

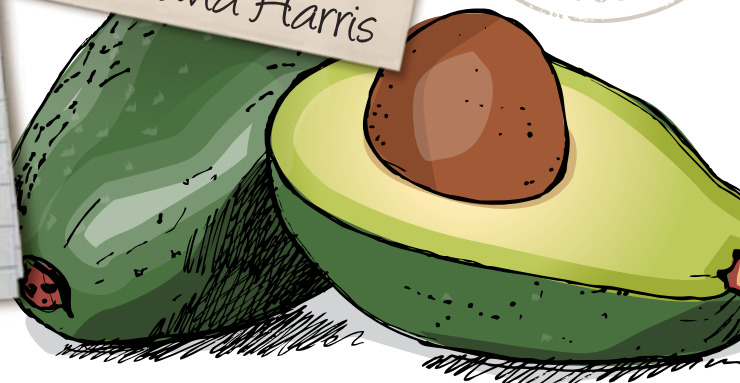


HARRIS FARM MARKETS

fresh news

— APRIL 2011 —

- The Stephens family five star asparagus ★★★★★
- Now's the time for Asian greens
- Autumn salad ideas
- All about Pomegranates
- Keeping red cabbage... red



What's in season: Apples, Avocados – Shepard, Chestnuts, Custard Apples, Kiwifruit, Lemons, Mangosteens, Red Grapes, Ruby Grapefruit, Pears, Persimmons, Pomegranate, Quinces, Baby Fennel, Baby Eggplant, Broccoli, Brussels Sprouts, Cauliflower, Capsicums, Jerusalem Artichokes, Lettuce, Mushrooms, Snake Beans, Sweet Corn, Sweet Potato, Red Cabbage, Okra, Watercress, Witlof and Asian Greens

The Stephens family ★★★★★ asparagus

Mildura is famed for its citrus groves and vineyards, but it also grows most of the country's almonds, olives, pistachios, carrots and asparagus. It's in Mildura, that HFM farmer friend Jeff Stephens and his family produces our top quality asparagus.

The Stephens family has been farming in the Mildura area for over sixty years and growing asparagus for around thirty. They have 32 hectares of asparagus which is grown and harvested in spring and autumn. Jeff and his family started supplying Harris Farm Markets with asparagus to strengthen the supply of Australian grown asparagus in HFM stores. It's a union that has worked extremely well. Mildura's asparagus run begins very early in spring and later in autumn because of the areas warmer climate. This allows HFM



to have Australian asparagus on the shelf for a much longer period. Look out for the Stephens Five Star asparagus in store now.

Asian greens are in good supply throughout autumn and quality is fantastic. Sourced from market gardens in Sydney, they're picked in the afternoon and on our shelves the next morning.

AUTUMN SALAD IDEAS

Simple cabbage – divine! Finely shred white cabbage, toss with shaved parmesan and a good splash balsamic vinegar and little extra virgin olive oil.

Whip up a fennel and orange salad Layer finely sliced baby fennel with sliced oranges. Toss in a handful of black olives (the dried black types are very good), season with pepper and drizzle with extra virgin olive oil.

Make a quick apple slaw Toss finely sliced red apples (skin on) with finely shredded red cabbage. Whisk a couple of spoonfuls of plain yoghurt with French dressing, then drizzle it over the apple and cabbage.

POMEGRANATES . . .

TOUGH ON THE OUTSIDE, JEWEL LIKE ON THE INSIDE

Though they have a tough exterior, pomegranates are filled with many small, fleshy red seeds filled with sweet juice. The seeds are known as arils. The arils have a rich, sweet-tangy flavour.

They're considered the latest 'super food' for their unique bundle of antioxidants. They have three times the antioxidant level of red wine or green tea and are becoming increasingly popular for their health benefits as well as their delicious taste.

Pomegranates are a native plant in regions from northern India to Iran and throughout the Mediterranean. They're also grown in the USA, and more recently Australia. The Australian season begins in April running until June.

How to choose

Pomegranates come to market ripe and ready to eat. Look for pomegranates that are heavy for their size. While the glossy skinned ones look terrific, it's often the scruffy looking ones that taste better. Avoid any with cracks or splits.

To remove the arils

- Cut off the crown end and use a small sharp knife to score the rind from top to bottom about four times around the fruit.
- Place it in a large bowl of cool water for a few minutes, then carefully pull the pieces apart as you hold it under the water. This stops the arils (seeds) bursting and splattering.
- Working under the water, use a spoon to scoop the arils from the pith. The arils will sink to the bottom of the bowl. Discard the rind and pith.
- Drain the arils from the water and pat dry with kitchen paper. Like berry fruit, pomegranate arils stain, so take care when using them.

To make pomegranate juice

- Blend the arils in a blender or juicer and strain before serving.

How to store

- Store them in the fruit bowl for up to a week. They'll keep well for 3 months stored in plastic bags in the fridge.
- Keep arils and juice covered in the fridge for up to 3 days. Juice can be frozen for up to 6 months.

How to use

Use the arils to garnish salads, couscous, barbecued meats, especially lamb and chicken, or with fruit salads.

this month's best

Don't go past Shepard avos in the next few weeks. They are known as the 'green skin' avocado as their skin doesn't change colour upon maturity. They ripen faster than Hass avocados and stay the same dark green colour. If they don't spring back when touched it's overripe.

Red seedless grapes are one of the best buys this month. They're deliciously sweet and crunchy. For a healthy dessert combine grapes with honey, fresh orange juice and sliced mint leaves topped with our yoghurt.

April sees good supplies of kiwifruit. They all Aussie grown and taste terrific and are best eaten when they're still firm with a little bit of give.

Pink Lady apples will also be in good supply in April. These crisp, juicy apples are the last variety to be picked each season. Harvesting has started and they'll be picked into early May.

Granny Smiths are one of the best cooking apples we have with a sensational tart, tangy flavour – great for pies and baking. When fully mature these apples sweeten. If you like them sweeter wait until the end of April to enjoy them – you won't get a sweet Granny until after Anzac Day.

April is the month for quinces. Ours are locally sourced and some from producers in South Australia. Quince's unique flavour and texture is achieved when the fruit is baked slowly for 2-3 hours, when they turn a deep red colour. Wash them to remove fuzz, cut each in half, place in baking tray, drizzle each with honey, a little juice or wine and a knob of butter. Bake at 160°C until tender.

Look out for more exotic fruits like pomegranates and rambutans. They have wonderfully unique flavours.



KEEPING RED

CABBAGE... RED

It gets its glorious colour from plant pigments called anthocyanins. While it looks so appealing in salads and slaws red cabbage's colour fades to a very unappealing bluish grey when cooked.

To keep the colour more vibrant, add a little wine or vinegar to the cabbage as it cooks. Remember cabbage becomes stronger in flavour when cooked for a long time, so shorter cooking times are preferable. Try sautéing red cabbage in butter and adding a good splash of red wine vinegar and a little brown sugar...delicious with pork or lamb.

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