

# HARRIS FARM

## MARKETS

A Family Owned  
Australian Company

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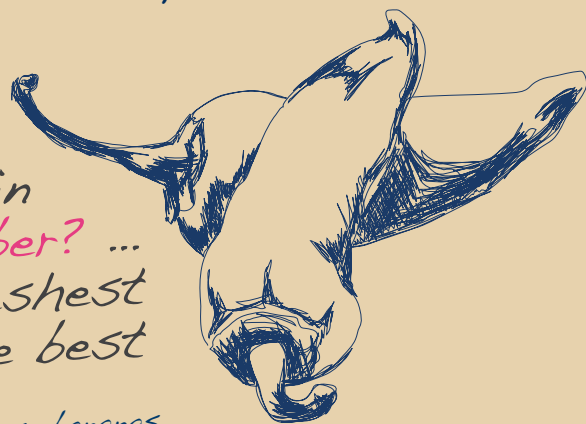
Still, Sparkling or  
Ferrarelle?



David Harris

Go to [www.harrisfarm.com.au](http://www.harrisfarm.com.au)  
for all your fresh produce needs!!!

What  
to eat in  
**November?** ...  
the freshest  
and the best



Avocados, bananas,  
blueberries, cherries, grapefruit,  
loguats, mangoes, melons, mulberries,  
papaya, pawpaw, passionfruit, pineapples and  
Valencia oranges.

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

## Our Farmer friend Kwok Hing Choy

There are a number of market gardens Sydney's south-west, our farmer friend Kwok Hing Choy is a 'master grower' and oversees the delivery to Harris Farm Market stores of the freshest and best Asian greens from these gardens. All of the vegetables are hand-picked and packed by 7am each morning and delivered directly to our stores.

### Asian veggies...how to tell them apart

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

**Baby buk 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 buk choy - it has green stems that are slightly longer than baby buk choy. Basically they cook and taste the same.

One that mightn't be as familiar to you is **gay choy also known as Chinese mustard greens** or mustard cabbage. It has a peppery taste, is good stir-fried, or sliced and used fresh in salads for some extra zing.

**Chinese broccoli (or gai lan)** is the one with 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. Like spinach it's delicate, so stir-fry it until it's just wilted.

**Chinese flowering cabbage (choy sum)** has long pale green stems with bright leaves, and a few yellow flowers. Its mild flavour and crunchy stems make it a good choice for stir-fries.

**En choy is the name for Chinese spinach**, this Asian veggie has bright green and deep purple leaves. It is very much like English spinach in flavour and texture. Like English spinach it needs very little cooking. Cook the stems and then the leaves (very briefly).

**Wombok or chinese cabbage** is delicious stir-fried or steamed. It's also good shredded in salads (it's great for coleslaw)

### What's for dinner tonight? Try stir-fried Asian greens

- Take 2 bunches of Chinese greens (choose the same type so they cook evenly), trim them into about 6cm long pieces. Wash in a colander under cold water. Leave a little water clinging to them.
- Heat a wok or large frypan until hot, add a little oil, heat, then add some sliced garlic and shredded ginger. Stir-fry for 30 seconds, add the stems of the Chinese greens, stir-fry until they just begin to soften. Add the leaves of the Chinese greens and stir-fry until the leaves wilt.
- Add a good splash of soy sauce and oyster sauce, stir to combine and serve.

"When eating bamboo sprouts, remember the man who planted them." Chinese proverb

## Using the season's best produce

Cut a rockmelon in half, remove the seeds and then cut it into 4 or 6 wedges. Top each wedge with a scoop of vanilla ice-cream, and some fresh passionfruit pulp.



## Make the most of avocados

There are varieties of avocados available nearly all year round. From July thru to November we see Hass avocados at their very best. This month we're sourcing ours from NZ and south Queensland. Hass avocados have a coarse pebbly skin that turns purplish-black when they ripen.

**At our stores avocados can be bought at two different stages**

- **Mature and firm** - about 4-5 days away from being ripe. As they ripen from the bottom up avocados will yield to gentle pressure at the stem end when they're ready to eat.
- **Ripe and ready** - ready to eat immediately. Use on the day of purchase or store in the fridge for up to 2 days.

*An 'oldie' but a goodie...here's how to ripen your avocados quickly*

Ripening avocados at room temperature can take 4-5 days. You can speed up the ripening process by placing your avo's in a brown paper bag with a banana or an apple. Store at room temperature out of direct sunlight.

*Guacamole...our 1,2,3 recipe*

1. Take 2 ripe Hass avocados, mash them lightly.
2. Add garlic (1-2 cloves crushed), spring onions (2 finely chopped), tomato (1 small finely chopped), red chilli (1 small, finely chopped) and coriander (half a bunch, chopped).
3. Gently fold in juice from 2 limes (or 1 lemon). Season with salt and pepper.

**Good ways to use it** - as a dip with corn chips or pita bread, dolloped over char-grilled chicken or fish, with peeled prawns, with tacos, with nachos.

*"Never eat more than you can lift."*

Miss Piggy, Muppet extraordinaire

## Cool bananas (kid's love 'em)

Bananas are very good value at the moment. The majority are coming in from Far North Queensland, and we're getting some supplies from growers in Coffs Harbour, NSW. They're all great quality.

You'll notice that our bananas have bright unblemished skins - it's a sign of their quality, it's the best.

When you buy bananas it's a good idea to select them at varying stages of ripeness, that way you can enjoy some now and the others will ripen in a couple of days or so. They're ready-to-eat when they're yellow, black markings develop as they ripen further.

Store them in the fruit bowl (they ripen quickly in the warm weather). Once they're ripe you can store them in the fridge - they're skins will go black but they'll still be good to eat.

*Kid's treat... fab frozen bananas*

Peel bananas and cut each in half to give two pieces. Insert a wooden icy pole stick into each half. Place on a baking paper-lined tray and freeze for ten minutes. Then try one of these kid tested ideas.



- Brush the bananas with some warm apricot jam, and then roll in shredded coconut to coat evenly. Place on the tray and freeze until firm (or frozen). Dip in passionfruit pulp to eat.
- Melt white, milk or dark chocolate in the microwave, drizzle over the bananas on the tray. Sprinkle with some Rice Bubbles. Return to the freezer and freeze for ten minutes or until chocolate has set.

## Look out for Loquats

These luscious fruits are sweet and juicy. They have a pear like flavour with a hint of apricot, guava and pineapple. If they're not fully ripe they can taste a little tart.

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.

They bruise easily so take care when you buy and store them.

They are delicious simply fresh-in-hand, you won't be able to stop at one (or two or three...!)

*A taste for chilies... some just like it hot!*



They say chilies are addictive, some people just can't get enough of these fiery fruits (yes, botanically chilies are a fruit). Chilies add fragrance, colour and a little heat to whatever you're cooking, but they all don't taste the same, and some are hotter than others.

*The heat scale*

**Banana chilies** (we call them sweet chilies) are larger than most chilies. They can be pale green, pale yellow or reddish orange in colour. They have a sweet, mild to medium chili flavour.

**Bird's eye chilies** have a reputation for being one of the hottest chilies - so be warned! Recognise them by their bright red or deep green colour and their small size (about 2cm). They're an essential ingredient in Thai and Indian food.

**Habanero** are small lantern shaped chilies (they're orangey-red in colour) that are used to give extra oomph to salsa's. They're mostly used fresh rather than cooked.

**Infernos (we call them red or green zippies)** are hot chilies. They're thin and tapered, and dark green or deep red in colour.

**Jalapeño chilies** are egg-shaped and deep green in colour. They are reasonably hot and are used in Mexican style dishes.

**Serrano chilies** can be deep green to bright red in colour. They add a fiery heat and flavour.

*Did you know the seeds are not the hottest part of the chili?*

The central membrane that holds the seeds is actually hottest. To tone down the heat it pays to scrape the seeds and the membrane away. Handle them carefully (using disposable plastic gloves is a good idea). Don't touch your eyes or mouth after handling chilies - wash your hands in warm soapy water.

## Still, sparkling or Ferrarelle?

Devotees of Ferrarelle mineral water drink nothing else. Ferrarelle is one of the few natural sparkling mineral waters in the world (that means it has no artificial carbonation (CO2) added). It has a gentle, subtle effervescence, perfect for enjoying with a meal.

Ferrarelle as we know it today has been bottled since 1893. It comes from the valley of the River Assano in Campania north east of Naples, in the shadow of an extinct volcano by the name of Roccamonfina. The still active Mt Vesuvius is only 60km away.

Our customers enjoy Ferrarelle for its superiority and value. Look out for it in store.

