

HARRIS FARM

MARKETS

A Family Owned
Australian Company

Issue 80, April 2009

Leeks, enjoy their mild
sweet flavour

New season chestnuts...
they're worth the work

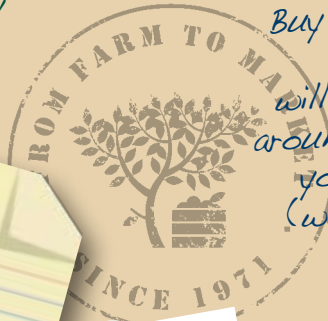
Fennel...consider your
choices

Farmer Friend John Ngo...
an urban farmer

Try our juicy Imperial
mandarins

Hot cross buns...put them
on your shopping list!

Mama Ka'z banana bread



David Harris

Leeks!

Leeks are good in soups, seafood and chicken dishes as their mild flavour doesn't overwhelm. Buy bunches with leeks of about the same size.

Big are not always best, smaller leeks will be the tenderest. Because the soil is heaped around them as they grow (the soil protects them) you need to fan out the leaves and rinse them (warm water works well to flush out the grit). Use only the white part as the green tops are chewy and fibrous when cooked.



It's Chestnut Season

Chestnuts have a sweet flavour, and a texture like a roast potato. Use them in soups, casseroles, stir-fries and desserts.

1kg chestnuts will yield about 700g of peeled nut. Store chestnuts in a brown paper bag in the crisper section of fridge. They'll keep for up to two weeks.

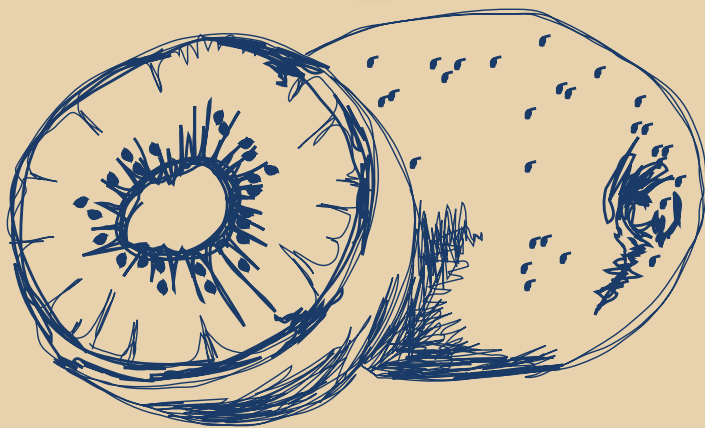
There are two vital steps in their preparation

Before cooking Lay the chestnut on its flat side so it's stable. Make a small cut about half-way around, cut through the shell and the layer of skin surrounding the nut.

After cooking Wrap the chestnuts in a clean tea towel for 3-5 minutes before peeling. Take off the shell and the skin. Chestnuts must be peeled warm, as they're nearly impossible to peel if they go cold.

To cook them

- **To boil** – place in a pan, cover with cold water, bring to the boil, reduce heat and simmer for 15-20 minutes.
- **To roast** – place on tray in a moderate oven for 15-20 minutes.
- **To barbecue** – you can place the chestnuts on barbecue plate or char-grill. Their shells will blacken and open in about 20 minutes, turn them often as they cook.
- **Microwave** – cook in single layer on High. It can take anywhere from 2-3 minutes or 5-6 minutes depending on the wattage of your microwave.



April sees good supplies of kiwifruit, guinces and rhubarb. The kiwifruit are all Aussie grown, and taste terrific. Eat them on their own or in a fruit salad with new season apples and pears.

What to eat in April

It's apple and pear season, they're at their best right now. More fruit to enjoy... grapes (White Seedless, Globe, Flame and Muscatels), Imperial mandarins, lemons, chestnuts, Sheppard avocados, kiwifruit, mangosteens, custard apples, Ruby grapefruit, Fuyu fruit and classic persimmons.

Best of the vegies... go for sweet corn, mushrooms, Asian greens, lettuce, capsicums, broccoli, micro herbs, watercress, snake beans, cauliflower, Jerusalem artichokes, baby fennel, baby eggplant, Brussel sprouts, broccolini, red cabbage, okra, witlof and sweet potato.

We say goodbye to the summer berries as the season draws to an end. There are still some blueberries from Coffs Harbour and Queensland Strawberries, but prices are high and quality is not at its peak.

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



Our Imperial mandarins are fantastic quality, and this season looks to be a bumper crop for these Queensland beauties. Small to medium sized they're perfect for kid's lunch boxes, they're sweet tasting and pretty easy to peel.

City meets country... Our farmer friend John Ngov

Urban farmer John Ngov is a significant supplier to Harris Farm Markets.

His small, family-based farms, one in Liverpool in south west Sydney and one in Wedderburn in the Macarthur/Camden area, keep our stores packed with the freshest and best cherry tomatoes, snake beans and snow peas.

The Ngov family have been 'urban farmers' since 1998, and although relatively small in acreage, Liverpool (25 acres) and Wedderburn (37 acres), there is nothing small about the amount of top quality veg they grow.

How's this for numbers? In peak season they deliver to market approximately 150,000 punnets of cherry tomatoes per week and 4,800-9,600 bunches of snake beans. In the winter months they produce 2000-3000 kilos of snow peas a week.

Consider this too...its' all hand-picked! Each crop takes about 3 months from planting to picking.

Look out for John's fresh sweet cherry tomatoes and snake beans now, and in the coming months enjoy his fantastic snow peas.

"Harris Farm Markets shoppers love our cherry tomatoes cause they're sweet and juicy, we're proud to supply the best we can"

Harris Farm Markets hot cross buns are delicious, packed full of fruit and spice. You'll need more than one pack, as they're very hard to resist.

Did you know that at one time hot cross buns were once actually banned in England? Originally used in pagan rituals, the Christian Church attempted to ban them. However they were just too popular, so Queen Elizabeth I passed a law limiting consumption of hot cross buns to only Christmas and Easter.

Fennel... Is it a boy or a girl?

You'll see that fennel bulbs vary in shape, the rounder more bulbous fennel is the male, while the longer more elongated bulbs are female. True!

The 'male' fennel have a more savoury flavour, the 'female' fennel (as you'd expect) are sweeter. Choose the elongated fennel for shredding into salads and the rounder fennel bulbs for cooking. Look out too for the 'baby' varieties, these small fennel bulbs have a mild flavour.

Here's an easy fennel and orange salad – layer finely sliced fresh fennel with sliced oranges. Toss in a handful of black olives (the dried black type are very good) drizzle with extra virgin olive oil. Season with salt and pepper.

Want the freshest apple in the market? Go for a Pink Lady!

Pink Lady apples have just started coming into market. These popular crisp and juicy apples are the last variety of apples to be picked each season, harvesting has started now and they'll be picked into early May. You can't get apples any fresher.



Love Banana Bread? Then you'll love Mama Ka'z

Our supplier Mama Ka'z Banana Breads have a fascinating history. Created in Holland the recipe for their banana bread has been handed down for three generations.

They are all 100% delicious and 100% natural. Best news is the wholesome, natural ingredients in the Mama Ka'z range make them low in fat too!

We stock them in full loaves, halves, quarter's and in convenient slices to pop straight into your toaster on a Saturday morning.

Bake quinces in a slow oven, and then drizzle 'em with cream and dig in.



Our locally grown rhubarb is top quality, poach it in a little sugar and water and enjoy it with our natural yoghurt.

