

HARRIS FARM

MARKETS

A Family Owned
Australian Company

Issue 78, February 2009

Fabulous figs

Exceptional rockmelons

White seedless Grapes...superb
quality

New season pears and apples

Say goodbye...to Tassie
cherries, to lychees and
mangoes

One water

Supporting the GO research
fund

Go for snake beans, they
sizzle in stir-fries

Meet our farmer friends from
Morland's mushrooms



Fabulous Figs... Enjoy them now

February sees the second crop of figs, the fruit is smaller, yet it is richer and tastier in flavour.

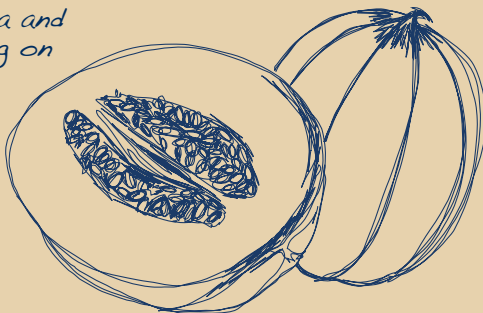
Figs need little embellishment, they are so intensely sweet in flavour they are perfect eaten out of hand. A savoury way to enjoy them is to layer a couple of slices of prosciutto over halved figs and drizzle with little extra virgin olive oil and black pepper. For a sublime sweet halve figs and dust them with brown sugar, place under a hot grill until the sugar becomes caramelised (a minute or two), serve with thick cream.

Sweet, Ripe Rockmelon

Our rockmelons from Hay are big, heavy for their size and have great flavour. Due to water restrictions in the Murray irrigation area this last year we won't see them flooding the market as we have in previous seasons but they'll still be good value and make great eating.

Quality rockmelons have
a sweet aroma and
pronounced netting on
their skin.

They're perfect
to eat when
they yield to
gentle pressure
at the stem
end.



Make the most of the season, go to

www.harrisfarm.com.au for delicious recipe ideas

What to eat in February... The freshest and the best.

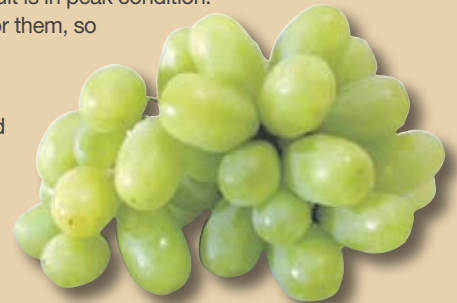
Apricots, avocados, bananas, blackberries,
blueberries, figs, grapes, limes, lychees, mangoes,
mangosteens, melons, nectarines, peaches, pears,
pineapple, plums, prickly pears, rambutans and
Valencia oranges

Beans - flat, butter beans and snake beans,
capsicum, celery, chillies, chokos, cucumbers,
eggplant, green onions, lettuce, onions (salad),
okra, sugar snap peas, radish, sweetcorn,
tomatoes and zucchini

Spoilt for choice... White seedless grapes

This month we have sweet, juicy, white seedless grapes (also known as Sultana grapes) from Mildura. The grapes are fantastic quality, they come from long established farms and because they're harvested by professional pickers the fruit is in peak condition. It's been a good season for them, so they're great value.

Store them unwashed, in
the refrigerator in a sealed
container or plastic bag.
Use within 2-3 days.



Freeze small
clusters of
grapes and serve them
up to the kids instead of ice blocks!

New Season Pears

The first of the new season pears are available now. Clapp pears will be in for the next couple months. They are large, oval, and greenish yellow, with a bit of a red blush. Clapp pears have a sweet, fine-grained white flesh and excellent flavour.

New Season Gala Apples

Different varieties of apples have their own specific season and it's 'Gala' (sometimes called Royal Gala) apples that are at their best from February through to May. They have a crisp, aromatic flesh with a sweet flavour, they're juicy as well.

At HFM we specialise in small to medium, easy to handle fruit. Our new season Gala apples are sweet and small in size, just perfect for the kid's lunch boxes.

Taste our Blueberries... They're at their peak

Make sure to include some of our delicious
blueberries on your shopping list, grown in
Tasmania the 'brigitta' variety we have in store are
superior. They have outstanding flavour and will
keep well. You can use them in lots of ways, on
breakfast cereal, with yoghurt, in smoothies, in
muffins, or just straight from the punnet.

When you drink the world drinks too

Harris Farm Markets is proud to support an amazing initiative to provide free running water to the one billion people that don't have access to clean water.

One water is now available in all stores, with the profits used to fund essential water projects around the world. Simply buy a bottle of One water and you'll be making a difference.

For more information on One water visit www.onedifference.org



*Say Goodbye...
To Tassie Cherries,
to Lychees and to Mangoes*

These are all still excellent in flavour and value, but it will be the last 'good month' for all of these favourites. Enjoy them while you can.

Peaches and nectarines are still excellent eating and good value too!



*Tell me what you eat,
I'll tell you who you are.
~ Anthelme Brillat-Savarin*

HFM Proudly supporting the "GO" research fund for gynaecological cancer

February is Ovarian Cancer Awareness Month and HFM are supporting The GO (Gynaecological Oncology) Fund to raise funds to aid research of what is known as 'the silent killer'. The aim of the research is to find a simple blood test that will allow all women to be screened for ovarian cancer and diagnosed while the disease is in its early stages. Info on the GO Fund can be found at www.gofund.org.au

To help raise funds HFM will be selling eco-friendly fruit & veg bags

The bags are made of strong, hygienic mesh fabric and are large enough to hold over 3kg of produce. You can wash your fruit and veg right in the bag. The bags are totally re-useable, and are a great alternative to plastic roll bags - much like the reusable bags are now instead of plastic shopping bags

Or if flowers are more your thing, \$1 from each bunch of pink gerberas sold throughout February, will be donated to the GO Research Fund.



Snake Beans

Snake beans are best value and best quality in February. This is the time of year we see local snake beans from the market gardens in Sydney's south-west.

Snake beans (or Chinese long-beans) are one of the easiest veg to prepare, they don't need stringing, simply top and tail them and cut them into about 5cm lengths.

Stir-fry snake beans with shredded garlic and ginger, and drizzle with soy and oyster sauces. You can also stir-fry them with other veg like red capsicum or mushrooms, or other Asian greens like bok choy.

Meet our Farmer Friends at Marland's Mushrooms

Our farmer friends the Marland family have been producing mushrooms for three generations way back since 1947. Firstly at Georges Hall in Sydney, and today from their modern farm in the Hunter Valley NSW. They produce about 16 tonnes of handpicked fresh mushrooms per week. They have a long established relationship with HFM and supply and deliver their product on a daily basis directly to our distribution centre.



Marland mushrooms are synonymous with premium quality produce all year round. A quality that speaks for itself, HFM customers come back time and again for these exceptional mushrooms.

Marland's specialise in growing flat, cup and button mushrooms and more recently the popular Swiss Brown mushrooms. They also supply us with our exotic mushrooms too.

Convenient pre-packaged packs of Swiss Browns and exotics are available, while the White Button, Cup and Flat mushrooms are sold loose. Remember to store your mushrooms in a brown paper bag for longevity - you'll find them next to the mushroom display in store.

