

HARRIS FARM

MARKETS

A Family Owned
Australian Company



Health guidelines recommend
that we eat at least five kinds
of vegetable and two kinds of
fruit every day

Eat your greens!

Asian greens, beans, broccoli, Brussels sprouts and leafy spinach are all renowned for their goodness. Their vitamins, minerals and phytonutrients (such as vitamin C, folate, antioxidants etc) pack a powerful punch.

Eating green vegetables regularly is one of the best ways to stay healthy and boost your immune system. We have a bounty of autumn's green veg in store, they're all top quality and tops in value, put some in your shopping basket today. Visit www.harrisfarm.com.au for recipe ideas.

Looking for a no-waste veggie? Then try broccolini. Even the kids will eat this green! It's good for them too, it contains as much Vitamin C as orange juice. It's in store now and is great quality.

It's apple season and May is the month when Pink Lady apples are at their very best. This relatively new apple variety has become a favourite with everyone. Their flavour is both tangy and sweet, and their crisp and crunchy texture makes them irresistible.



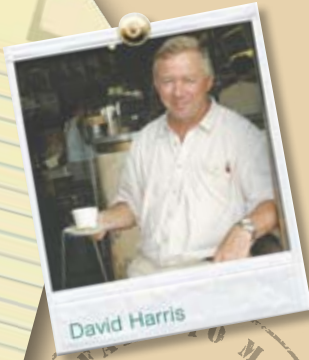
What to eat in May

Go for greens... Asian greens, artichokes, beans, beetroot, broccoli, broccolini, Brussels sprouts are all great quality and value. Other good buys are cauliflower, celeriac, celery, fennel, Jerusalem artichokes, kumara, leeks, mushrooms, parsnips, pumpkin, spinach, tomatoes, and zucchini.

Autumn fruits are full of flavour... apples (Pink Lady, Fuji, Grannies, and Braeburn), bananas, chestnuts, custard apples, Fuyu, persimmon, grapefruit, Imperial mandarins, kiwi fruit, lemons, limes, melon, Navel oranges, pomegranates, quinces, red grapes, red pears and rhubarb.

"One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.

~ Luciano Pavarotti



David Harris



Walk or Run for Breast Cancer Research in this year's Mother's Day Classic

Since 1998 the Mother's Day Classic has raised \$4.4 million dollars for the National Breast Cancer Foundation. This year Harris Farm Markets is a proud sponsor of the Parramatta Mother's Day Classic, being held at Parramatta Park on Sunday 10 May. Anyone can enter and all participants will receive fruit from Harris Farm Markets at the end of the race. Visit www.mothersdayclassic.org



Sunday 10 May

Walk or run for breast
cancer research
mothersdayclassic.org

Oranges & lemons... and mandarins too

Our first of the season Navel oranges come from Queensland (later in the season they come in from the Riverina). Navel oranges are virtually seedless, they're juicy and sweet. Eat them fresh or use in fruit and savoury salads (Navels team really well with red onion and olives).

Lemons though available all year round are more plentiful in the autumn and winter months. Look for ones that are brightly coloured and heavy for their size.

The season for Imperial mandarins is in full swing. These sweet tasting mandarins are very popular.

Try this juicing tip

To get as much juice as you can from an orange or lemon heat it in the microwave (on medium or 75% power) for 15 seconds. Gently roll it on the bench top, cut it in half, and squeeze.



Jerusalem artichokes - what's in a name?

These knobbly little vegies look nothing like globe artichokes (though they taste a little like them). They don't originate from Jerusalem, they're not even part of the artichoke family - it's the sunflower they're related to. What we do know is they taste fantastic when they're roasted and they make a very good creamy mash to serve with fish and meat.

Vegetarians should note that Jerusalem artichokes contain large quantities of iron. On the downside they contain an indigestible fibre that cannot be broken down by the body, and this can lead to um...flatulence. You have been warned.

An ugly duckling...celeriac

You might not know this veg, but it is worth checking out. Brown and knobbly (it's shaped like a large Swede) celeriac is the 'ugly duckling' of root vegetables. What it lacks in visual appeal it makes up for in flavour. It tastes a little earthy, and a bit like celery. It can be used raw or cooked. Peel it, and then thinly slice and finely shred it, toss with mayonnaise and chopped dill for a delicious side dish to grilled fish or chicken. Or you can make a creamy mash with it or cut it into chunks and roast. Give it a go and be pleasantly surprised.

Waliz Nuts...a nutty 'tree-change' becomes a thriving family business

Originally from Sydney, Wal & Liz Hudson 'fell in love at first sight' with the Byron Bay hinterland in the mid 80s. They soon bought a small acreage as a family holiday destination.

It was early days in the industry but seeing the viability of surrounding plantations, Wal convinced Liz and the kids to spend a summer planting 3000 Macadamia seedlings.

Eight dedicated years later they had their first harvest and have been growing ever since. Today the family-run enterprise includes almost 20,000 trees across three plantations and an onsite full processing facility.

"From root to fruit we have full control" says Wal "we also do all our own cracking and value-adding right here on site - white, milk & dark chocolate-coated, honey-roasted, chilli, salted, nut bars & natural varieties of all sizes"

"Harris Farm Markets shoppers can enjoy our product straight from the farm gate and we are proud to supply the freshest & best produce direct to each store all year round"
Liz and Wal Hudson



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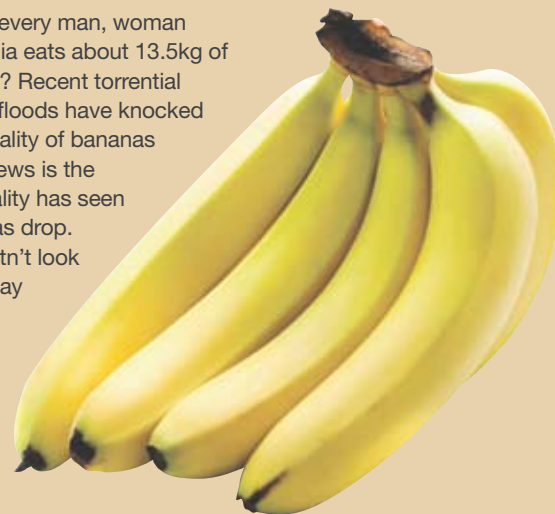
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Australians love their bananas

Did you know that every man, woman and child in Australia eats about 13.5kg of bananas each year? Recent torrential monsoon rain and floods have knocked the edge off the quality of bananas a little. The good news is the compromise in quality has seen the price of bananas drop. So while they mightn't look terrific (their skin may be dull and slightly marked), they still taste great and they're great value.



Our red grapes are still good eating, enjoy our red seedless and red globe grapes before their season ends. Black America grapes are also good, they have a fruity, floral flavour - just perfect with a creamy blue or brie.

