

HARRIS FARM

MARKETS

A Family Owned
Australian Company

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Fall in love with Queensland
strawberries

Indulge in American cherries

Eat your broccoli,
it's good for you

Check out our citrus
...tangelos, Seville's, blood
oranges, mandarins

Banana (myth) buster

Tips for cooking
Brussels sprouts

Harris Farm Markets
Bathurst store opens

Meet our farmer friends

Brookfarm muesli, for muesli
connoisseurs



David Harris



Imperial mandarin season
is still going strong,
mandarins are good value
and great quality this
month.

Don't forget to pop one (or two) in the school lunchbox. Kids love 'em because they're easy to peel, super juicy and sweet tasting.

Treat yourself to our American cherries

Much to the delight of our customers, luxurious Bing cherries from the north western states of Washington and Oregon are in-store now. Fruit size is excellent, with very good colour and fabulous flavour. They're great value this year too, the depreciating American dollar means we can enjoy these great cherries for a little less than previous years prices.

We are often asked if our imported cherries are fresh if they come all the way from the USA?

The answer is definitely yes. The cherries have usually only been off the tree for about 2-3 days. They are air-freighted to Australia within 48 hours of being harvested.

"If life is a bowl of cherries, then what am I doing in the pits?" - Erma Bombeck

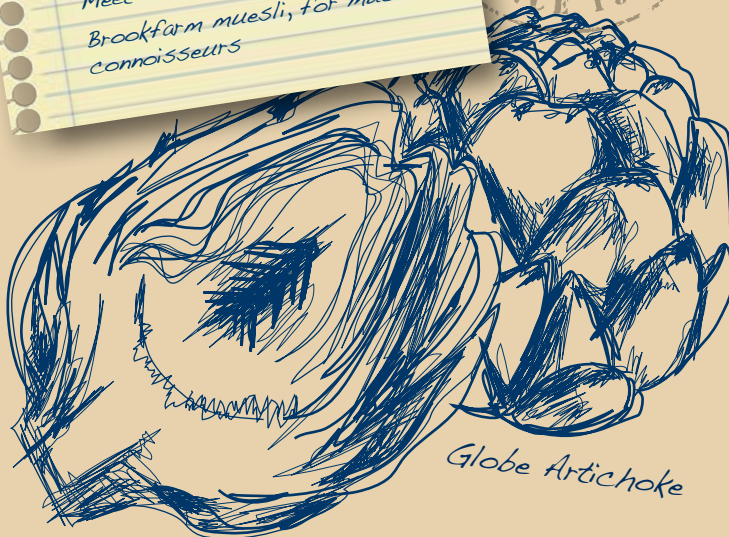
Eat up...it's good for you

While broccoli is one of nature's most health giving vegies, it's not always as popular as other greens. Who can forget this famous quote?

Broccoli is at its best at this time of year (ours is from Queensland and some is coming in from Victoria).

Contrary to some beliefs broccoli is delicious. The knack is to cook it quickly and lightly to heighten its colour and to maintain just a little of its firmness.

Did you know that broccoli provides over twice your daily requirement of Vitamin C (an average serve is 50g)



Globe Artichoke

What to eat in July

Apples, avocados, bananas, cherries (American), custard apples, kiwifruit, lemons, mandarins, nashi, Seville oranges and blood oranges late July/early August, navel oranges, passionfruit, paw paw, papaya pears, rhubarb, strawberries (Queensland) and tangelos.

Artichokes (globe and Jerusalem), beans, beetroot, broccoli, Brussels sprouts, cabbage, capsicums, carrots, cauliflower, celery, eggplant, fennel, garlic, leeks, parsnips, potatoes, pumpkin, spinach, sweet potato and turnips.

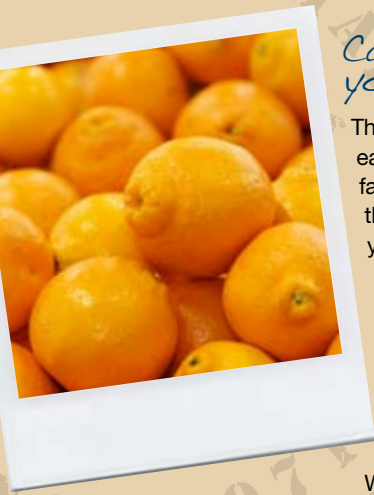
"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie."

~Jim Davis~

Queensland strawberries,
they look good and taste even better!

Queensland's strawberry season starts in May and finishes in October. It's estimated that the Queensland strawberry industry produces around 60 million punnets of strawberries per season (winter). Lucky for us! If you dream of top quality strawberries look out for Queensland's Camerosa strawberries, their flavour is outstanding. Scarlett in colour and deliciously sweet tasting!





Can we tempt you with tangelos?

They've got a lot going for them. They're easy to peel, have very little pips and a fabulous citrus tang. If you've not had them before give them a go. We reckon you'll be hooked.

While we're talking specialty citrus it's worth noting that Seville oranges are in-store now, and blood oranges towards the end of the month

Seville's are not an eating orange they're used for making marmalade.

We've recently tried some delicious marmalades using a combo of Seville's and blood oranges and they were delicious



Bananas should be in good quantity this month, if weather conditions in Northern Queensland continue to remain stable this year so will banana supply and quality.

Banana (myth) buster

Myth - You should avoid bananas if you're trying to lose weight.

Fact - It is almost impossible to get fat on a banana. Bananas contain no fat, and an average banana has just 450kJ. Bananas are a high satiety food (they are very filling for the amount of kilojoules they deliver). In fact four bananas have around the same number of kilojoules as a medium serve of French fries.



Brussels sprouts

This tip's an oldie but a goodie. To ensure Brussels sprouts cook evenly make a cross with a small sharp knife in the base of the sprout. Peel away any discoloured leaves. Cook them until just tender.

Harris Farm Markets has officially opened its doors to the vibrant Bathurst community!

Our Bathurst store (in the style of all our stores) is a food-lovers paradise. It's filled with top quality fresh fruit and veg delivered daily from Sydney Markets and local Bathurst suppliers. There's an extensive range of cheeses, groceries, breads, and of course our legendary Harris Farm Markets yoghurt. As well as prime quality packaged meat and poultry goods. Bulk and case sale offerings deliver Bathurst locals fantastic value.

Located in the Bathurst City Centre on Howick Street, Harris Farm Markets Bathurst is open seven days a week.

Meet our farmer friends from Bathurst ...

Our farmer friends Sergio and Carlos Andrade believe the secret to their great tasting and super fresh eggs is the peaceful location of their property, on NSW's glorious Central Tablelands. Their hens graze on natural vegetation and a special organic mix. The hens roam free, as they wish, and are protected by purpose built shelters. They're 'stress free' says Carlos.

All of the eggs are collected, checked, weighed and packed by hand. The eggs are harvested daily, and are no more than 5 days old when they are delivered to our Orange and now the new Bathurst store. Look out for their eggs; they're sold under their name, CR&SN Andrade.

Muesli lovers get ready to taste the difference



Brookfarm Natural Macadamia Muesli is produced in the traditional Swiss style, using only natural ingredients. It's made by blending raw unbaked ingredients including rolled oats, barley, three different bran's, dried fruits, macadamia nuts and healthy seeds like sunflower and pumpkin kernels.

Brookfarm's Toasted Muesli is a world apart from the cardboard taste of traditional supermarket varieties. This unique gourmet muesli is carefully made for maximum flavour and health benefits. Look out too for the Brookfarm Gluten Free Muesli's.

Their muesli makes superb Bircher muesli.

Here's their recipe!

Combine 2 cups Brookfarm Natural Macadamia Muesli with 2 cups natural yoghurt (may we suggest our very own yoghurt). Add the juice of half a small lemon, 1/2 cup grated apple and 1/2 cup coarsely chopped strawberries. Divide into 4 bowls and refrigerate for half an hour (or overnight). Drizzle with honey to serve.

"It's not enough to produce healthy, quality foods - people want to taste the difference."

- Pam & Martin Brook, producers Brookfarm

