

HARRIS FARM MARKETS

fresh news

— OCTOBER 2011 —

This month's best...

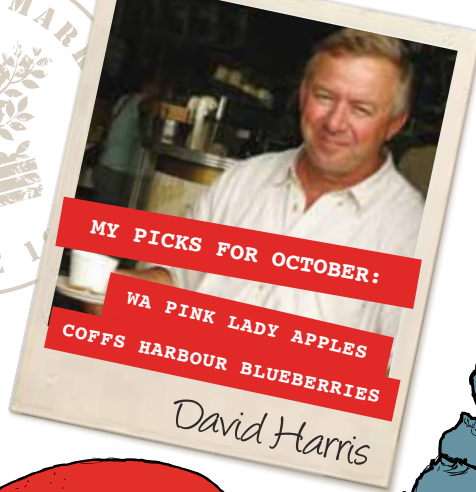
Banana update

Frozen Yoghurt Banana Berry Pops...

Once the summer heat arrives zucchini flowers will be hard to find, so enjoy them while you can

Not sure which type of olive oil to buy?

Meet our Farmer Friends from Calypso Mangoes at Acacia Hills



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What to eat in October:

Apples (WA pink lady), avocados (mostly NZ), bananas, blueberries, grapefruit, mangoes, melons, mulberries, papaya, pawpaw, passionfruit, pineapples, pomelo, strawberries.

Asian greens, asparagus, beetroot, broad beans, cucumber, chillies, globe artichokes, green beans, lettuce, mushrooms, peas, potatoes, shallots, silverbeet, spinach, spring onions, watercress and zucchini.

Banana update

Australian banana growers have worked tremendously hard this year to rebuild their farms and get bananas back on track after the disasters of flood and Cyclone Yasi.

Banana Marketing Manager at Horticulture Australia Limited, David Weisz says, "the post-Yasi period has been extremely difficult for banana growers and consumers alike. The growers and their employees have been without income while plantations recovered and consumers have gone without the fruit that is the number one selling fruit in Australia".

The good news is growers are happy production is tracking well, with supplies picking up significantly. The quality is getting better and we're expecting it to be better still next month. It's a win for customers as prices are expected to dip too. So let's support our Aussie banana growers and put bananas back on the shopping list!



FROZEN YOGHURT

BANANA BERRY POPS...

Mix 2 cups of our thick HFM yoghurt with 3 tablespoons sifted icing sugar and 1 cup of mixed berries – try fresh and chopped strawberries and banana. Spoon into icy-pole moulds and freeze.

Once the summer heat arrives zucchini flowers will be hard to find, so enjoy them while you can.

Open the flower carefully and stuff each with a mix of chopped herbs and cheese like ricotta with parmesan. Then twist the tops gently to seal them. Dip them in egg and fresh breadcrumbs and pan fry in olive oil.

this month's best

Our blueberries from Coffs harbour are brilliant this month, plump, full flavoured, they're great eating. You'll notice they have a frosty looking bloom, a sure sign of great tasting blueberry.

Western Australian Pink Lady apples are sweet, crisp and juicy. Like blueberries, they're our pick of month because their quality is outstanding.

Spring onions are at their peak in Spring! They have a wonderful fresh, juicy sweetness that can be enjoyed raw or cooked. The flavour of spring onions is not as dominant as other onions. Use both the bulb and the green stem. Roast or barbecue the bulb, and chop the green stem. Add it to soups, sauces, stir-fries and salads.

September's the month for luscious and very affordable strawberries. In the first half of the month Queensland strawberries will be plentiful, the second half its Western Australia's turn. We're expecting a great run of sweet strawberries from WA. Strawberries will keep for 4-7 days in the refrigerator. Our tip is to take them out of the fridge for 3-4 hours before eating - you'll be surprised at how much better the flavour will be.

Asparagus is always at its best quality and price at this time of year. There are different size bunches of different grades of asparagus. The larger 500g bunch of thicker asparagus is really good value.

We have some great quality avocados in-store from New Zealand this month, with their delicious flavour and creamy texture you'll find good reason to enjoy them for breakfast, lunch and dinner!

Papaya (red flesh) and Pawpaw (yellow flesh) from Innisfail in far North Queensland are usually at their peak in Spring. This year it's a little different, both crops have had to recover from the devastating storms earlier in the year. The papaya crop has been quicker to improve, you'll find them sweet and succulent. We're expecting the pawpaw to be better quality in November.

You'll find luscious mulberries are in-store this month. Mulberries are juicy with a distinctive sweet-sour flavour, are the perfect fruit to eat just as they are, or with a dollop of HFM yoghurt.

Meet our Farmer Friends from Calypso Mangoes at Acacia Hills

Acacia Hills Farm is in the Northern Territory a little north of Darwin and has been 'home' to Haig & Anne Arthur for some 30 years. Over the years the Arthurs have grown a variety of crops but they have always had mango trees. "We used to grow Kensington Pride but over the past 10 years we top worked 5,500 trees, bulldozed the rest and planted 50,000 Calypso trees". Haig remembers a couple of years back, David Harris heard a story about Calypso Mangoes and thought they were a terrific opportunity to bring something new to his customers. And he was right!

The first thing you notice when you drive through the gates of Acacia Hills, is the heavily laden Calypso trees. These trees are full of fruit with plump cheeks and a stunning pink blush. But the beautiful blush, juicy firm flesh, and delicious mango flavour aren't just quirks of nature. This variety is the result of a breeding program that spanned some 14 years of rigorous trialling & testing. Calypso is the 'daughter' of a Kensington Pride and a Sensation. 'She' has inherited the finer qualities of both 'parents' and has some unique attributes of 'her' own. Best of all 'she' has a super small seed so you'll always have more mango to enjoy!

The Arthurs love growing Calypso's because they're reliable. There's no "on" or "off" year with Calypso and that's great news for the customers of HFM. The first Calypso's will be in HFM by mid October and will be available until mid February. They'll be at their peak in November & December.



Haig and Anne Arthur in the Packing Shed of Acacia Hills Farm

NOT SURE ABOUT WHICH TYPE OF

OLIVE OIL TO BUY?

Olive oil is graded according to the level of acidity. The first cold extraction the olives produce is called Extra Virgin olive oil or EVOO. This oil has the least acidity and has the fullest flavour and is darkest in colour.

The next extraction is Virgin olive oil, and then there is Pure olive oil, made from a blend of virgin and refined olive oil.

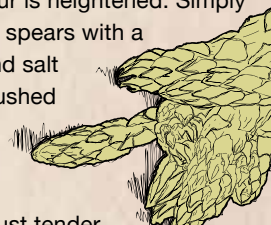
Extra Virgin olive oil offers the best flavour and aroma. It truly reflects the taste of the olives used to make it. A little bitterness with a peppery aftertaste indicates the olive oil is fresh.

Refined oils have impurities removed that do not meet the standards to make Extra Virgin or Virgin, this means the flavour isn't as full. These pure oils are made into Light Olive Oil. This is sometimes misleading as it doesn't mean low in fat, it refers to their light colour, aroma and flavour.

Store your olive oil in a dark cool place (not the kitchen bench or near the cooktop or oven). Olive oil will go rancid quickly if it is stored in the light or near heat. Olive oil does not mature with age, for the best taste consume it within 12 months.

BARBECUED ASPARAGUS

It's surprising just how delicious barbecued asparagus can be. It keeps its shape and its flavour is heightened. Simply toss the asparagus spears with a little olive oil, ground salt and pepper and crushed garlic. Cook over a moderately hot barbecue grill, turning often until just tender. Serve with lemon wedges.



HOW TO ROAST GARLIC

Roasting garlic allows the natural sugars in garlic to caramelize, giving a mild, mellow flavour and smooth, creamy texture. Pull a garlic bulb apart and place the unpeeled cloves of garlic on an oven tray lined with a sheet of baking paper, drizzle with extra virgin olive oil and roast at 180°C for about 30-40 minutes, or until tender. Slip the sweet, soft flesh out of its skin and add to sauces, soups, salads, dressings, mayonnaise, vegetables, and risotto and pasta dishes.

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