

HARRIS FARM MARKETS

fresh news

— JANUARY 2012 —

Capture the smell of Summer...sweet basil

Capture the taste of Summer...Caprese salad

This months best...

Harris Farm Markets Farmer Friends...Harvest Moon

Grab a bunch of grapes...They're so good for you!

MY PICK FOR JANUARY:
TASSIE CHERRIES!

David Harris

HARRIS FARM MARKETS
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What to eat in January:

Apricots, avocados, bananas, blackberries, blueberries, cherries, grapes, limes, lychees, mangoes, melons, nectarines, papaya, passionfruit, pawpaw, peaches, pineapple, raspberries, rambutans 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.

Capture the smell of Summer...sweet basil



Basil's flavour and heady aroma can brighten any dish. It is absolutely delicious tossed in pasta and salads, on pizza, or with sautéed vegetables, or stir fries.

Basil adds the most impact when it's added to the dish in the last few minutes of cooking. Tear the basil leaves rather than chop them to maintain their colour and aroma.

To keep basil at its best, don't wash it until just before you use it, otherwise the leaves will turn black quite quickly. Store basil in damp paper towel in a plastic bag (unsealed zip-lock bags are good) for up to 4 days. If you have more than you can use, process the leaves with a little water and freeze in ice cube trays. Add a couple of blocks in the last few minutes cooking time for a shot of summer flavour.

Capture the taste of Summer... Caprese salad

This simple idea is wonderfully easy way to enjoy summer on a plate. Layer sliced tomatoes and sliced bocconcini with fresh basil leaves, drizzle with extra virgin olive oil and a sprinkle of sea salt.



this month's best

Beautiful Tasmanian cherries are outstanding this month. Tasmanian cherries are known throughout 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. HFM have accessed some great ruby red Tasmanian cherries for our customers. They're a little different in taste and texture to the Christmas season cherries; you'll find them shiny, plump, firm and absolutely luscious. Keep them in a brown paper bag in the vegie crisper (leave their stems on). Rinse them just before serving.

January is the month when peaches are plentiful and quality is high. Enjoy their sweet flavour fresh or poached in sweet syrup (try adding a stick of crushed lemongrass to the syrup) or baked with a good drizzle of marsala or other sweet wine. For a savoury idea give a rocket, peach, prosciutto and parmesan salad a try. Toss a bunch of rocket leaves with sliced peaches, a few strips of prosciutto and shaved parmesan. Drizzle with red wine vinegar and olive oil.

Sweet and succulent nectarines are superb this month. Look for nectarines with a speckled skin which indicates sugar spots as they will be beautifully sweet. Our white fleshed nectarines are particularly good, they're sweet-smelling and intensely flavoured. They ripen quickly, so store them in the fruit bowl until ripe, and then enjoy. The fridge robs nectarines (and all stone fruits) of their luscious flavour, so buy just what you need for a few days.

Our grapes are a delight to eat this month. Both white and red varieties are nearing their peak season. If you like white grapes we've got Menindee and Thompson white seedless (also known as sultana grapes). They're both sweet and juicy, great quality and great value.

Our red grapes include Red globe (which have large seeds and are very juicy) and Red flame seedless (slightly tart), both are crisp and luscious. Store them unwashed, in the refrigerator in a sealed container or plastic bag. Use within 2-3 days.

Harris Farm Markets farmer friends... Harvest Moon

Harvest Moon traces its origins back to 1981 when current Managing Director, Neil Armstrong, commenced trading potatoes and growing speculative vegetable crops on 20 acres in the village of Forth on the North West Coast of Tasmania.

A few years later, in order to fund the growth of the business, Neil bought in an equity partner in Geoff Kable, a successful Sydney market agent. Geoff's son, Mark Kable remains Neil's business partner to this day, heading up the production part of the business.

Neil and Mark, supported by an ever growing team of people have grown Harvest Moon into Tasmania's leading fresh vegetable company. Today the company grows, packs and markets carrots, broccoli, red onions, brown onions, Swedes, green beans, leeks, potatoes & beetroot to name just a few.

Harvest Moon's production areas capitalise on Tasmania's abundant natural resources, rich, red, volcanic soils, a temperate climate, clean air and Australia's cleanest water - all determined by nature, guaranteeing higher standard full flavoured vegetables and enduring quality.

Thirty years ago David Harris regularly purchased produce from Geoff Kable's market stand, Kable Bros, in the Sydney market. The commercial relationship between the two families was rekindled 3 years ago when Mark Kable met David Harris at a PMA event in Sydney.

"Harris Farm Markets recognise and appreciate the taste, flavour and shelf life of vegetables grown in the temperate Tasmanian summer climate and the effort Harvest Moon puts into presenting the highest quality fresh vegetables," said Mark. "Harvest Moon looks forward to continuing to grow our commercial and personal relationship with the Harris Family."

GRAB A BUNCH OF GRAPES...

THEY'RE SO GOOD FOR YOU!



- Made up of 80% water so they're a good choice to help keep you hydrated throughout the day.
- Contain lots of fibre to help cleanse and detox the system and are a good source of Vitamin C which helps maintain a strong immune system.
- Rich in phytonutrients. These powerful antioxidants prevent heart disease by inhibiting the build-up of plaque in coronary arteries, as well as inhibiting the growth of some cancers.
- Contain Vitamin B6, vital for a healthy nervous system, while red grapes boast the same beneficial antioxidants as red wine – but without the alcohol.



Pass up tomatoes that don't have any aroma. When buying truss tomatoes the stem should be bright green, not brown or withered. Store tomatoes at room temperature and eat within 2-3 days.

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Neil Armstrong in his farm at Tasmania.



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