

HARRIS FARM MARKETS

fresh news

— NOVEMBER 2010 —

Asian Vegie Guide
Clever, clever... Smart Bananas!
All about specialty mushrooms
Fruit and vegies... the best of the month
Early season Aussie cherries in-store now!



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What's in season: Avocados, bananas, blueberries, cherries, grapefruit, loquats, mangoes, melons, mulberries papaya, pawpaw, passionfruit, pineapples, Valencia oranges and watermelon. Asian greens, asparagus, beetroot, broad beans, cucumber, chillies, garlic (fresh), globe artichokes, green beans, lettuce, mushrooms, peas, potatoes, shallots, silverbeet, spinach, spring onions, sweetcorn, tomatoes, watercress, zucchini and zucchini flowers.

ASIAN VEGIE GUIDE

In-store we label our Asian vegetables by their Asian and English name where we can. Best sellers include:



Baby bok choy



Pak choy



Chinese broccoli
(or gai lan)



Water spinach
(kang kong)



Chinese spinach
(En choy)

Baby bok choy with its fleshy white stalks and deep green leaves is quite familiar to most of us (its name means white vegetable in Cantonese).

Pak choy is from the same family as bok choy - it has a green stems that are slightly longer than bok choy. They cook and taste the same.

Chinese broccoli (or gai lan) has green stalks and dark, waxy leaves. Gai lan is delicious stir-fried and drizzled with oyster sauce.

Water spinach (kang kong) has a mild sweet flavour. It looks a little like rocket but its leaves are much longer and thinner. Stir-fry it until it's just wilted.

En choy is the name for Chinese spinach, it has deep greenish purple leaves. It's like English spinach in flavour and texture. Cook the stems and then the leaves (very briefly).

MEET OUR FARMER FRIEND DANIEL MACKAY

Daniel MacKay's family have been growing bananas around Tully in North Queensland since 1945 when Daniel's Grandad, Stanley MacKay, started his first small plantation. Today, Daniel along with his family produce Smart Bananas.

Smart Bananas are super sweet and taste great, our customers love their "just right" size.

Daniel tells us, "Our family started developing Smart Bananas several years ago. We often had people ask, 'why can't we consistently get a smaller sized banana?' Ones that fit neatly in a lunch box, a good single serve size, without being too big and filling."

"It's taken some time because smaller bananas are not all that easy to produce. It takes between 9 and 12 months to produce the perfect bunch of Smart Bananas"

"We have packaged our Smart Bananas into their own plastic wrap – this allows them to have their own ideal environment from our farms to your fruit bowl. Bananas are all picked green and allowed to ripen over 5–10 days, but with our Smart Banana pack we ensure that this is managed perfectly and without damage."

Learn more at smartbananas.com.au



For something a little exotic...Try one of our speciality mushrooms

In recent years a number of other mushroom varieties – usually referred to as exotic, gourmet or specialty mushrooms – have found their way onto our shelves. Be adventurous and try a new one next time you shop.

Swiss brown mushrooms are closely related to regular button mushrooms, though they are browner, and have a deeper flavour and are firmer in texture. They're ideal for sauces, stir-fries, risotto, pasta dishes and stews or casseroles.

Oyster mushrooms are recognisable by their unique shape and colour. They're pale cream, grey or even pink in colour and are fan-shaped. These mushrooms have a mild flavour and rapidly absorb other flavours during cooking. They can be gently pan-fried, stir-fried or barbecued.

Enoki are delicate, slender mushrooms with tiny button caps and long, thread-like stems. They grow in clusters. They're creamy white in colour with a mild flavour and a crunchy texture when eaten raw. Separate and trim the base before using the stems and caps. Great raw in salads or sandwiches or used in clear Asian soups and stir-fries.

this month's best

The early summer flush of raspberries is expected in store this month, so we're set to see some delicious, sweet tasting raspberries on our shelves.

Blueberries are also looking fantastic, as long as we get a couple of weeks without a storm.

Look out for loquats. They have a pear like flavour with a hint of apricot, guava and pineapple. It's not necessary to peel loquats, but they're more enjoyable to eat if you do. Cut or bite a little from the top of the fruit and peel the skin down in two or three strips. You'll find they have 3 to 4 largish brown seeds inside, but the flesh will be sweet and juicy!

Peaches and nectarines have started to arrive from the NSW North Coast. They'll become larger, sweeter and more flavoursome as the season progresses. White-flesh slipstone or freestone peaches and nectarines are available closer to Christmas.

Enjoy the dense firm texture and nutty flesh of Hass avocados this month. Hass turn dark purple when ripe. Store and eat them at room temperature.

Go for our juicy, seedless watermelons. Buying a whole watermelon? To find the ripest and juiciest ones give the whole watermelon a tap on its side. If it sounds hollow it's a good one, if you hear a thud, it's a dud.

*It's that time of year again...
Aussie cherry season!*

The season runs from early November to February as cherries are now widely grown around the country. Juicy, flavoursome cherries will be plump and firm without any blemishes. If the stem is green the cherry is fresh, if it's brown it's past its best.

Store them in a rigid container in the fridge (so they don't get bumped and bruised) for 2-4 days. Bring them to room temperature to enjoy their rich flavour.

- Top breakfast muesli with HFM yoghurt and pitted cherries.
- Dip cherries into yoghurt flavoured with honey and toasted chopped almonds.
- Serve pitted cherries with sweetened ricotta cheese on toasted waffles.
- Cherries are delicious in a salad with smoked or roast chicken.
- For an after dinner treat, dip cherries into melted dark chocolate.



make the most of the season... go to harrisfarm.com.au for delicious recipe ideas

