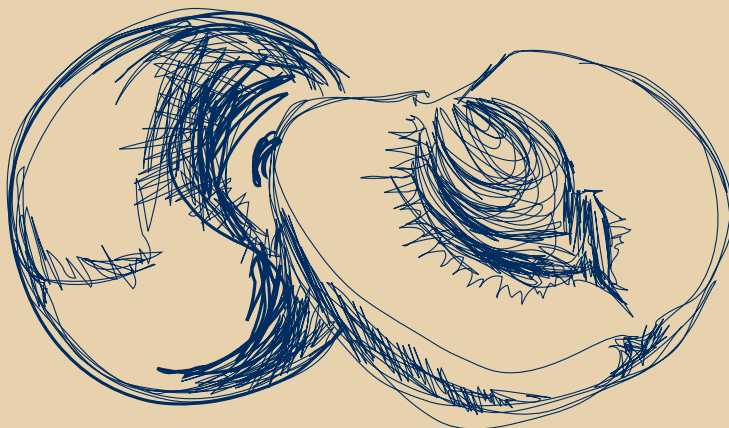
## Peaches, The Sweetest Fruits of Summer...

Few things are as good as a sweet, ripe peach, and Harris Farm Markets are brimming with the best of the summer season. The mid-season peaches available now have a pronounced aroma and deep, rich flavour.

*Our peaches are coming from local areas, as well as Araluen in NSW and Victoria*

Choose peaches that feel firm with a touch of softness when gently pressed. They ripen quickly, so store them in the fruit bowl until ripe, and then enjoy. The fridge robs peaches (and all stone fruits) of its luscious flavour, so buy just what you need for a few days.

A sure way to tell if a peach is ready to eat is to look at the colour at the stem end - it should be rich yellow in colour, any sign of green and it's not ripe.



Make the most of the season, go to

[www.harrisfarm.com.au](http://www.harrisfarm.com.au) for delicious recipe ideas

## What to eat in January... The freshest and the best

Avocados, bananas, blueberries, cherries, grapes, limes, lychees, mangoes, melons, nectarines, papaya, passionfruit, pawpaw, peaches, pineapple, raspberries and Valencia oranges

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



## Easy as... Try this delicious idea for caramelised peaches

Cut 4 ripe peaches in half (don't struggle with the stone if it's a clingstone, leave it in), place the peaches in a baking dish. Combine about 125g soft butter,  $\frac{3}{4}$  cup brown sugar and a pinch of cinnamon until well mixed. Dollop the butter over the peaches then spread it out a bit. Grill the peaches under a moderately hot grill until golden. Serve the peaches with ice-cream and drizzle with the juices from the baking dish.

## Tassie Delivers the best Cherries, Blueberries and Raspberries

Tasmanian cherries are known throughout the world by connoisseurs as the best in the world. The Tassie cherry season peaks in mid to late January, and most of their harvest is exported.

Lucky for us (or should we say you) we have accessed some great ruby red Tasmanian cherries this month. They're big, firm and mouthwatering. They're different in taste and texture to the Christmas season cherries (some are even as big as small plums) - we reckon you'll love 'em!

Also from Tassie are delicious blueberries, we've got the fabulous 'brigitta' variety. They have outstanding flavour and will keep well. Just perfect for smoothies and breakfast cereal.

January is also the month for delicious Tasmanian raspberries. They will be in-store from early January, so look out for them

## Summer Basil - Three fab ways to enjoy it

Basil goes well with almost all of summer's vegetables, even fruit like tomatoes and peaches. Here are three delicious ways to use it.

*Basil, pine nut and cherry tomato spaghetti* - toss hot spaghetti with lots of torn basil leaves, a handful of pine nuts and a punnet of cherry tomatoes (halved). Add a good splash of olive oil and season with pepper.

*Basil pesto (an oldie but a favourite)* is quick and easy to make using a food processor. Place a small bunch of basil (leaves only) in the processor, add 2 small cloves of peeled garlic, ½ cup toasted pine nuts and 1 cup shredded Parmesan. Process until chopped, with the motor running gradually add ½ cup extra virgin olive oil, process until smooth. Season with salt and pepper.

*Barbecued prawns (wrapped with basil and prosciutto)*. Wrap each green (peeled) prawn with a basil leaf and a small slice of prosciutto (we recommend either an authentic Prosciutto di Parma or San Danielle). Secure with a small wooden skewer. Cook on a moderately high barbecue plate (or char-grill) turning two or three times until prawns are just cooked.

*Don't wash basil until just before you use it, otherwise the leaves will turn black quite quickly.  
Store it in damp paper towel in a plastic bag (unsealed zip-lock bags are good) for up to 4 days.*



## Two of the best summer veg - Eggplant and Zucchini

*Now is the season for Eggplants.* They are at their very best now. Eggplants are quite perishable so don't store them for too long. Store them in brown paper bags in the vegetable crisper. At their best they have bright, shiny skin that is smooth and taut, with a bright green stalk. Good partners for eggplant include tomato, garlic, basil, capsicum, onion and olive oil. Salt them before cooking and they won't absorb as much oil.

*Zucchini are one of the easiest vegetables to prepare,* simply rinse them and then slice, chop or grate. They're perfect for stir-fries and very easy to char-grill or oven roast. Zucchini's mild flavour goes well with other summer favourites, like tomato and eggplant and herbs like basil and mint.

*Easy char-grilled eggplant and zucchini.* Cut lady finger eggplants and zucchini in half lengthways and brush each with olive oil. Cook in a char-grill pan (or bbq) or under a hot grill until just softened and golden brown. Drizzle with olive oil mixed with a little crushed garlic and dried oregano while they are still warm.

## Udderly Delightful... Introducing our farmer friends Sheree and Saul Sullivan of Udder Delights

Artisan cheese maker Sheree Sullivan and husband Saul of Udder Delights believe cheese can only ever be as good as the milk it is made from. Their hand-made cheese are very good indeed, these award winning cheeses possess authentic flavours and beautiful presentation.

Udder Delights found their niche in the market place by making goat cheese that is mild in flavour, dispersing the myth that goat cheese has a 'bucky' taste. Their flagship cheese is their Chevre, it has a beautiful subtle flavour with a delightfully creamy texture. Others in the range are their goat curd, goat feta, goat camembert, goat brie and aged ashed goat cheese.

They have recently expanded to include jersey cow milk cheeses, look out for their Adelaide Hills Camembert and Adelaide Hills Brie.



## Experience Hass and Reed Avocados

*Hass and Reed avocados are in-store now. Our Hass avo's are from New Zealand and the Reed variety are from South Australia.*

*What's the difference? The Hass has pebbly skin and is oval in shape. It is sometimes referred to as the 'black sheep' of the avocado family, because it turns a deep purple when ripe.*

*Reed avo's have a medium skin texture (and pale flesh) and a distinct round shape. Their skin remains bright green even when fully ripened. Use gentle pressure on the stem to see if it's slightly soft. If it is, it's ready to enjoy.*

## Buying Smoked Salmon? Here's the lowdown on the different styles.

Smoking is the oldest method of preserving salmon, there are two ways it is done, either by hot or cold smoking. Both are smoked using wood smoke.

Hot smoking 'cooks' the salmon fillets between 50°C to 80°C.

Cold smoking is done by curing the salmon fillets in salt or brine first, and then they're 'cooked' at a much lower temperature (20°C to 30°C).

Once smoked, the salmon fillets are pin-boned and skinned, and then sliced and vacuum packed.

Each brand of smoked salmon will have a different taste. Hot smoked salmon will have a drier texture and deeper flavour than the soft texture and mild, flavour of cold smoked salmon.

What is Gravlax? Similar to cold smoked salmon in taste gravlax is salt cured salmon. The salmon fillets are covered quite thickly in a mixture of coarse salt, sugar and chopped dill (with a little vodka) for up to 2 to 3 days. The salt mix is wiped away from the salmon, it is then thinly sliced and served as you would smoked salmon.

*"Part of the secret of success in life is to eat what you like and let the food fight it out inside"  
Mark Twain*

