

ISSUE 8 | 2025

IN SEASON TIPS

SWEET TREATS

STYLISH ENTERTAINING

TIME FOR CHERRIES

FROM THE FARM

A better[®] choice!

FREE



Celebrating
Summer
never tasted so good

A man with a beard and short dark hair, wearing a black short-sleeved button-down shirt, is smiling and holding a bunch of fresh broccoli. He is standing in a vegetable market with various produce visible in the background, including red bell peppers, celery, and tomatoes. The text 'GO LOCAL FOR YOUR FRUIT & VEG' is overlaid on the top left in three stacked, colorful boxes.

**GO LOCAL
FOR YOUR
FRUIT & VEG**

**We don't just sell fruit & veg.
We pick it fresh from the wholesale markets.**

A better choice!

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The taste of summer

There's something magical about this time of year. The days stretch a little longer, the produce aisles get brighter, and kitchens across Australia start to hum with the sounds (and smells!) of summer cooking. From sweet, juicy mangoes to vibrant tomatoes, crisp greens and fragrant herbs, this issue is a celebration of everything we love about the season.


Inside, you'll find pages bursting with ideas to make your summer table shine. Discover celebratory recipes perfect for entertaining, like our *Avocado, Prawn, Macadamia & Mango Salad* or *Passionfruit Lamingtons* that bring a tropical twist to an Aussie classic. Try unexpected ways to cook with summer produce, like *Asian Pork & Lychee Skewers* or *Pineapple Nachos* (yes, really!). Loaded with market insider tips for savvy seasonal shopping, to inspirational grower stories, we reveal the people and passion behind the produce, from the mushroom farmers who stumbled into their craft, to the early-rising salad growers keeping your greens crisp and fresh.


Whether you're cooking, entertaining, or simply snacking your way through the season, I hope this issue inspires you to make the most of what's in season and to Go Local For Your Fruit & Veg. Where every purchase supports Australian growers, wholesalers, local fruit & veg shops and the families and communities behind them.


Here's to sunshine, summer produce, and choosing local, always 'A better choice!'


Warmly,
Nina Torkman
National Program Manager – 'A better choice!'


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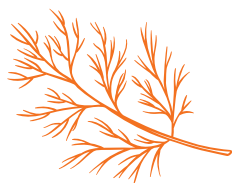




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In this SEASON'S ISSUE...

Food, stories, recipes and tips worth sharing

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Fresh FOCUS



We're shining a spotlight on some of the tastiest produce at its peak right now. Full of colour and flavour, add these to your shopping basket with helpful tips to guide you.

THE TASTE OF SUMMER

Mango season is in full swing and growers are tipping it will be a good season. Aussie favourites Kensington Pride, Calypso and R2E2 will be in abundance throughout summer. Enjoy them as a snack, toss through salads, blend into smoothies, or chop into salsas.

Taste tip: colour isn't the best guide to ripeness - trust your nose instead. A ripe mango smells sweet near the stem and yields slightly to a gentle squeeze, just like a peach or avocado.



THE QUINTESSENTIAL SNACK

You can't beat a handful of berries as a delicious summer snack, so take advantage of the bumper season and pick up a punnet. Whether you love raspberries, strawberries, blueberries or blackberries, all berries are deliciously versatile. Add them to smoothie bowls, lunchboxes, muffins or pavlovas.

How to choose: look for the brightest berries with a sweet aroma. The bolder the colours and fragrance, the better the taste!





SPRING'S STAR SPEAR

Asparagus, the 'king of spring veg', is back. In addition to the classic, green variety, keep an eye out for purple asparagus (mild and sweet) and white asparagus (a subtle flavour). Make an asparagus tart for lunch, add cooked spears to a crudité's platter, or layer them over eggs on toast for a healthy breakfast.

Selecting the best bunch: look for spears that are firm, bright and uniform in size, with closed, compact tips. Asparagus is best fresh. If storing, keep them in the fridge and stop them drying out by either wrapping them in a damp tea towel, or standing them in a shallow dish of cold water.



A BITE OF SUNSHINE

Barbecue season is here and sweet corn is taking centre stage. Want a spin on the classic, buttered corn-on-the-cob? Try corn ribs dusted in spices or add chargrilled kernels to salads. For the juiciest corn, pick tight husks with golden silk tops. Look for bi-coloured corn (yellow and white) this season. It's sweeter and perfect for entertaining.

Try this: grill the corn in their husks for a smokey flavour and tender kernels.



TOMATO TAKEOVER

Spring and summer bring a burst of colourful tomatoes. Truss, gourmet, heirloom, cherry tomatoes in colourful varieties that range from yellow to deep plum brown. Slice for bruschetta or mix colourful varieties for a standout salad.

Two-minute side dish: cut tomatoes into wedges, sprinkle with salt, drizzle with olive oil and a splash of vinegar. It's a simple way to showcase the rich flavour of ripe tomatoes.





**LOW
CARB**
POTATOES

POTATO GALETTE



75



8-10





Easy

INGREDIENTS

- 1.5kg Mitolo Family Farms Low Carb Potatoes
- 75g butter, melted
- 3 tbsp thyme leaves
- Sea salt
- Cracked black pepper

METHOD

1. Preheat oven to 180°C.
2. Slice potatoes very thinly (best to use a mandolin) and place in a large bowl.
3. Pour over butter and thyme and season with salt and pepper. Toss well to coat the potatoes with the butter.
4. Arrange the potatoes in a 20cm cast iron pan, ensuring the first layer is placed attractively as this will be the top layer of the galette. It is recommended to line the pan with baking paper to ensure ease of removal of the galette.
5. Bake for 1 hour or until the potatoes are tender.
6. Allow to rest for 10 minutes before turning out onto a baking tray. Turn the oven onto the grill function.
7. Place galette under grill to brown the top.
8. Serve garnished with fresh thyme.



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Health and **WELLBEING**



From pregnancy to diabetes, and a PMS hack that'll help you live your best life, these are the foods you need to know about that come loaded with benefits according to science.

PMS HACK: A SMARTER SNACK



Reaching for chocolate when PMS hits is tempting, but recent research has revealed eating a handful of nuts could be a better choice.

Polish research, published in the journal *Nutrition*, found eating a serving of nuts a day (about a handful), reduced the risk of PMS symptoms by 41 per cent. This included symptoms such as anxiety, fatigue, and pain. The results were similar for seeds and legumes.

On the flip side, giving in to sugar cravings was shown to increase the risk of moderate to severe PMS symptoms by 33 per cent.

So, if you experience problematic periods, try swapping sugary treats for a handful of nuts for some relief.

Reference: Granda, D, et al. Nutrition, 2025.



BABY ON BOARD? PASS THE AVO

Mums who eat avocados during pregnancy could significantly reduce their baby's risk of developing a food allergy.

A recent Finnish study, of 2,272 mothers and their babies, found expectant mothers who ate avocado in the first and third trimester had babies with 44 per cent lower risk of developing food allergies, before their first birthdays. This was compared with mothers who did not eat avocado.

However, the study did not find links for other allergic conditions such as eczema, wheezing or hay fever.

Need another reason to smash an avo? Avocados are packed with nutrients. They are a rich source of folate, which is needed to support a healthy pregnancy.

Reference: Cheng, F, et al. Pediatric Research, 2025.



CAN DIET REVERSE DIABETES?



Could what's on your plate really change the course of type 2 diabetes? New research suggests it can.

A US trial found people living with type 2 diabetes who ate a wholefood, plant-based diet and also added 30-60 minutes of daily exercise, experienced significant health benefits. These included lower blood sugar, smaller waistlines, less need for medication, and in some cases, even remission.

The research, published in *Diabetologia*, shows eating colourful fruits and vegetables, legumes and grains, combined with exercise, can be a powerful tool for long-term health.

Reference: Hanick et al. Diabetologia, 2025.



“Eating colourful fruits and vegetables, legumes and grains, combined with exercise, can be a powerful tool for long-term health.”

CHERRIES

... 'tis the season!

Bursting with flavour and naturally juicy, cherries are a delicious indulgence that shouldn't be reserved just for Christmas.

Prep 15 minutes
Cook 45 minutes
Serves 4

Ingredients

- 1 gold gelatine leaf
- 400ml tin coconut cream
- 5 egg yolks
- 75g caster sugar, plus 100g extra
- 3 egg whites
- 250g thickened cream
- 100g cherries, pitted
- ¼ cup coconut shavings, toasted

Biscuit base

- ½ cup brown sugar
- 75g butter, melted
- ¾ cup almond meal
- 2 tbsp cocoa
- Pinch of salt

Cherry gel

- 100g cherries, pitted
- 1g agar agar

Callum Hann's Cherry Ripe Parfait

1. Place gelatine in a small bowl and cover with cold water. Set aside to soften. Warm coconut cream in a medium saucepan over medium heat. Remove from heat. Squeeze water from gelatine leaves, add to coconut cream and whisk until dissolved. Place in the fridge to set slightly.
2. Meanwhile, whisk the egg yolks in a medium bowl. Heat 75g sugar with a little water in a small saucepan until the mixture reaches 120°C. Gradually pour sugar mixture into the yolks while whisking continuously. Continue whisking until cool. Set aside.
3. Place egg whites in the bowl of a stand mixer. Gently whisk until soft peaks form. At the same time, heat 100g sugar with a little water in a small saucepan until the mixture reaches 120°C. Begin whisking whites at full speed. Once stiff peaks are formed, gradually pour sugar mixture into whites while whisking continuously. Continue whisking until cool. Set aside.
4. Whip the cream until soft peaks form. Gently fold coconut cream and egg yolk mixtures together. Then fold in whipped cream, followed by egg white mixture. Divide parfait mixture between four greased, round moulds and freeze.
5. Preheat the oven to 180°C. Combine biscuit base ingredients in a medium bowl. Roll out until 5mm thick. Use a cookie cutter the same diameter as the round moulds to cut four biscuit bases. Transfer to a lined baking tray and bake for 8-10 minutes. Set aside to cool.
6. To make the cherry gel, blitz cherries in a small food processor until smooth. Transfer to a small saucepan, add agar agar and bring to the boil. Pour into a lined, shallow tray and chill until set. Return to small food processor and blitz until smooth.
7. To serve, use a small spoon to scoop out a teaspoon of coconut parfait from the mould. Fill with cherry gel and top with a biscuit base. Invert onto a serving plate. Serve alongside fresh cherries and shaved coconut.

The Australian cherry season runs from October to February, so make the most of this sweet summer favourite.

Cherries are handpicked, sorted and sent straight to Central Markets, ready for our retailers to choose the best. The cherries you find at your local fruit and veg shop may have been on the tree the day before.

Did you know?

There are more than 900 varieties of cherries worldwide. Around 30 cherry varieties are grown in Australia that range in colour from ruby red to deep mahogany in colour. Each variety brings its own flavour and texture.

Cherry-picking tip

Choose plump cherries with shiny skins and bright green stems. The stems are a true indicator of freshness - the greener the stem, the fresher the fruit.

How to store

Always store your cherries in the fridge, loosely packed in a covered container. Leave the stems on, it helps to keep cherries fresh.

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Always read the label and follow the directions for use. If symptoms persist, talk to your healthcare professional.



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Pick *your* Puree



Icy Pole Recipe

Hot summer days just aren't the same without a melty icy pole! With our organic fruit purees and juices, you can combine your favourite flavours to make your own healthy icy poles at home. It couldn't be easier! Try our Icy Pole Recipe for a summer treat that everyone will love!

Prep Time: 5 mins | Serves: 4

Ingredients

- Any 2 Australian Organic Fruit Co. Fruit Purees
- 2 cups of Australian Organic Fruit Co. Apple Juice
- Juice of 1/2 lemon
- Pieces of fresh apple and pear, optional

INSTRUCTIONS

1. Place all ingredients into a large bowl and whisk until combined.
2. Pour into icy pole moulds and freeze for at least 4 hours.
3. Remove from mould and serve.



Peachy PAVLOVA



Tip: if you're short on time, buy ready-made pavlova cases.

Poached Peaches with Pavlovas

The iconic Aussie pav gets a sunny stonefruit upgrade with syrupy, poached peaches that'll keep you coming back for more!

Prep 20 minutes
Cook 1 hr 30 minutes
Serves 6

Ingredients

- 4 egg whites
- ¼ tsp salt
- 1 cup caster sugar
- Extra 1 ½ cups caster sugar
- ¾ cup water
- 4 peaches, each cut into 12 wedges
- ¾ cup thickened cream
- ½ cup sour cream
- 2 tbsp icing sugar

1. Preheat the oven to 120°C/100°C fan forced. Draw 6 x 10cm circles on a sheet of baking paper. Arrange paper, pencil side down on a large baking tray.
2. In the large bowl of a stand mixer, whisk egg whites and salt on high speed until firm peaks form. Gradually add sugar, 1 tablespoon at a time, beating well after each addition until sugar dissolves. Beat for a further 3 minutes or until the mixture is thick, stiff and glossy.
3. Divide meringue between circles and use a palette knife to spread evenly. Bake for 1 hour 30 minutes, or until crisp and dry. Turn off the oven and leave the door ajar for the meringue to cool completely.
4. Meanwhile, combine extra caster sugar and water in a saucepan. Stir over a medium heat until sugar dissolves and mixture comes to the boil. Reduce temperature to medium low. Add peach wedges and cook for 5 minutes or until softened. Remove from heat and cool.
5. Beat cream until soft peaks form. Fold sour cream into cream. Place pavlovas onto a serving platter. Spoon cream onto pavlovas. Top with peach wedges and poaching syrup. Dust with icing sugar and serve.

Recipe credit: Australian Summerfruit

Passionfruit Mule

Say cheers to this tropical twist on the classic mule, brightened with tangy passionfruit. Don't love the pips? Just strain the pulp first for a smoother sip.

Prep 3 minutes
Cook 0 minutes
Serves 1

Ingredients

- Pulp from 1 passionfruit
- ½ cup ice
- 60ml vodka (optional)
- Squeeze of fresh lime juice
- 1 tbsp fresh mint leaves
- 150ml ginger beer

Garnish

- Fresh mint and 1 passionfruit cut in half

1. Place passionfruit pulp, ice, vodka (optional), squeeze of fresh lime juice and mint into a 250–300ml jar with lid; secure lid and shake to mix. Alternatively, add ingredients to a tumbler glass and stir to mix.
2. Top with ginger beer.
3. Garnish with mint and half a passionfruit.

Recipe credit: Australian Passionfruit





Roast Ocean Trout with Quinoa Tabouli

A vibrant burst of colour and flavour thanks to the charred corn and tomato tabouli, this dish ticks all the boxes and is effortlessly delicious for any occasion.

Prep 15 minutes

Cook 30 minutes

Serves 4

Ingredients

- 1 cup tri-coloured quinoa, rinsed well
- 2 cobs of sweetcorn
- ½ cup almonds, roasted and crushed
- ½ cup fresh flat-leaf parsley, roughly chopped
- ½ cup fresh mint, roughly chopped
- 2 spring onions thinly sliced
- 3 tbsp olive oil
- 1 lemon and extra wedges for serving
- 4 x 160g ocean trout fillets skin off (approx 640g from a responsible source)
- Fresh dill sprigs and mint leaves (to serve)

1. Place the quinoa in a pot, cover with 2 cups of cold water, bring to the boil then turn down and let simmer for 15 minutes. Take off the heat and let steam for 10 minutes.
2. Meanwhile, preheat a grill plate or BBQ and cook the corn, turning to chargrill on all sides, approx. 10 minutes.
3. Cool then cut the corn kernels from the cob and place in a bowl with the cooked quinoa, almonds, tomatoes, herbs, and spring onions. Dress this with 2 tablespoons of olive oil, the juice of 1 lemon, season with salt and pepper and set aside.
4. Preheat an oven to 190°C and line a baking tray with baking paper. Drizzle the ocean trout with 1 tablespoon of olive oil, season with salt and pepper and gently roll them over to coat in the oil.
5. Lay them on the lined baking tray and roast for approx. 6-7 minutes, then allow to rest for 2 minutes to gently finish cooking.
6. While the fish rests, spoon the tabouli salad over a large plate or individual plates. Top with the roast fish, scatter dill and mint and serve with extra lemon wedges for squeezing.

Recipe credit: created by Chef Tom Walton

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TIPS & RECIPES



Pineapple Nachos

Lean into this sweet and salty combo for your next nachos night - they will be the talk of the town! Add shredded BBQ chicken to the tomato and bean mixture to turn it into dinner with extra protein.

Prep 15 minutes

Cook 45 minutes

Serves 4

Ingredients

- 400g diced tinned tomatoes
- 400g tin black beans, rinsed and drained
- 30g packet taco seasoning
- ¼ cup of water
- 1 garlic clove, finely grated
- 200g corn chips
- 1 cup cheddar cheese, grated
- 1 avocado, roughly chopped
- ½ fresh pineapple, skin and core removed and roughly chopped
- 1 tomato, roughly chopped
- ½ red onion, finely chopped
- Coriander leaves and jalapeños to garnish (optional)

1. Preheat the oven to 180°C
2. In a small saucepan, simmer tinned tomatoes, beans, taco seasoning, water and garlic over medium heat for 5-10 minutes.
3. Place half the corn chips on an ovenproof plate or tray, add half the tomato mixture, half the cheese, and repeat adding the remaining chips, tomato mixture and top with cheese.
4. Place in the oven and cook for 5 minutes, until the cheese is melted.
5. Remove nachos from the oven. Top with avocado, pineapple, tomato and red onion.
6. Garnish with coriander leaves and jalapeños.

Recipe credit: Australian Pineapples



Green Asparagus Shakshuka

Make the most of asparagus season with this one-pan spring brunch that's as easy as it is impressive.

Prep 5 minutes

Cook 10 minutes

Serves 2-4

- ¼ tsp dried chilli flakes (optional)

- 4 eggs

Ingredients

- 1 bunch asparagus, trimmed
- 1 bunch silverbeet
- ¼ cup fresh parsley
- ¼ cup fresh coriander
- ¾ cup water
- 2 tbsp olive oil
- 1 brown onion, thinly sliced
- 1 clove garlic, crushed
- 1 tsp ground cumin
- 1 tsp smoked paprika

To serve

- Harissa paste or chilli jam
- Natural yoghurt
- Toasted sourdough
- Lemon wedges

1. Slice asparagus into bite-size pieces and set aside.
2. Roughly chop silverbeet leaves and stems and place in a blender with the parsley, coriander, water, and 1 tablespoon of the oil. Puree until smooth, season with salt and pepper.
3. Drizzle remaining oil into a large skillet over medium heat, add onion and garlic and cook 3-4 minutes until onion has started to soften. Mix through cumin, paprika, and chilli flakes.
4. Pour silverbeet sauce into the pan with the onion mixture and stir well. Fold in asparagus pieces and cook for a minute to heat sauce through.
5. Reduce heat to medium low and use a spoon to make four wells in the green sauce. Crack eggs into the indentations and simmer, uncovered, 3 minutes. Cover pan and cook for a further 2-4 minutes until eggs are cooked to your liking.
6. Dollop shakshuka with harissa and yoghurt. Serve with lemon wedges and thick slices of sourdough.

Recipe credit: created by Jennifer Jenner for Australian Asparagus



Asian Pork and Lychee Skewers

Never cooked with lychees? This is your sign. Make these once and you'll never look back!

Prep 2 hours 15 minutes

Cook 6 minutes

Serves 4

Ingredients

- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 garlic cloves, crushed
- 1 tbsp fresh ginger, finely grated
- 1 long red chilli, finely diced (optional)
- 1 lime, freshly squeezed
- 600g pork fillet, cut into bite size pieces
- 32 fresh lychees, skin removed and pitted
- Chopped peanuts and lime wedges to serve (optional)

1. In a large glass bowl mix together soy sauce, sesame oil, garlic, ginger, chilli and lime. Add pork and mix. Cover and refrigerate for at least two hours, or up to 24 hours.
2. Soak 8 bamboo skewers in water. Thread pork and lychees alternating 3-4 pieces of pork and lychees per skewer.
3. Brush with olive oil and cook on a hot barbecue or grill on medium to high heat for 2-3 minutes each side.
4. Serve with your favourite Asian-style salad and garnish with chopped peanuts and lime wedges.

Recipe credit: Australian Lychees

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Khanh Ong's Vietnamese Pear Salad

INGREDIENTS

SALAD

- 2 medium firm Packham pears, julienned
- 1 cup shredded carrot
- 1 small cucumber, deseeded & julienned
- 1/2 red onion, thinly sliced
- 1/2 cup fresh mint leaves
- 1/2 cup Thai basil leaves
- 1/2 cup coriander (cilantro) leaves
- 1/4 cup Vietnamese mint (or more coriander if unavailable)
- Fried shallots, to garnish

DRESSING

- 3 tbsp fish sauce (or vegan fish sauce)
- 2 tbsp fresh lime juice
- 1 1/2 tbsp rice vinegar
- 2 tbsp sugar
- 1 garlic clove, minced
- 1 bird's eye chilli, finely chopped (adjust to taste)
- 2 tbsp water

OPTIONAL ADD-ONS

- **For extra crunch:** 1 small green papaya or kohlrabi, julienned
- **For added protein:** lemongrass chicken, grilled prawns, or tofu

METHOD

SALAD

1. Make the dressing:

Whisk together fish sauce, lime juice, vinegar, sugar, garlic, chilli, and water. Stir until sugar dissolves. Set aside.

2. Prepare the salad:

In a large bowl, combine julienned pear, carrot, cucumber, onion, and all the herbs.

3. Toss with dressing:

Pour the dressing over the salad. Gently toss to coat.

4. Serve:

Serve immediately as a shared salad.

*Optional:
Serve on
betel leaves
as canapés*

KHANH ONG

is a cook, television personality, author and restaurateur, known for his appearance on MasterChef Australia.



SCAN FOR
MORE PEAR
RECIPES



Passionfruit Lamingtons

Prep 20 minutes

Cook 25 minutes

Serves 12

(makes 25 pieces)

Ingredients

- 200g caster sugar
 - 200g self-raising flour
 - 1 ½ tsp baking powder
 - ¼ cup corn flour
 - 1 vanilla pod, seeds removed
 - 150g unsalted butter
 - 4 large eggs (at room temperature)
 - ¾ cup milk (at room temperature)
 - Zest of 1 lemon
 - 7 fresh Aussie passionfruit
 - 100g icing sugar (for the glaze)
 - 2 tsp lemon juice
 - 3 tbsp water
 - 2 tsp gelatine powder
 - 4 tbsp cream
 - 1 cup shredded coconut
 - 1 cup desiccated coconut
1. Preheat the oven to 160°C.
 2. Line a 25cm square cake tin (spring base is preferred) with baking paper. Leave the sides ungreased to ensure the cake rises evenly.
 3. In a large bowl, sift the flour, corn flour and baking powder three times – this is an important step to ensure the cake is light. Set aside.
 4. In a separate bowl add the butter, caster sugar and the seeds scraped from the vanilla pod, using electric beaters beat until the mix is creamy and smooth. This will take a minimum of 10 minutes of continuous beating.
 5. Add the eggs to the butter mixture one at a time while beating continuously. Gradually sift the flour mix again over the batter while gently folding it in with a spatula, followed by adding the milk. If the mix is too dry add a little dash of milk.
 6. Pour the mixture into the prepared cake tin and bake for 20-25 minutes. Test if the cake is cooked through by placing a skewer into the middle. If it comes out clean it is cooked, if it comes out with batter mix on it, cook it further for 5 minutes. Leave the cake to cool for 15 minutes in the tin then turn it out onto a cooling rack to completely cool before glazing.
 7. To prepare the glaze: Combine in a small saucepan the passionfruit pulp, lemon juice, water and icing sugar. Place on low to medium heat and stir until the sugar dissolves.
 8. Take off the heat and stir through the gelatine powder until it has dissolved.
 9. Pour in the cream and stir through. Place the mixture into the fridge for 10-15 minutes to allow the glaze to thicken to a custard-like consistency.
 10. To glaze and coat the lamingtons: Slice the cake up into 5cm x 5cm squares.
 11. Combine and spread the desiccated and shredded coconut over a wide plate.
 12. Coat each square of cake completely, one at a time, in the passionfruit glaze mixture then in the coconut by gently rolling it to ensure all sides are well coated.
 13. Place the lamingtons in the fridge to allow them to set and firm before serving.

Recipe credit: Australian Passionfruit

Turn tea-time tropical and try these light and fluffy lamingtons with a fruity twist.



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Avocado, Prawn, Macadamia & Mango Summer Salad

This celebratory salad sings Aussie summer and comes together in less than 30 minutes. Swap the prawns for wedges of heirloom tomatoes to make it vegan.

Prep 15 minutes

Cook 45 minutes

Serves 4

Ingredients

- 12 large, cooked prawns
- Zest and juice of 1 lime
- 3 tbsp olive oil
- Salt and pepper
- 2 heads baby gem lettuce
- 1 Delcado avocado, cut into 8 wedges
- 1 mango, cut into random pieces
- ⅓ cup toasted macadamias, lightly crushed
- 4 radishes, cut into wedges
- 1 ½ tbsp white balsamic vinegar
- Handful basil leaves and dill sprigs, picked
- Extra lime to serve

1. Peel the prawns, leaving the tail on, then place in a bowl and add the zest and lime juice, the olive oil, and season lightly with salt and pepper. Set aside.
2. Lay the lettuce leaves out onto a plate and scatter the mango and Delcado wedges, half the nuts, and the radishes. Top with the prawns and spoon over any of the remaining dressing from the bowl.
3. Sprinkle with the remaining nuts, splash over the balsamic vinegar and finish with the herbs.

Recipe credit: created by Chef Tom Walton for Delcado Avocados

Tropical Raspberry & Pineapple Smoothie

Summer smoothies don't get any tastier than this. This quick and easy smoothie is a deliciously refreshing drink for breakfast, an afternoon pick-me-up or relaxing by the pool on a summer's day.

Prep 10 minutes

Cook 0 minutes

Serves 2

Ingredients

- 2 cups frozen pineapple chunks
- 200ml unsweetened almond milk (any dairy or plant-based milk will work)
- ½ cup (130g) vanilla yoghurt
- 1 punnet (125g) fresh raspberries, plus extra to serve
- 1 tsp honey

1. Roughly chop the pineapple into smaller pieces.
2. Add pineapple along with remaining ingredients to a high-speed blender and blend until smooth.
3. Taste and add more honey if desired.
4. Divide between two glasses and top with fresh raspberries. Enjoy!

Recipe credit: created by Eats with Marie for Australian Raspberries

Tip: Roughly chop the frozen pineapple into smaller pieces before adding to the blender.



**CLICK HERE
FOR MORE
TIPS & RECIPES**

Celebrate Victorian Strawberry Season

Victorian Strawberry Salad with Pan Fried Halloumi and Chilli Honey

Serves: 4

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

2 tablespoons olive oil

500g halloumi, (room temp) sliced into 1cm slabs

6 sprigs thyme

500g **Victorian Strawberries**, washed, hulled & halved

Handful rocket leaves, washed and spun dry

1 tablespoon chilli honey

1 tablespoon extra virgin olive oil

Pinch salt flakes and freshly ground pepper

Fresh mint

Lemon cheeks to serve

Method

Pan fry halloumi:

Heat a heavy based fry pan over medium-high, add oil and fry halloumi with the thyme sprigs until the halloumi is golden brown on each side. Transfer to a warm plate.

Assembly:

On a medium sized platter, scatter a bed of rocket over the bottom.

Place the halloumi and the **Victorian Strawberries** over the rocket and drizzle over the chilli honey. Finish with a few mint leaves for freshness.

Final drizzle:

Right before serving, sprinkle with salt flakes, and freshly ground pepper, and a drizzle of extra virgin olive oil. Serve warm with fresh lemon cheeks.



Fun Fact

Strawberries are fat-free, low in sugar and an excellent source of vitamin C.



For more recipes visit www.vicstrawberry.com.au

Follow us  @vicstrawberries #vicstrawberries

Sweet Potato Fries with Crumbed Fish

Fish and chips but make it gourmet. This kid-approved favourite swaps in sweet potato to elevate the classic seaside fare for an easy mid-week dinner.

Prep 30 minutes

Cook 30 minutes

Serves 2-4

Ingredients

- 400g sweet potato, peeled, cut into 1cm chips
- 2 tsp corn flour
- Pinch mild paprika
- Spray oil
- 500g flathead fillets, bones removed, halved

- 1 egg, beaten lightly
- 1 cup panko breadcrumbs
- 1 tbsp finely chopped flat-leaf parsley
- Oil, for shallow frying
- Tartar sauce and lemon wedges, to serve

1. Soak chips in water for 1 hour to remove starch. Drain and pat dry on a paper towel.
2. Preheat the oven to 220°C/200°C fan forced. Line two trays with baking paper.
3. Place chips in a zip-lock bag with corn flour and paprika. Shake well until evenly coated.
4. Place chips in a single layer on trays. Spray with oil and bake for 25-30 minutes, turning once. Season to taste.
5. To make the crumbed fish, dip the fish in egg, shaking off excess. Toss in combined crumb and parsley mixture to coat. Place on a plate.
6. Pour enough oil into a large frying pan to come 1cm up the side of the pan. Heat over medium-high heat. Cook fish in three batches, for 2 minutes each side until golden and cooked through. Drain on a paper towel.
7. Serve fish with sweet potato chips and tartar sauce.

Recipe credit: Australian Sweet Potatoes





Apricot Jam and Coconut Slice

Deliciously nostalgic and made from pantry staples, the humble coconut slice gets a golden glow-up with in-season apricots for a sweet treat that's worth sharing.

Prep 20 minutes

Cook 40 minutes

Serves 16

Ingredients

- 125g butter, softened
- $\frac{1}{3}$ cup caster sugar
- 1 tsp vanilla extract
- 1 egg
- $1\frac{1}{2}$ cups self-raising flour
- $\frac{1}{2}$ cup desiccated coconut
- 2 cups shredded coconut
- Extra $\frac{1}{4}$ cup caster sugar
- Extra 1 egg, whisked
- 4 apricots, halved, stone removed, chopped (250g)
- $1\frac{1}{2}$ tbsp water
- 1 tbsp honey
- 1 tbsp white chia seeds

1. To make the apricot chia jam, place apricots, water and honey into a saucepan over medium heat. Bring to the boil, reduce heat and simmer, covered for 10 minutes or until apricots are soft. Mash with a fork until smooth. Add chia seeds and stir until combined. Cool. Place in an airtight container in the fridge until needed.
2. Preheat the oven to $180^{\circ}\text{C}/160^{\circ}\text{C}$ fan forced. Grease and line a 30cm x 20cm slab pan with baking paper. Using an electric beater, beat butter, sugar and vanilla until light and fluffy. Add egg and beat until just combined. Stir flour and desiccated coconut into butter mixture. Spoon mixture into prepared pan and spread evenly with the back of a spoon. Bake for 15 minutes or until lightly golden. Cool.
3. Spread apricot jam over slice. Combine shredded coconut and extra sugar in a bowl. Add the extra egg and stir until combined. Spoon and spread mixture over jam. Bake for 25 minutes or until golden. Cool. Remove from the cake pan and cut into fingers to serve.

Recipe credit: Australian Summerfruit

**CLICK HERE
FOR MORE
TIPS & RECIPES**

Blackberry, Peach & Burrata Salad

Summer entertaining at its simplest. Try this ultimate side dish for your next gathering.

Prep 15 minutes

Cook 0 minutes

Serves 2-4

Ingredients

- 1 ripe yellow peach, sliced
- 1 punnet fresh blackberries, some left whole and some halved
- ½ cup fresh basil leaves
- 1 150g ball fresh burrata, room temperature
- 1 tbsp toasted pumpkin seeds

- Salt and pepper, to taste
- 1 tsp chilli flakes
- Toasted bread, for serving

Honey Balsamic Dressing

- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 2 tsp honey
- Pinch of sea salt

1. Combine all dressing ingredients in a small jar. Close tightly with lid and shake well to combine. Set aside at room temperature.
2. To serve, assemble the peach slices and blackberries on a serving platter. Scatter with fresh basil leaves.
3. Add the ball of burrata to the platter, breaking it open slightly. Sprinkle with pumpkin seeds and drizzle over spoonfuls of the dressing.
4. Season with salt, pepper and chilli flakes, to taste. Serve with grilled or toasted bread.

Recipe credit: created by Eats with Marie for Australian Blackberries



Breakfast Muffins

A grab and go breakfast or snack, these savoury muffins can be frozen to keep for a later date.

Prep 10 minutes

Cook 25 minutes

Serves 4-6

Ingredients

- 1 tbsp olive oil
- 1 spring onion, finely sliced
- $\frac{3}{4}$ cup chickpeas
- 4 button mushrooms, finely diced
- 2 cups baby spinach, chopped
- 6 eggs
- $\frac{1}{2}$ cup (low fat) tasty cheese, grated
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp pepper

1. Line a muffin tray with muffin papers.
2. Heat a non-stick frying pan with a little olive oil and fry the onion, chickpeas and mushrooms over a high heat for 2 minutes. Add the spinach and allow it to wilt, cooking for an additional minute.
3. Place all the remaining ingredients into a medium sized bowl and mix together until just incorporated, adding in the chickpea mushroom mixture.
4. Divide the mixture evenly among the 12 muffin pan cups.
5. Bake at 180°C for 20-25 minutes or until eggs are fully cooked.
6. Remove from the oven and allow to cool slightly. Using a small spatula, lift the muffins from the pan.
7. Serve warm or cold.

Recipe credit: created by Megann Evans

**CLICK HERE
FOR MORE
TIPS & RECIPES**





PETER KOUKOS

Director, D&G Fresh Fruit Distributors, SA



Peter sells a wide range of deliciously juicy fruit at the South Australian Produce Market.

He has a soft spot for stonefruits, or as he likes to call them, "Australia's original candies". For Peter, there's nothing better than the first crate of peaches and nectarines of the season.

Peter's a go-to for what's best in season and he has one rule when it comes to buying fresh produce. "People ask me how they can buy better produce and my advice is buy as close to home as possible - that means picking fruit or veg that has been grown only a couple of hours away from where you live. If you're not sure, ask your local shop owner where the produce has come from," says Peter.

PETER'S TIPS

- Pick apricots as an easy summer snack. Look for a nice golden colour, slightly springy to the touch with a subtle smell.
- Store your stonefruit in the fridge but for a great eating experience, bring it to room temperature. It will make for a sweeter eating experience.
- Keep an eye out for the new seedless table grapes varieties. They are the size of golf balls and offer a deliciously juicy but firm bite. The white varieties are Epic Crisp, Applause, Sweet Globes and Autumn Crisp. For red varieties try Cherry Crush.



FROM THE MARKETS

GREG BRADSHAW

Managing Director, Banana Traders of Australia, NSW



With more than 45 years in the banana industry, Greg's tips are gold. He's been at the Sydney Markets since their first day trading at Flemington and

you'll still find him there every day, even on the weekend.

"Everyone assumes you'll get the same quality product wherever you go, but that's just not the case," says Greg. "Independent retailers usually buy daily for produce that suits their consumers' needs. Bananas are fairly consistent throughout the year, but spring is a great time of year as you've got the fruit that's flowered through the winter and there is a slight increase in volume."

GREG'S TIPS

- Choose a banana that has a bit of colour. The yellow skin and first brown sugar spot indicate optimal eating.
- If you need your bananas to colour quickly, pop them in a brown paper bag. It cuts the oxygen off and makes them ripen more quickly. It also works for tomatoes and avocados.
- Try barbecuing or heating bananas in their skin in a frying pan, without oil, for a simple dessert. The heat brings out the flavour and they're delicious served with ice cream or yoghurt. Kids also love a banana and honey sandwich.





MATTHEW SPENCER

Director, Carter & Spencer, QLD



Family business, Carter & Spencer is one of Queensland's most recognised produce firms and for almost 90 years they have been selling from the

Brisbane Markets. Matthew, a fourth generation Spencer in the family business, is now a Director and is a regular at the Brisbane Markets selling produce.

"We come to work to feed the people!" says Matthew. "We're all working hard to ensure the quality of produce is great. From new, emerging tech, to the hours people put in, there is so much passion in this industry."



MATTHEW'S TIPS

- Knowing what it takes to grow pineapples, I always look forward to the season. The "tops off" hybrid varieties are generally sweeter.
- Start exploring Asian-inspired fruit, such as dragon fruit, if you haven't already. Many say it's bland but a squeeze of lime juice completely changes the flavour profile. Add it to fruit salads this summer.
- You can't go wrong with greens and the quality is great this time of year. Choose the most vibrant that you can find.





HITESH SHETTY

Manager, Market City Fruits, VIC

You'll find Hitesh from Market City Fruits at the Melbourne Market every day, selling all types of produce including apples, avocados, cherries, custard apples, fresh almonds and more. With 17 years in the industry, it's clear he understands his customers and exactly what they want.

The one thing that surprises him? The demand for cherries year on year he says. "One of our biggest wholesale flows is cherries. It's a product that fluctuates every minute of the market, so it certainly keeps things interesting!"

Hitesh also believes that the quality and freshness of produce in your local fruit and veg shop is unmatched. "I urge people to try their local fruit and veg shop. Many are doing a superb job at stocking fantastic fruit and veg and ensuring not to break the cool chain which is vital to maintain the shelf life of any fresh produce item."

HITESH'S TIPS

- Victorian cherries tend to kick off our cherry season. Sweet Cheeks are a must-try, low-acid early Victorian variety. My mid-season pick would be Kordia, and for later in the season you can't beat the special, heart-shaped Regina cherries with incredibly long stems.
- One fruit everyone needs to try is the Queen Garnet plum. Usually available from late January through to April, it's a great tasting variety with a dark purple skin and a rich sweetness.
- Custard apples (African Pride and KJ Pinks varieties), will start to emerge from February. It's another fruit that more people should try. They shouldn't be super soft unless you plan to eat them right away.



TY HUDSON

*Trading Manager,
Premier Fresh Australia, WA*



Ty has worked with Premier Fresh Australia, since 2019. As one of the country's largest fresh produce wholesale and supply chain operators, he is proud that the company has maintained some of the same grower connections for over 25 years, and describes relationships in this industry as "everything". From growing to sourcing and supplying globally, the company trades almost all lines of fresh fruit and veg in Western Australia at the Perth Markets.

Want to eat the freshest fruit? Ty's advice is simple, "buy less but more often. Most fruit and veg shops will be replenishing their stock every day."

"When I started out it was eye-opening to see how much really happens behind the scenes. It's not just sourcing the produce, but quality control, assessment and grading, and supply chain logistics including transport and distribution, to ensure that we can deliver on bringing quality produce to the Central Market daily. There's a lot that goes into the fruit and veg journey, so much more than people realise."

TY'S TIPS

- Ever tried a flat peach? Often the stranger the fruit looks, the better it'll taste!
- Never shy away from adding new fruit or vegetables in your salads and stir fries, sometimes the most unlikely item will revolutionise the dish.
- Look out for a mango variety called Lady Jane. Cultivated by an Australian, it has been in development since 1995. Great looking and tasting, it has a finer textured flesh, smaller seed and a great shelf life.
- Any melon, not just watermelon, is great for eating over the summer months. Think honeydew, Piel de Sapo and rockmelon.

**Buy less, but more often.
Most fruit and veg shops
will be replenishing their
stock every day.**

MEET THE GROWER

These are the people behind the produce, with stories as rich and diverse as their harvests.



OFF-GRID MUSHROOMS

Will and Connie Mussett set up their original, small Southern Highlands farm, Mussett Holdings, in 2016, with one simple goal, “to raise a few chickens and show their kids where real food comes from”.

Wanting to create a sustainable farm, the Mussetts decided to pasteurise leftover straw from the chickens which led to their first crop of oyster mushrooms.

From these humble beginnings MH Gourmet literally sprouted. Now situated on a larger, off-grid property, the Mussett’s grows some of Australia’s most exceptional gourmet and exotic varieties. This includes meaty shiitake, trending lion’s mane, delicate enoki and the rare orange-capped nameko. Each is grown without chemicals or fertilisers, using processes that loop neatly back into the land.

“It was a steep learning curve,” says Will. “We had to learn how to farm, and how to do it off grid. It was a challenge but so rewarding.” Will explains how varied the mushroom growing process is.

“Some exotic varieties of mushrooms, maitake or shiitake, can take just over three months to grow. For others like the yellow or pink oyster mushrooms it can be as quick as two to three days before they are harvested,” says Will.

“It’s what makes growing them a delicate task, things can go wrong fast and there’s a constant microadjustment of conditions to ensure everything grows as it should.”

The Mussetts have now set their sights on introducing people to lesser known varieties thanks to a providore partnership with premium Sydney wholesaler Parisi. Anthony Parisi, Head of Relations at Parisi Sydney, is an

avid supporter of the Mussetts and is excited about the exceptional quality mushrooms Will and Connie are bringing to the table.

“They control the entire process of gourmet and exotic mushroom growing, creating their own substrates with Australian materials and doing it all on site. Picking mushrooms daily means it’s a super efficient supply chain and the traceability is second to none,” says Anthony.

If you’re wondering how to cook these exotic mushroom varieties, Will’s suggestion is to keep it simple.

“Let the mushroom shine! Try the chestnut mushrooms, king browns or what about black pearl for a melt-in-your-mouth calamari-like texture. Sauté them in a pan with a little butter or oil, and enjoy them on some fresh sourdough bread, there’s nothing better.”



NIGHTTIME SECRETS OF SALAD GROWING

For Ricky Musolino, mornings often begin just after midnight. While the rest of us sleep, he's already thinking about your next salad.

From his family farm, Hi Fresh, in Virginia, South Australia, Ricky grows, harvests, and packs 28 vibrant salad mixes and herbs that bring local flavour and fresh greens straight to your plate.

He's up at 1:00am getting ready to take salad greens to the South Australian Produce Market and sell his Hi Fresh salad mixes to fruit and veg shop owners from around the state. By 7:00am, he's already back on the farm and by 3:00pm the trucks are being loaded with fresh herbs and salad leaves ready for early deliveries, interstate and locally.

Getting up long before the sun rises ensures that his produce reaches our plates as fresh as possible.

A passion for growing the freshest produce is in his blood. The Musolinos have been growing fresh produce

for three generations cultivating 650 acres of land and now high-tech hydroponics as well.

"There's never a dull moment in this business. If you're not changing with the times, you're falling behind," says Ricky.

"Most of the ingredients for these salads are grown right here on the farm using hydroponics. It's a system where plants are grown, with their roots fed directly by water through pipes, to keep the produce perfectly hydrated around the clock."

From hydroponic lettuce varieties to cabbage, bok choy, and fresh herbs, Ricky's crops form the crisp base for Hi Fresh's wide salad selection. Anything he doesn't grow, he sources from neighbouring farms.

Hearing that his customers consistently love the salads, especially the younger generation, means a great deal to Ricky and shows that the Musolino family must be doing something right.



“
We wanted to show
our kids where real
food comes from.
”





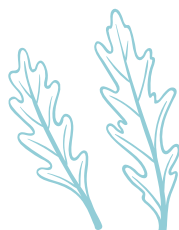
“My hope is that more people start connecting their food with where it comes from, understanding the hard work that goes into it,” says Ricky.

“It’s important for people to understand that fresh produce is a product of Mother Nature and not to shy away from blemished produce, they’re often just as good.”

Share a few final tips to keep your salad and herbs fresh, he says, “consider buying fresh locally grown produce. Cover the salad leaves with a paper towel and store them in the crisper”.



“
My hope is that more
people start connecting
their food with where
it comes from.
”



EGGPLANTS THAT DON'T NEED SALTING



"Most people don't realise eggplants are a summer crop, but with these greenhouses, we can grow them year-round," said Jason.

"Our eggplants are grown in ideal conditions. We can influence the temperature, light and water which results in better quality eggplants with less blemishes than the field ones.

"Another key difference is our eggplants don't oxidise, which means there's no need to salt your eggplant slices before you cook them. They last longer too and can stay fresh in your crisper for up to 21 days, meaning there's a lot less waste."

While Monarca is their main line, Carter & Spencer continually trial other eggplant varieties each year. Not an eggplant fan? Jason chuckles and says, "You're probably not eating it right!"

"Prepare it well, chargrill it and give it another go. I love it with steak or on a charcuterie board paired with pesto, cold meats and cheese.

"It's such a versatile veg and two eggplants can feed a family! Make an eggplant Parmigiana as an inexpensive but hearty summer vegetarian dinner, add grilled eggplants to a salad for texture and flavour, or chargrill and blend for a smoky baba ghanoush."

The name Carter & Spencer is woven into Queensland's produce story. Since 1936 the family-owned business has grown and evolved from wholesaler to growers, farming everything from pineapples to eggplants.

Today, at their Bundaberg greenhouses, Farming Manager Jason Smith tends to 30,000 eggplants in glasshouses. The scale is impressive, with 12,000m² of greenhouse space where temperature, light and moisture are managed to perfection.

Talking about the difference greenhouse growing makes to these vegetables, Jason's passion for quality produce shines through.



FIELD FRESH ASPARAGUS

By the time the sun peeks over the horizon, the first crates of just-picked asparagus are already being wheeled into the cool room at Motta Produce. This third-generation family farm began farming veggies in the mid 1960s and switched to focusing exclusively on asparagus 40 years ago.

"The ground is rich and the soil is lush, the asparagus absolutely loves it!" says Jen Motta.

"With head torches on, we can be picking from as early as 2:00am. On warm days it's best to pick earlier so the spears can go straight into the cool room."

The Mottas grow a single variety of asparagus which you can buy in fruit and veg shops as the classic green or white asparagus. The difference between green and white asparagus has nothing to do with variety at all.

"They're actually the same plant," says Jen. "White asparagus is grown under tarps, so it never sees the sun. Without sunlight, asparagus doesn't develop any colour. The colour and flavour of the green asparagus come from the sunlight."

Asparagus is a lesson in patience and timing. It takes two years for new crowns to establish before the first harvest, but once settled, a field can produce for around 12-18 years, sometimes even longer.

When the season peaks, the growth is astonishing. "When the weather is good to us, an asparagus spear can grow up to 2cm an hour, you can literally see it growing before your eyes," Jen says. "At the moment, we're cutting every day just to keep up with the growth."

The best way to cook up this crop? Jen says "I can't go past my Nonna's asparagus frittata, it's so simple. Or just steam the spears, drizzle with olive oil, squeeze over lemon and crumble over some feta or goat's cheese."



SLOW GROWN AVOCADOS

Nestled amongst the giant karri tree forests in the pristine Pemberton region, southwest Western Australia, grows Delcado avocados.

Russell Delroy and his wife Jenny planted their first avocado trees in this pristine region in 1988, today the family-run orchard spans more than 340 hectares with 180,000 – 190,000 avocado trees.

Delcados - a smash-up combination of Delroy and Avocado - is the name given to their slow-grown Hass avocado.

Second generation avocado grower, Suzie Delroy explains Delcados spend between 12 and 16 months on the tree developing a deep flavour, almost twice as long as most other avocados.

“The unique climate, here in WA’s southwest, allows us to leave the avocados to mature in their orchards for longer,” says Suzie.

“We check the avocados every day to test the oil content of the fruit before it’s picked. We want to make sure it has developed the rich Delcado flavour. More time on the trees gives Delcados their unique rich, nutty and smooth flavour with a delicious after-taste at the back of your palate.”

From down on the orchard, Delroy Orchards General Manager Mathew Trichet has some good news to share about this year’s harvest.

“It’s our biggest Delcado season yet! Thanks to the ideal weather conditions and plenty of hard work, we expect to handpick more than 50 million Delcados this season,” says Mathew.

“Combined with a bumper crop, we’ll have a longer season with supply running from September well into March, a month longer than usual. So, you can enjoy these beauties all through summer.”

The fresher the avocado, the tastier it is, which is why the Delroys have spent the last decade perfecting every part of a Delcado’s journey from the farm to your plate. Delcados arrive at fruit and veg shops at least two times faster than imported avocados, meaning less time for the fruit to deteriorate and a better-quality avocado.

“
We expect to handpick
more than 50 million
Delcados this season.
”



Delcados will be available at fresh fruit and veg shops, including Harris Farm Markets in NSW and Bunbury Farmers Market in WA from October until March.



NATURAL BRANDING AUSTRALIA X VENUS CITRUS

Say goodbye to fruit stickers. Natural Branding Australia has teamed up with Venus Citrus to trial a sustainable, sticker-free solution. Look out for the beautifully laser-etched Beloved Pink Flesh and Seedless Venus Navals. It's the game-changing future of fruit labelling that we are here for.

naturalbranding.com.au



WHAT WE'RE



OH! LEMONAID, OH! JAMS AND OH! CHILLI

Looking for a foodie gift coupled with a good cause? OzHarvest's latest range Oh! is a win-win turning surplus ingredients into life-changing lemonade, jams and chilli sauce. Every time someone chooses Oh! For OzHarvest, they're backing famers, cutting food waste and helping OzHarvest feed those who need it most. shop.ozharvest.org/collections/foods-beverages



LURPAK PLANT BASED

Here's a new dairy-free, butter alternative. Certified vegan, Lurpak's new plant-based spread has the creaminess of butter and can be used in cooking, baking or simply for spreading. Free from additives and preservatives and made from natural ingredients, vegans are touting this plant-based product as close to the real deal. Available in quality fruit and veg shops including Harris Farm. lurpak.com/en-au/products/lurpak-plant-based-400g/





BOMBERRY BLUEBERRIES

Sydney's cult treat Bomberry is redefining dessert with its twice-dipped, chocolate-covered frozen berries. It all began with juicy raspberries coated in creamy white chocolate, then sealed in milk or dark Belgian chocolate. Now, there's a new obsession, Belgian chocolate-coated frozen blueberries for both sweet and dark choc lovers. Pro tip: Take them out of the freezer for 15 minutes until they glisten, then dive in. Find them at local fruit and veg shops across South Australia, Victoria, Canberra, New South Wales and Queensland, or shop online at bomberry.au.



CONNOISSEUR ALMOND BISCOTTI GELATO AND CONNOISSEUR PISTACHIO GELATO

Connoisseur ice cream is keeping Euro summer alive thanks to its two new gelato flavours. Love crunch? The Almond Biscotti Gelato has a biscotti gelato base that is covered in rich chocolate and roasted almond slivers. Prefer a classic, smooth scoop? Get a taste of la dolce vita with the Pistachio Gelato Tub, a velvety gelato mixed with a smooth pistachio paste. Available at many independent fruit and veg shops across the country and set to fly out of the freezer aisles come summer.

connoisseuricecream.com.au

LOVING

These are the things on our radar that'll give your fridge, freezer or pantry a boost this season.

SNACKABLES

Want an easy, healthy snack hack for the little ones in your life? Grab a pack of Snackables. These may look like baby carrots but they are a fully grown mini variety. This small carrot has a great crunch, a super sweet taste and there's no need to peel them. Perfect in lunchboxes or a quick snack fix to get the kids through to dinner.

snackables.com.au



BIPPI - THE ITALIAN CONDIMENTS YOU DIDN'T KNOW YOU NEEDED

Emerging from an authentic Italian kitchen in Melbourne, Bippi is adding punchy, unparalleled flavour to everyday dishes through its authentic Italian condiments, sauces and dips. From flavour-packed pestos and salsa verde jars, to tapenade and chilli oil, the range is made from quality, simple and natural ingredients all created and approved by Nonna, so you know you're eating the real deal. Find Bippi at your local fruit and veg shop or shop online.

bippifoods.com/shop



KIDS CORNER



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FOR MORE
TIPS & RECIPES](#)

6

Avocado and Coconut Icy Poles

Who knew green could taste this good? These avocado icy poles are creamy, dreamy, and perfect for cooling off on a sunny day.

Prep 30 mins plus overnight freezing

Cook 5 mins

Serves 7

Ingredients

- 2 ripe Delcado avocados
- 400ml coconut cream
- ½ cup maple syrup
- Zest and juice of 1 lime
- 200g white chocolate
- ¼ cup coconut oil
- 200g dark choc
- ¼ cup coconut oil
- ½ cup chopped pistachio
- ½ cup shredded coconut, lightly toasted

1. Scoop the Delcado flesh into a blender along with the coconut cream, maple syrup, lime zest and juice. Blend to a smooth puree then pour into your moulds, insert wooden paddle pop sticks and freeze for at least 4 hours or overnight.
2. For the “ice magic” layer: In separate bowls, melt and mix the white chocolate and coconut oil, and in another bowl, the dark chocolate and coconut oil. Then pour these chocolate mixes into two separate glasses, that are wide enough to dip the icy poles in.
3. Line a baking tray and place in the freezer for an hour to chill, this helps to unmould and dip.
4. Unmould the icy poles and place onto the lined tray then return to the freezer for 5 minutes to make sure they are solid.
5. Have your pistachio and coconut toppings ready. Then one at a time, dip the icy poles in the chocolate and place back onto the tray, sprinkling with either pistachio or coconut.
6. Press the toppings on gently and straight away, as the chocolate will set quickly. If it sets too fast, before you add the extra toppings, simply re-dip and go again.
7. Repeat with all icy poles, alternating between the white and dark chocolate topping.
8. Return the tray to the freezer until ready to serve the icy poles, or transfer to a container stacked between baking paper, for longer storage.

Recipe credit: created by Chef Tom Walton for Delcado Avocados

YUM!



WATERCRESS IN A CUP

Ready to grow your own snack?

You will need:

- A cup, yoghurt pot or a clean eggshell (and carton if using the eggshell)
- Cotton wool
- Watercress seeds

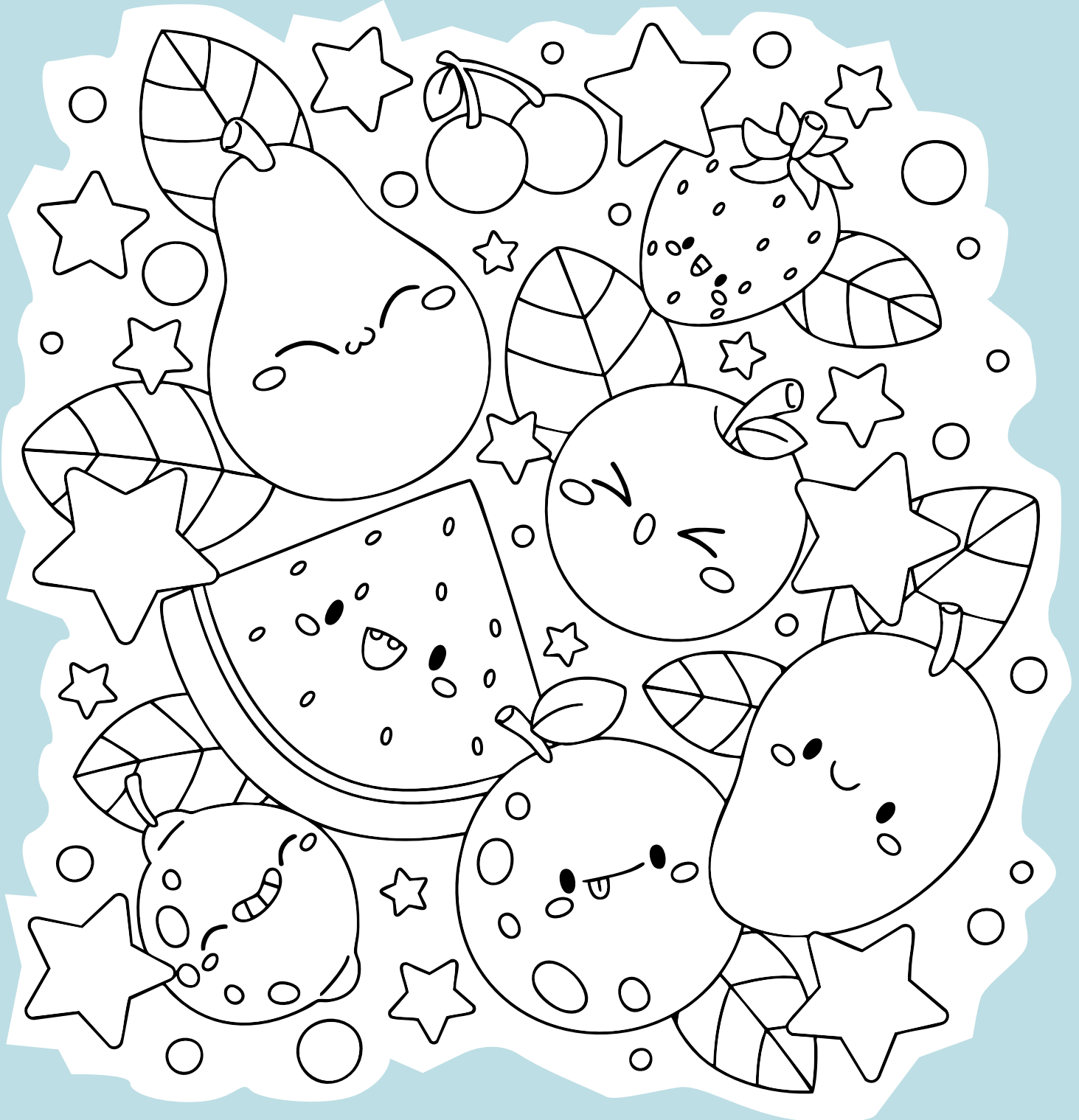
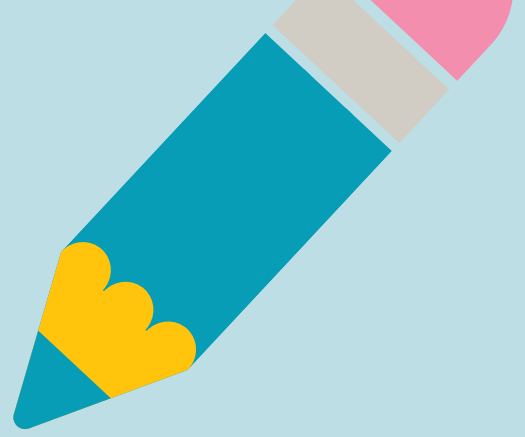
Steps:

1. Place cotton wool inside the cup, shell or pot. Add water to make it damp.
2. Sprinkle your seeds on top and place in a sunny spot.
3. Water the seeds every 1-2 days.
4. Wait and watch it grow for one week.
5. Wash it and add it to your next sandwich!

**SOW
&
GROW**

COLOUR ME IN

Grab your brightest textas
to colour this funtastic fruit salad.



PUZZLE CORNER

Follow the fruity clues to fill in the crossword.

How to play: Fill in the crossword puzzle grid with the name of each fruit following the numbers and directions indicated. Use the word bank if you get stuck.

Word Bank:

Apple	Kiwi
Apricot	Lemon
Avocado	Orange
Bananas	Pear
Blackberry	Pineapple
Cherries	Raspberry
Coconut	Strawberry
Grapefruit	Watermelon
Grapes	

Clues:

- 1 ↓ (1 square)
- 2 ↓ (2 squares)
- 3 → (3 squares)
- 4 ↓ (4 squares)
- 5 → (5 squares)
- 6 → (6 squares)
- 7 ↓ (7 squares)
- 8 → (8 squares)
- 9 → (9 squares)
- 10 ↓ (10 squares)
- 11 → (11 squares)
- 12 ↓ (12 squares)
- 13 ↓ (13 squares)
- 14 ↓ (14 squares)
- 15 → (15 squares)
- 16 → (16 squares)
- 17 → (17 squares)

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**Passionfruit
Lamingtons**





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FOR SHOPPING
LOCAL**

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choice!