

HARRIS FARM MARKETS

fresh news

— JUNE 2011 —

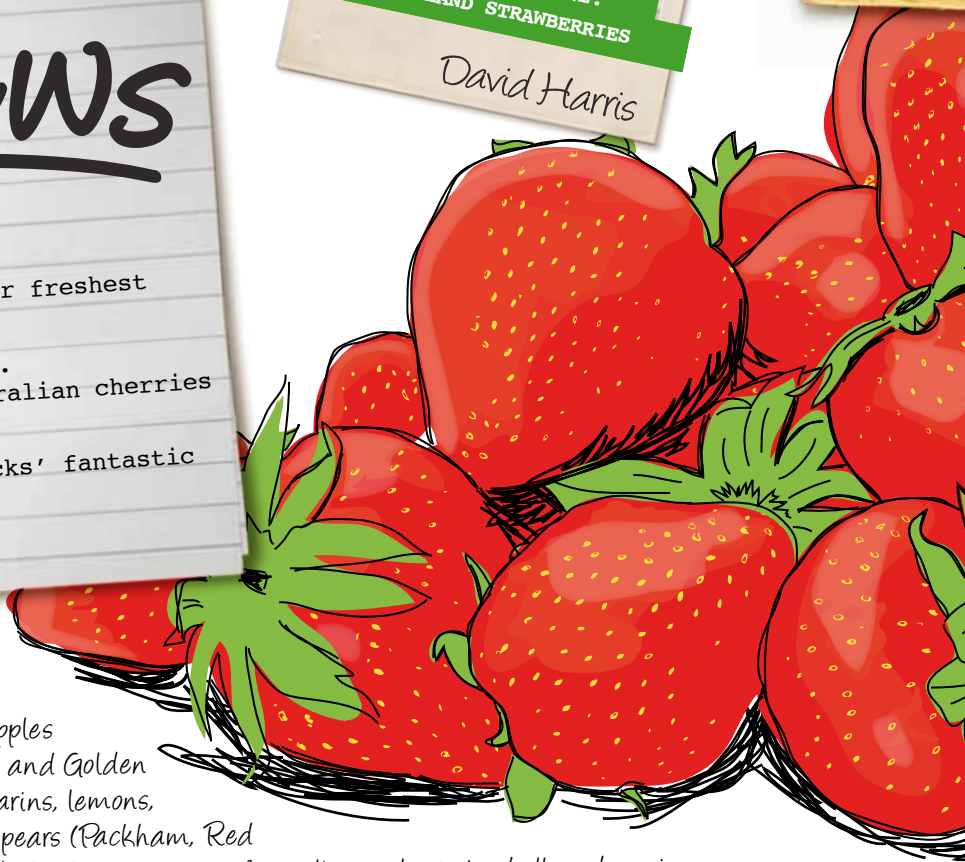
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A winter alternative..
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Straight from the farm.. Rod Stocks' fantastic pumpkins



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What's in season:

Beautiful apples, pears and citrus... Apples (Fuji, Pink Lady, Braeburn, Granny Smith, and Golden Delicious), Australian navel oranges, mandarins, lemons, limes, kiwi fruit, fuyu fruit, custard apples, pears (Packham, Red Sensation, Nashi, Corella, and Josephine), rhubarb, new season Australian walnuts in shell and persimmons.

Fabulously fresh winter vegies... Pumpkin, beetroot, broccoli, spinach, silverbeet, Asian greens, leeks, celeriac, mushrooms, eggplant, capsicums, parsnips, carrots, potatoes, sweet potato, turnips, Swedes, Brussels sprouts, fennel/ aniseed, beans (green, butter, borlotti) and more!



Bean sprouts need to be at their freshest to be enjoyed

Harris Farm Markets sell bean sprouts in small packs. The packs are changed daily in-store to ensure you receive the freshest and best. To prepare bean sprouts trim the roots and rinse them well in cold water.

Here's a quick bean sprout salad idea. Blanch trimmed bean sprouts in boiling water for a few seconds. Rinse in cold water. Toss bean sprouts with finely shredded spring onion, a little chopped coriander, a good dash of soy sauce, white rice (or wine) vinegar and sesame oil. Great with pan-fried fish.

A winter alternative...

Enjoy U.S.A cherries while Australian cherries are off-season

Early season California cherries have begun arriving in-store. They've had a nice start this year. The cherries have been very flavoursome. In late June luxurious Bing cherries from Washington State will appear. These extra large cherries have a wonderfully sweet flavour. Also, try the exquisite, white Rainier cherries.

We are often asked if our imported cherries are fresh if they come all the way from the USA. The answer is definitely yes. They are air-freighted to Australia within 48 hours of being harvested.



Straight from the farm..

Enjoy our farmer friend Rod Stocks' fantastic pumpkins.

Rod Stocks has been growing pumpkins for over twenty years. He and his son proudly supply HFM from their property in Bathurst, NSW. Over 16 hectares are dedicated to pumpkin growing on their property each season, with 10 tonne of pumpkins sent to HFM stores each week from their farm.

"We produce Sampson and Jarrahdale varieties of pumpkin. Both are grey skinned pumpkins with Sampson the first to be harvested, in late autumn or early winter", says Rod. "We try to grow our pumpkins

as organically as possible. Each autumn, we wait for the first frost to fall and then the huge canopy of pumpkin leaves wilts. It's only then that we can get into the paddocks and view the pumpkin crop."

All of the pumpkins are hand-picked and then transferred to large holding sheds, covered, and then stored for the next few months, until their trip to HFM stores.



How to tell a good Sampson or Jarrahdale pumpkin

"Look at its colour" says Rod. "Choose one with a good, even grey colour, make sure it has no greenish tinge". Both varieties have a golden-yellow flesh with a medium, sweet flavour. They're string-less and very good quality for baking."

Store whole, uncut pumpkin in a cool spot.

Store cut pumpkin (remove the seeds) in plastic wrap in the crisper section of the fridge.

this month's best

It's set to be a bumper season for Queensland strawberries this year. Rain and cool temperatures gave new season strawberries an early start in mid-May. The Queensland strawberry season usually starts in late May and finishes in October each year. Growers pack between 60 – 90 million punnets a season and most of these are consumed in Australia.

Punnets have been arriving in-store for a couple of weeks now. The strawberries have had very good colour, are a size, but most importantly taste great. They are sweet and very juicy. Store them in the fridge and take them out at least a couple of hours before serving to enjoy the best flavour. Wash them just before eating.

Imperial mandarins are the first variety of mandarins to be harvested each year. To date they've been very good quality. Our suggestion this month are the smaller Imperials. They'll have the best flavour and be juicier than the larger ones. Also this month keep an eye out for some of the new hybrid varieties of mandarin like Daisy mandarins. Daisy's have a rich, bold taste and are good in size. Hickson's are another mandarin variety to look out for. These mid-sized mandarins have a loose skin and sweet, tender segments.

Pink Lady apples are fabulous eating this year. You won't be disappointed with their crisp, sweet, slightly tart tasting flesh.

Hass avocados are excellent quality this month. The easiest way to tell if a Hass avocado is ripe is by the colour of its skin. The change from green, to rich purple, to a black shade means it is ready to eat.

You'll find cauliflowers are at their best from now well into August. Perfect flavour combinations for cauliflower include fried pancetta or bacon, parsley and chives, curry paste, yoghurt and chopped coriander or sautéed garlic and black olives, and of course cream and grated parmesan or cheddar cheese.

Potatoes are one of winter's best ingredients. All potatoes are best stored in a cool well-ventilated place (preferably in a cardboard box), but not refrigerated as their natural sugar content turns into starch which can alter their flavour and texture.

Leeks are at the peak of their season in June and July. Because the soil is heaped around them as they grow you need to fan out the leaves and rinse very well before using. Use only the tender white and pale green parts part as the darker green tops are chewy and fibrous when cooked.

EASY ROAST PUMPKIN

Line an oven tray with a sheet of baking paper. Place small wedges or chunks of pumpkin on the tray. Spray or brush the pumpkin with olive oil, sprinkle with salt flakes and drizzle lightly with balsamic vinegar. Cook in a moderately hot oven for about 20 mins, turn the pumpkin once only. You'll find lining the baking tray works a treat, the pumpkin won't stick, and best of all it makes washing up a breeze!

BUYING AND STORING

FRESH GINGER

Fresh ginger has a bright, firm skin with no wrinkles, dried knobby ends or mould. If you are going to use it within a few days it's fine to store it at room temperature. Alternatively, wrap it in dry paper towel, place in a plastic bag and keep in the fridge for up to a week.

If you'd like to store it for longer break the ginger into thumb size pieces. Peel the skin and place the peeled ginger in a zip-lock bag. Expel as much air as you can and seal it. Store the ginger in the freezer. The ginger will keep for a couple of months this way. As a bonus, it's very easy to grate!



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