

A better choice!

Quality **FRESHNESS** Service

FREE
ISSUE 6 24/25



P11
Choc Cherry
Heaven Cake
by Katherine
Sabbath
CherryHill
ORCHARDS

49
Delicious Seasonal
Recipes with Local
Produce

Spring into Summer

Start your Spring right with recipes to
get you through Summer!



A better
choice!

Quality FRESHNESS Service

FIND OVER 1000 FREE
RECIPES ON OUR WEBSITE!

WWW.ABETTERCHOICE.COM.AU

11:45



See our
website here!



Prep time: 15 minutes Cook time: 15
minutes.

4 as part of a larger meal Spring

Grilled Asparagus, Snowpea and Butterbean Salad

This delicious, salad lets seasonal veg take centre stage. Serve as a stand-alone dish or is perfect as part of a larger meal with anything from seafood to meats and other veg-centric dishes. Try a little



Give us a follow on
Facebook & Instagram!

@abetterchoiceaus



A Fresh Start

Producer

Peppa Rasmussen-Breitinger

Advertising/Partnerships

Ayse Halil
Zac Egan

Contributors (A-Z)

Breeanna Segafredo
Inci Humberstone
Isabella Carabetta
Karen Tilke
Lauren Kitchener
Lindi Shull
Luke Leeson
Melbourne Social Co
Nathan Martyn
Ned Tesic
Nick Hotchin
Nikki Tampakas
Nina Torkman
Penny Reidy
Steve Barnard

Printer

Q-Print Group

Printing Leads

Damien Hunt
Liz Sheppard

Partners (A-Z)

Brisbane Markets Limited
Brismark
Central Markets Association of Australia
Fresh Markets Australia
Fresh State
Freshmark
Market West
Melbourne Market
Perth Markets Limited
South Australian Chamber of Fruit and Vegetables
South Australian Produce Market
Sydney Markets Limited

Published by the Australian Chamber of Fruit and Vegetables Industries Limited (ACN 065 246 808) trading as Fresh Markets Australia of PO Box 267, Brisbane Markets, QLD 4106. Copyright 2022 by Australian Chamber of Fruit and Vegetables. All rights reserved. Reproduction in any form, in whole or part, is strictly forbidden without written permission of the publisher. A better choice accepts no responsibility with respect to any products, services or goods that may be presented in the magazine, or any errors in editorial references.

GET IN TOUCH: info@abetterchoice.com.au

When thinking of the new and fresher feel of this issue, we

wanted the design to reflect exactly that—fresh, fun, and perfect for spring and summer! You'll notice a lighter, brighter vibe throughout the pages, making it easier to dive into all the delicious recipes, handy tips, and fun ideas we've got in store.

We've kept everything you love, like the regular sections, but given them a bit of a glow-up. This issue has got Christmas and New Year covered with recipes that'll make any gathering extra special. Our Kids section is full of playful energy too, with a snakes and ladders theme to keep the little ones busy while you get things sorted. Plus, there are plenty of fun activities, both indoors and outdoors, to make the most of the sunny weather.

A big shout-out goes to all the local fruit and veg shops around Australia. They're the heroes behind the fresh produce we've featured, helping you create delicious meals all season long. So grab a cuppa, flip through the pages, and get ready to enjoy a vibrant, flavour-filled spring and summer with the freshest recipes around!

The 'A better choice!' Team

A better choice!

Quality FRESHNESS Service



Contents

- 5 Beat the Heat
- 12 Plan Your Next Adventure
- 18 More Fruit & Veg, Less Effort
- 20 Lounging Season
- 26 Celebrate 2025
- 36 Top of the Crop NSW
- 38 Cook Like a Masterchef
- 44 Nicol Carrots from SA
- 46 Spruce Your Salad
- 54 Torbay Asparagus from WA
- 56 Becoming a Herbivore
- 58 Herbs and More
- 62 QLD Papaya
- 64 The Spice Factor
- 66 Spices and More
- 70 Veg Swaps and VIC Stonefruit
- 72 A Merry Christmas
- 76 Kids Corner
- 80 Index



Spring & Summer!

In spring and summer, Australia offers a vibrant selection of fresh fruits and vegetables perfect for the season. Here's a list of some spring fruits and vegetables you can enjoy:

Spring Fruits:

- Strawberries
- Blueberries
- Cherries
- Grapes
- Rockmelon
- Mangoes
- Papaya
- Passionfruit
- Pineapple
- Lemons
- Limes
- Apples
- Pears
- Mandarins
- Nashi Pears
- Rhubarb

Spring Vegetables:

- Asparagus
- Artichokes
- Broad Beans
- Peas
- Zucchini
- Cucumbers
- Radishes
- Spinach
- Spring Onions
- Snow Peas
- Leeks
- Carrots
- Cabbage
- Cauliflower
- Brussels Sprouts
- Fennel
- Beetroot
- Sweet Corn
- Eggplant
- Silverbeet
- Capsicum
- Watercress

Summer Fruits:

- Watermelon
- Peaches
- Plums
- Apricots
- Nectarines
- Cherries
- Mangoes
- Pineapple
- Lychees
- Passionfruit
- Figs
- Raspberries
- Blackberries
- Strawberries
- Blueberries
- Grapes
- Melons
- Papaya
- Bananas
- Limes
- Lemons

Summer Vegetables:

- Tomatoes
- Cucumbers
- Capsicum
- Zucchini
- Eggplant
- Corn
- Green Beans
- Chillies
- Lettuce
- Spinach
- Kale
- Silverbeet
- Radishes
- Carrots
- Beetroot
- Spring Onions
- Basil
- Coriander
- Dill

These vibrant spring and summer fruits and vegetables feature in the delicious recipes throughout this magazine. You'll find all this fresh, seasonal produce at your local fruit and veg shop, so you can create healthy and flavour-packed dishes while supporting local growers!





BANANA BREAD WITH COCONUT

300 gm or 3 large bananas mashed
150 gm or 3/4 cup caster sugar
2 eggs
125 ml or 1/2 cup of oil
200 ml or 3/4 cup of coconut milk
1 tsp vanilla
240 gm or 1/2 cups plain flour
80 gm or 1 cup of desiccated coconut
2 tps baking powder
1/2 tsp salt
1/2 cup flaked coconut to decorate

To make gluten free Banana Coconut Bread:
Replace the plain flour with 1 1/2 cups (160gm) of gluten free flour and 1 cup of almond meal.

- 1** Preheat the oven to 170C. Grease and line a large loaf tin (approx. 24 x 10 cm)
- 2** Mix the first 6 ingredients in a bowl.
- 3** Mix the remaining dry ingredients (except the flaked coconut in another bowl.)
- 4** Mix the two mixtures together and pour into the loaf tin.
- 5** Bake for 45-50 minutes or until a knife inserted in the centre comes out clean.

Here's a quirky banana fact:

Bananas are curved because they grow towards the sun! As they develop, they go through a process called "negative geotropism," which means instead of growing downwards like most fruits, they turn upwards to reach for the sunlight. That's why they have their iconic bend!





Beat the Heat

Master the art of frozen desserts with our expert tips and recipes. From creamy popsicles to refreshing sorbets, this section will guide you through creating perfect chilled treats to enjoy all season.



As the warmer months of spring and summer roll around, there's nothing quite as satisfying as indulging in a cool, refreshing frozen dessert. Whether you're hosting a backyard barbecue, planning a picnic, or simply craving a sweet treat, frozen desserts are the perfect way to beat the heat. Here are some tips and tricks to help you create frozen desserts that are sure to impress your guests and keep you cool all season.



ZUCCHINI & MINT ICY POLES

PREP: 15 MINS SERVES: 8

2 zucchinis, grated
2 limes
1 Tbsp honey
1/3 cup mint leaves, chopped
2 cups coconut water

1 Start by finely grating the zucchini and setting it aside. In a blender, combine lime juice, fresh mint leaves, honey, and coconut water. Blend until smooth and well-combined, creating a vibrant green mixture. Stir in the grated zucchini by hand for added texture.

2 Pour the mixture into icy pole moulds, leaving a bit of space at the top. Insert sticks into each mould and freeze for several hours until solid. When ready to enjoy, run the moulds under warm water to release the icy poles.

Choose Seasonal Ingredients

Spring and summer are prime seasons for fresh, vibrant fruits. Opt for ingredients like strawberries, oranges, mangoes, peaches, and berries, which not only add natural sweetness but also burst with flavour. Using in-season produce not only enhances the taste of your desserts but also supports local fruit and veg shops.



Balance Flavours

When making frozen desserts, it's important to strike the right balance between sweet and tart flavours. For example, pair sweet fruits like mango with a hint of lime, lemon or orange to brighten the overall taste. If you're making a dessert with rich ingredients like chocolate or caramel, consider adding a touch of sea salt to balance the sweetness and add depth.

STRAWBERRY MANGO POPSICLES

PREP: 15 MINS SERVES: 8

1 cup fresh strawberries, stems removed and hulled
2 cups ripe mangoes, peeled and cubed
1 cup orange juice

1 In a blender, combine the strawberries with 1/4 cup of orange juice. Blend until smooth, then pour the mixture into 8 popsicle moulds.

2 Quickly rinse the blender. Next, add the cubed mango and remaining 3/4 cup orange juice to the blender. Blend until smooth, then pour the mango mixture on top of the strawberry mix, filling the moulds almost to the top. Insert popsicle sticks.

3 Place the popsicle moulds into the freezer and freeze until firm, around 4 hours.

4 To remove the popsicles from the mould, run under hot water for 10 secs and then gently pull the popsicles out of the moulds.

@abetterchoiceaus 9





Dietary Preferences

With more people leaning towards plant-based or dairy-free diets, it's a good idea to have options that cater to different dietary preferences.

Coconut milk, almond milk, and other plant-based alternatives work wonderfully in frozen desserts. You can also experiment with natural sweeteners like agave syrup or honey for those who prefer a lower sugar option.

The Presentation

Frozen desserts are as much about the visual appeal as they are about taste. Consider layering different colours and textures in your desserts, like alternating fruit purees with yogurt in popsicles, or topping a sorbet with fresh berries and mint leaves. Serving your desserts in elegant glassware or colourful bowls can also enhance the overall experience.



CREAMY ORANGE POPSICLES

PREP: 15 MINS SERVES: 6

400g vanilla ice cream, slightly thawed
250ml orange juice
3/4 cup full fat coconut cream
1 Tbsp vanilla extract
2 Tbsps honey
1/2 tsp orange zest

1 Juice fresh oranges and mix with coconut cream, honey, and vanilla extract until smooth. For extra flavour, add some grated orange zest. Pour the mixture into popsicle moulds, insert sticks, and freeze for 4-6 hours.

2 To serve, run the moulds under warm water to release the popsicles. Enjoy these creamy, tangy, and refreshing treats on a hot day.

MANGO FROZEN YOGURT

PREP: 10 MINS SERVES: 10

3 cups (525g) frozen mango chunks
1/4 cup granulated sugar
1 Tbsp fresh lemon juice and/or to taste
3/4 cup greek yoghurt
Pinch of salt

1 To a food processor, add all the ingredients in the order listed. Process until the mixture is smooth and there are no lumps. You will need to stop the mixer every so often to scrape down the sides.

2 Serve immediately for a soft texture, or transfer to freezer in a freezer-safe container. Ensure it's tightly sealed to prevent ice crystals. Before serving from the freezer, let it sit at room temperature for a few minutes to soften for easier scooping and a creamier texture.



MANGO ICE CREAM TART

PREP: 4 HOURS SERVES: 6

500ml vanilla ice cream (slightly melted)
4 mangoes, diced then frozen
200g ginger nut biscuits
120g macadamias + extra to serve
50g unsalted butter (melted)
1 fresh mango for topping
Lime juice to taste

1 Crush biscuits into fine crumbs and mix with melted butter until well combined. Press the mixture evenly into the base and sides of a tart tin, then place in the freezer for 15 minutes to set.

2 In a blender, combine fresh mango pieces, vanilla ice cream, and a squeeze of lime juice. Blend until smooth and creamy.

Store Properly

One of the great things about frozen desserts is that they can often be made well in advance. This makes them perfect for entertaining, you can prepare them ahead of time and store them in the freezer until needed. Cover your desserts well to prevent freezer burn, and let them soften slightly at room temperature before serving for the best texture.

Keep it Light & Refreshing

Spring and summer are all about light, refreshing flavours. Instead of heavy, rich desserts, aim for options that are fruity and bright. Sorbets, granitas, and frozen yogurts are perfect choices that won't weigh you down on a hot day.

3 Pour the mango mixture into the chilled tart base, smoothing the top with a spatula. Freeze for at least 4 hours or until firm.

4 Before serving, allow the tart to sit at room temperature for a few minutes to soften slightly. Slice and enjoy!

Summer is Sweeter With a Cherry on Top



100% Australian-owned and grown cherries, established in the Yarra Valley in 1940. Look for Cherry Hill's fresh, juicy, and sweet cherries at your local independent grocer.

www.cherryhill.com.au

This Takes the Cake!



This recipe is a celebration of rich chocolate cake layers, whipped cream, and the irresistible flavour of fresh CherryHill Orchards cherries. Topped with decadent chocolate shavings and a touch of glamour from gold-dusted cherries, this show-stopping dessert is perfect for special occasions or when you want to impress.

Choc Cherry Heaven Cake by Katherine Sabbath

CherryHill
ORCHARDS

CAKE

3 cups (480g) self-raising flour
2 1/2 cups (570g) caster sugar
1 1/2 cups (140g) unsweetened cocoa powder
1 tsp bicarbonate of soda
1/2 tsp salt
1 tsp instant coffee powder
1 1/2 cups (375 ml) buttermilk
3/4 cup (170g) melted coconut oil
3 large free-range eggs
2 tsps vanilla extract
1 1/2 cups (375 ml) boiling water

TO DECORATE

300g CherryHill Orchards cherries, halved with pips removed
150g cherry jam (other berry jams are also fine!)
600mls cream, whipped
Block of your favourite chocolate

- 1 Preheat the oven to 160°C fan forced. Grease three 18 cm round cake tins with cooking oil spray & line with baking paper.
- 2 Using an electric mixer fitted with the paddle attachment, whisk the flour, sugar, cocoa, bicarb soda, salt & coffee powder until combined.
- 3 Add the buttermilk, coconut oil, eggs & vanilla & mix on medium speed until well combined. Reduce the speed, carefully add the boiling water & mix until well combined.
- 4 Divide the batter between the cake tins. Bake for 45-50 minutes or until a skewer inserted into the centre of the cakes comes out clean. Remove from the oven & allow the cakes to cool for about 20 minutes, then remove from the tins & transfer to a wire rack to cool completely.
- 5 Place bottom layer of cake onto a cake stand or serving platter & generously spread over whipped cream, followed by some dollops of jam, & stud with halved cherries. Repeat with the remaining two layers of cake.
- 6 To add the final decorations, use a potato peeler or grater on the longest edge of the chocolate block & cover the top of cake with chocolate shavings. Finish with some whole cherries as well as some show stopping gold-dusted cherries!

Plan your next ADVENTURE!



Heading out for a day in Australia's great outdoors? Here are some delicious, handpicked recipes to fuel your adventure. Whether hiking in the Dandenong Ranges or picnicking at Noosa National Park, these recipes are perfect for your picnic.



Dandenong Ranges National Park, Victoria

Facilities: Picnic areas, barbecues, toilets, and walking trails.

Best for Picnics: Located just outside Melbourne, the Dandenong Ranges offer beautiful fern gullies and towering trees. The Grant's Picnic Ground and Sherbrooke Picnic Ground are popular choices, with the latter offering close encounters with native birds like cockatoos and rosellas.

Why It's Ideal: The cool, lush environment and well-maintained picnic facilities make it a serene spot for a day out, especially during the warmer months.

QUINOA, SILVERBEET & FETA BREAD

PREP: 60 MINS SERVES: 8

1/2 Cup Organic Quinoa Flakes, extra to sprinkle
2 Cups Self-Raising Flour
60g Butter, chopped
1 Cup Silverbeet, finely shredded
100g Feta, coarsely crumbled
1 Cup Buttermilk

- 1 Preheat the oven to 200°C. Line a baking tray with baking paper.
- 2 Place the flour in a large bowl. Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs. Add the quinoa flakes, silverbeet and feta and stir to combine. Add the buttermilk and stir until a soft but sticky dough forms.
- 3 Turn dough onto a lightly floured surface and gently knead until smooth. Shape dough into a 20cm-diameter disc. Place on the lined tray. Use a small sharp knife to cut a cross, about 1cm deep, into the top of the dough. Sprinkle the dough with extra quinoa flakes.
- 4 Bake for 15 mins. Reduce oven to 180°C and bake for 30 mins or until golden and the loaf sounds hollow when tapped on the base. Transfer to a wire rack to cool. Serve warm or at room temperature with butter, if desired.





BLUEBERRY, BANANA & PEPITA OAT BARS

PREP: 40 MINS SERVES: 16

- 1/3 cup virgin olive oil
- 1/2 cup almond butter
- 2 Tbsps honey
- 1 egg
- 1 banana, mashed
- 1 cup rolled oats
- 1/2 cup plain flour
- 1/2 cup roasted almonds, chopped
- 1/2 cup pepitas
- 1/2 cup raisins
- 1/2 cup dried cherries
- 125g blueberries

- 1 Preheat the oven to 200C. Place oil, butter, honey, and egg in a small bowl and whisk until combined.
- 2 Place banana, oats, flour, almonds, pepitas, raisins and dried cherries in a large bowl. Add in oil mixture and mix until combined. Gently fold in blueberries. Transfer mixture onto a lined slice pan and spread out evenly.
- 4 Bake for 25 minutes or until golden brown. Allow to cool completely, then cut into 16 pieces.



Royal National Park, New South Wales

Facilities: Picnic areas, barbecues, toilets, and car parks.

Best for Picnics: The Royal National Park, located just south of Sydney, is the second oldest national park in the world. Its vast landscapes include beaches, rainforests, and cliffs. Picnic-perfect spots include Wattamolla, with its lagoon and sandy beach, and Audley, where you can rent rowboats and enjoy expansive grassy areas.

Why It's Ideal: The diversity of landscapes, ample picnic facilities, and proximity to Sydney make it an easy and picturesque escape for city dwellers.

Kings Park and Botanic Garden, Western Australia

Facilities: Picnic areas, barbecues, toilets, cafes, and playgrounds.

Best for Picnics: Located in Perth, Kings Park offers sweeping views of the city and the Swan River. The Botanic Garden within the park is a fantastic spot for a picnic, with shaded areas and beautiful gardens to explore.

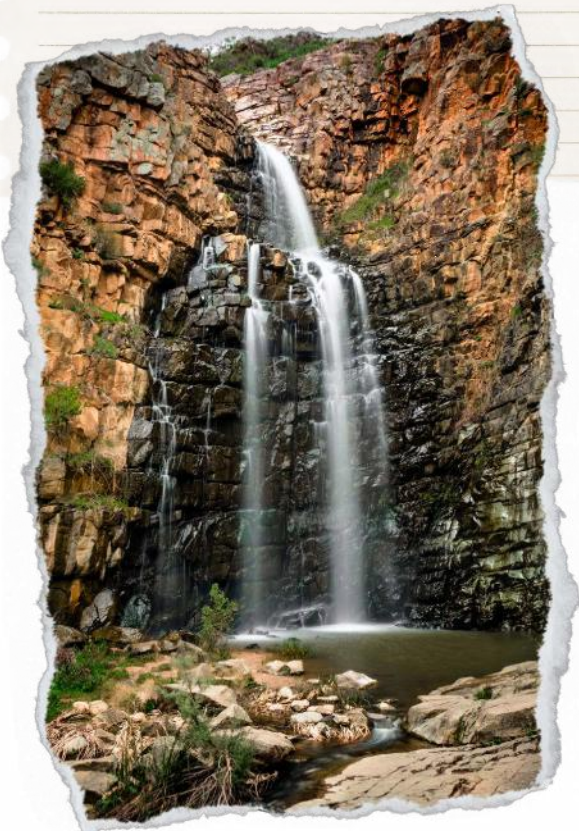
Why It's Ideal: The convenience of being close to Perth's CBD, along with excellent facilities and stunning views, makes it a top choice for urban picnicking.

Morialta Conservation Park, South Australia

Facilities: Picnic areas, barbecues, toilets, walking tracks, and playgrounds.

Best for Picnics: Located just 10km from Adelaide's city centre, Morialta Conservation Park is known for its dramatic gorges, waterfalls, and diverse wildlife. The First Falls area offers a scenic picnic spot with views of the park's most popular waterfall. There are also grassy areas and barbecues available near the Morialta Playground, which is great for families.

Why It's Ideal: The park's proximity to Adelaide, coupled with its stunning natural features and well-maintained picnic facilities, makes it an excellent choice for a relaxing picnic day out. The variety of walking trails also means you can enjoy a hike before or after your meal, taking in the beauty of the waterfalls and the surrounding bushland.



TOMATO & SQUASH GALETTE PREP: 1 HOUR SERVES: 4

1 1/4 cups all-purpose flour
8 Tbsps ice cold salted butter, cubed
4-8 Tbsps ice cold water
1/4 cup grated cheese
2 tomatoes, sliced into 1cm slices
2 yellow squashes, sliced into 1cm slices
2 Tbsps olive oil
1 tsp salt and pepper
1/2 tsp Italian seasoning
5 sprigs of fresh thyme
1/4 cup shredded cheese

- 1** Add flour and salt to a bowl. In a separate bowl, add cubed butter. Chill both bowls for 10 minutes in the freezer.
- 2** Add the cubed butter to flour mixer, and pulse in a food processor until a wet sand consistency comes to fruition. Add 2 Tbsps of ice-cold water bit by bit until the dough has formed.
- 3** Turn out onto the counter and form into a ball, place in plastic wrap, and flatten into a disk; place in the fridge for minimum of 2 hours or up to overnight.
- 4** Preheat oven to 200°C. Slice and pat dry the tomatoes and squash. Roll out the dough to 1.5 cm thick, add shredded cheese, and arrange veggies in a spiral on top. Drizzle with olive oil, season with salt, pepper, Italian seasoning, and fresh thyme. Bake for 30 minutes, then slice and enjoy warm.



Freycinet National Park, Tasmania

Facilities: Picnic areas, toilets, walking tracks, and camping sites.

Best for Picnics: Freycinet National Park is known for its stunning coastal scenery, including the famous Wineglass Bay. Hazards Beach and Honeymoon Bay offer picturesque picnic spots with views of the clear blue waters and the pink granite peaks of the Hazards.

Why It's Ideal: The breathtaking views of the coast combined with the park's secluded beaches create a perfect setting for a peaceful picnic.



ROAST EGGPLANT, LEMON & GARLIC DIP

PREP: 40 MINS SERVES: 4

2 Eggplants
1 Clove Garlic, chopped
1 Fresh Lemon
60g Olive Oil
30g Grilled Red Pepper, diced
1/4 Bunch Parsley, chopped
Flake Salt

- 1 Preheat the oven to 200°C. Place the eggplants into the hot oven and roast them until they become super soft.
- 2 While the eggplants are roasting, mix the chopped garlic, olive oil, lemon juice, and zest together to create a zesty dressing.
- 3 Once the eggplants are soft, remove them from the oven and let them cool for 10 minutes.
- 4 Peel the eggplants and place them into a serving bowl. Drizzle the zesty dressing over the eggplants. Garnish the dip with diced grilled red pepper and chopped parsley.





APPLE SANDWICHES

PREP: 10 MINS SERVES: 4

2 large apples
Peanut butter (or alternative nut butter)
Granola/muesli

- 1 Wash and slice crisp apples into thin rounds, removing the core.
- 2 Spread peanut or almond butter on one apple slice.
- 3 Sprinkle with granola, nuts, or raisins for added crunch. Top with another apple slice to create a sandwich.
- 4 Gently press to secure the filling, and serve immediately for optimal taste and texture.



Litchfield National Park, Northern Territory

Facilities: Picnic areas, barbecues, toilets, walking tracks, and swimming spots.

Best for Picnics: Litchfield National Park, located just south of Darwin, is known for its stunning waterfalls, natural swimming holes, and dramatic termite mounds. The Florence Falls and Wangi Falls areas are particularly popular for picnics, offering shaded spots and safe swimming opportunities.

Why It's Ideal: The park's incredible natural beauty, swimming spots, and well-equipped picnic areas make it an ideal destination for a refreshing day out in the Northern Territory.



Noosa National Park, Queensland

Facilities: Picnic areas, barbecues, toilets, walking tracks.

Best for Picnics: Noosa National Park is famous for its coastal walks with stunning ocean views. The Laguna Lookout offers panoramic views of Noosa and is a perfect spot for a picnic. The park also has numerous secluded beaches and grassy areas along the tracks.

Why It's Ideal: The park's scenic coastal trails and numerous picturesque picnic spots make it a favourite for both locals and visitors looking to combine a beach day with a picnic.



More Fruit & Veg, Less Effort!

Practical tips from a nutritionist to increase your fruit and veg intake with ease

Most Australians know they should be eating more fruits and vegetables, but the stark reality is that only about 4% of Aussies actually eat the recommended 5 serves of vegetables and 2 serves of fruit daily (1). In this article, we chat with nutritionist Zac Egan, who shares his practical tips on how to eat more fruits and vegetables to support better health.

Firstly, it's important to understand what a serve of fruit and vegetables actually looks like:

1 x Serve of Vegetables:

- 1/2 cup or 75 grams of cooked, fibrous vegetables (broccoli, carrots, pumpkin or corn) or 1 cup of leafy greens or salad
- 1/2 cup of pulses (lentils and chickpeas)

1 x Serve of Fruit:

- 1 x medium-sized piece of fruit (apple, banana, orange) 2 x small pieces (plums, kiwifruit), or 1/2 cup of loose fruit (grapes, berries)



Tip 1 - Simplify It

Break down the 5/2 goal into smaller, manageable steps. Aim for:

- 2 veggie serves per meal, plus 1 veggie serve in a snack.
- 1 fruit serve in a meal, plus 1 serve in a snack.

For example:

- Breakfast: Granola with 1/2 cup of berries
- Lunch: Omelette and toast with 1/2 avocado & 1/2 tomato
- Dinner: Risotto with 1/2 cup of peas & asparagus
- Snack: Smoothie with 1 cup of spinach & an apple

That's 5 serves of veggies and 2 serves of fruit!

Tip 2 - Double Up

Some veggies pack a powerful punch and count as 2 serves. Tomatoes and potatoes are great examples—eat them whole and boost your intake with ease!

Tip 3 - Get Sneaky

Sneak fruits and vegetables where you can. Toss some spinach into your smoothies, grate apples over your morning cereal, or mix in 1/2 cup of lentils with your salad for an extra boost!

Tip 4 - Use Vegetables

Not sure what to do with that leftover broccoli, onion, and pumpkin? Whip up a frittata! A Google search will offer hundreds of ideas for using up that leftover produce in the corner of the crisper.

Tip 5 - Try Something New

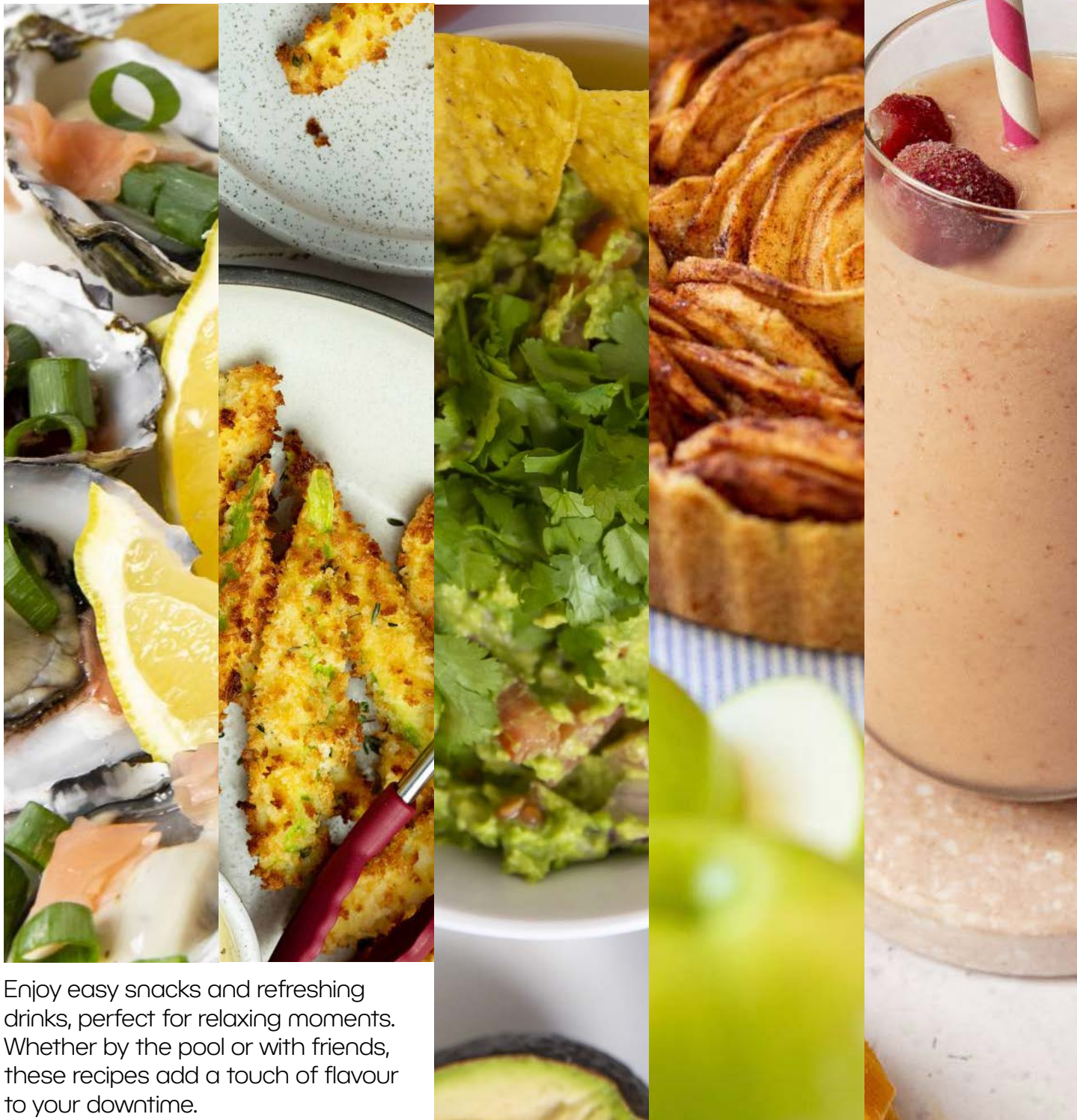
Challenge yourself to try a new fruit or vegetable each week. Ask your local fruit and veg shop for recommendations on how to use something unfamiliar.



Zac Egan, a registered sports nutritionist and associate member of the Nutrition Society of Australia, is passionate about empowering everyday people to improve their health by simply eating more fruits and vegetables. He offers practical, evidence-based nutrition tips that are easy to incorporate into daily life.

Check out Zac's Instagram here at @zacegan_nutrition

Lounging Season



Enjoy easy snacks and refreshing drinks, perfect for relaxing moments. Whether by the pool or with friends, these recipes add a touch of flavour to your downtime.



GINGER SOY OYSTERS

These oysters are a fresh, sophisticated dish featuring briny oysters topped with a sweet and tangy dressing made from mirin, sherry vinegar, and soy sauce. Garnished with pickled ginger and spring onions, they offer a perfect balance of flavours, making them an elegant and flavourful appetiser.

PREP: 5 MINS

SERVES: 6-8

Rock salt, to serve
24 fresh, natural oysters
(in their half shells)
1/4 cup mirin seasoning
2 tps sherry vinegar
1 tsp soy sauce
1/3 cup pickled ginger,
thinly shredded
Spring onion, finely sliced

1 To prepare the dressing, whisk together mirin, sherry vinegar, and soy sauce in a small bowl until well combined.

2 Before serving, sprinkle rock salt over a serving platter to stabilise the oysters. Arrange the oysters on the salt and spoon the dressing over each one.

3 Top with thin slices of pickled ginger and finely sliced spring onions. Serve immediately, letting the fresh, vibrant flavours shine. Perfect for a sophisticated appetiser.

PARMESAN, THYME & ZUCCHINI FRIES

These Parmesan, Thyme & Zucchini Fries are a crispy, cheesy snack. Coated in Parmesan, thyme, and breadcrumbs, they're fried to golden perfection. A healthier, alternative to traditional fries, perfect for dipping or as a side dish!

PREP: 20 mins

SERVES: 4 (as a side)

6 small zucchinis
1 cup of plain flour
2 whisked eggs
1 cup panko breadcrumbs
1/2 cup parmesan cheese, freshly finely grated
1 tsp garlic powder
1 1/2 tsps fresh thyme leaves
Salt & pepper
Olive oil spray

1 Mix the grated parmesan, panko breadcrumbs, thyme, salt, and pepper in a shallow dish. Beat the eggs in a separate bowl. Dip zucchini slices into the eggs, then coat them in the parmesan mixture.

2 Preheat the air fryer to 200°C. Place the coated zucchini in a single layer in the basket and cook for 8-10 minutes, turning halfway, until golden and crispy.

3 Remove from the air fryer and serve immediately with your favourite dipping sauce. Enjoy them while they





HOMEMADE GUACAMOLE

This guacamole is a creamy, flavour-packed dip made with ripe avocados, finely chopped red onion, and diced tomato. Fresh coriander and lime juice add a zesty kick. Perfectly balanced and vibrant, it's ideal for dipping, spreading, or topping your favourite dishes.

PREP: 5 MINS

SERVES: 4 (As a side)

2 ripe avocados
1/2 red onion, finely chopped
1 tomato, diced
Handful of coriander, chopped
Lime juice, to taste
Salt and pepper, to taste

1 Start by cutting two ripe avocados in half, removing the pits, and scooping the flesh into a bowl. Mash the avocado until mostly smooth, leaving a few small chunks for texture.

2 Finely chop a small red onion and dice a ripe tomato. Add both to the mashed avocado, mixing until evenly combined.

3 For a fresh burst of flavour, chop some coriander and squeeze in the juice of half a lime. The lime juice adds zest and keeps the avocado from browning. Season with salt and pepper to taste.

4 Serve right away with corn chips, on toast, or as a topping for your favourite dish. This guacamole is vibrant and perfect for any occasion!

APPLE & CINNAMON TART

This Apple & Cinnamon Tart has us hooked on a filling! A classic recipe to have as a staple in your baking repertoire, this will be one to pass down for generations!

This recipe was made in collaboration with **Melbourne Food Nerd!**

PREP: 1 hour 30 mins

SERVES: 8-10

4 granny smith apples
1/3 cup of sugar + 4 Tbsps
fresh lemon juice
2 tsp cinnamon
1 Tbsp vanilla essence
110g butter + additional
for baking
1 cup plain flour
Whipped cream

- 1** Preheat oven to 180°. Peel apples, slice thinly and remove seeds
- 2** Add the apples to a large bowl with 1/3 cup sugar, cinnamon, vanilla essence, lemon juice and a pinch of salt. Mix well and set aside
- 3** Add flour, two Tbsps of sugar, a pinch of salt and the melted butter to an electric mixer. Mix until it starts to combine into lumps
- 4** Add to a 20cm round tart tin and press until flat. Chill in the fridge for 10 mins.
- 5** Arrange apples into the tin. Sprinkle with remaining white sugar and scatter butter on the top
- 6** Bake for 1 hour, until the pastry is cooked and the apples are golden.





STRAWBERRY MANGO SMOOTHIE

This Strawberry Mango Smoothie is a refreshing blend of sweet strawberries, juicy mango, creamy yogurt, and a splash of orange juice. It's the perfect way to start your day or enjoy as a revitalising snack, offering a delicious burst of fruity flavours in every sip.

PREP: 5 MINS

SERVES: 2

1 Mango, peeled and cut into chunks
1 Banana, peeled and sliced
5 Strawberries, tops off
1 Cup Coconut Milk

1 Gather fresh strawberries, juicy mango, creamy yogurt, and orange juice. Hull the strawberries and peel the mango, cutting them into chunks..

2 In a blender, combine the fruit with a generous spoonful of yogurt and a splash of orange juice. Blend until smooth and creamy, adjusting the consistency with more juice if needed.

3 Pour the smoothie into a glass, and enjoy immediately.



CONGRATULATIONS TO ALL FRESH AWARD WINNERS

WHOLESALE OF THE YEAR
LEMDCELL

PRODUCE GROWER OF THE YEAR
D FRESH PRODUCE

FLOWER GROWER OF THE YEAR
EAST COAST WILDFLOWERS

PROVIDORE OF THE YEAR
PARISI

FLORIST OF THE YEAR
THE LITTLE GARDEN - BELMONT

GREENGROCER OF THE YEAR
FRUITEZY MARKETPLACE
- MAROUBRA

BEST SMALL BUSINESS
FITA FRUITA - TURRAMURRA

BEST MEDIUM BUSINESS
MINCHINBURY FRUIT MARKET

BEST LARGE BUSINESS
PARISI'S FOOD HALL - ROSE BAY

BEST EXTRA LARGE BUSINESS
MARTELLI'S FRUIT MARKET
- CHERRYBROOK

RETAIL PRESENTATION
ZIGGY'S FRESH - FYSHWICK

KNOWLEDGE IN ACTION
BULLI FRUIT & VEGETABLE
MARKET

SERVICE EXCELLENCE
PEACHY GREENGROCER
- RUTHERFORD

RETAIL PRESENTATION
PEARSONS FLORIST
- BONDI JUNCTION

SERVICE EXCELLENCE
BELLA FLORAL BOUTIQUE
- MORISSET

MERCHANDISING & BRANDING
B&M FLORIST - MONTEREY

NON-RETAIL STUDIO FLORIST
THE LILLIPILLIAN
- TEGAN O'BRIEN

FRESH CONTENT
VINCENT LIM - DIMSIMLIM

PADDY'S PEOPLE'S CHOICE
RETAIL - HAYMARKET
SYDNEY UGGS

PADDY'S PEOPLE'S CHOICE
FRESH - HAYMARKET
MUSTAFA ALLAZZE FRUIT &
VEGETABLES

PADDY'S PEOPLE'S CHOICE
RETAIL - FLEMINGTON
VANILLA GROVE

PADDY'S PEOPLE'S CHOICE
FRESH - FLEMINGTON
YEP LUM & CO

On Friday 12th July 2024 the elite of the fresh industry joined together and attended the seventh annual Sydney Markets Fresh Awards at the International Convention Centre in Darling Harbour.

Celebrating and recognising the achievements of produce and flower growers, greengrocers, florists, wholesalers, providores, and content creators, across NSW and the Paddy's People's Choice Awards.

This year, 89 finalists across 22 categories were nominated.



★ Celebrate **2025** with a bang!



New Year's Eve is the perfect time to gather with friends and family, enjoying great food and each other's company as you countdown to midnight. Here's how to host a memorable and distinctly Australian celebration by focusing on fresh produce and shopping locally.

Flavour your table WITH OUR FINEST SELECTION

Sugar Plum tomatoes are intensely sweet, juicy and hand-picked at the perfect time to ensure their premium flavour. Their unique shape and deep red colour make them the perfect addition to any entertaining platter.



flavorite
Perfectly Picked

Perfect for snacking, salads & the environment.
Scan to discover our sustainable growing practices.



Jalapeño Margarita pg 34

Pear & Raspberry Hand Pies
pg 34





Rockmelon & Prosciutto Skewers
pg 34

Gin & Grapefruit Cocktail pg 34



JALAPEÑO MARGARITA

PREP: 15 MINS SERVES: 4

3/4 cup tequila
1/4 to 1/2 jalapeños, plus extra slices for garnish
1/4 cup Orange Liqueur
1/2 fresh lime juice, plus lime slices for garnish
1/4 fresh-squeezed orange juice
Few splashes of sparkling water
Handful of ice

1 Pour the tequila into a mixing glass. Add in the sliced jalapeno, 1/4 to 1/2, depending on how spicy you want your margaritas. Set aside.

2 Then mix the jalapeno-infused tequila, orange liqueur, fresh lime juice and 1/4 cup of fresh orange juice.

3 Pour mixture into glasses and garnish with lime slices and jalapenos. For a lighter margarita, fill the glasses 1/2 full and add sparkling water.

PEAR & RASPBERRY HAND PIES

TIME 20 MINUTES SERVES 4

1 1/2 cups fresh raspberries, hulled and sliced
1 small pear, peeled and diced
2 Tbsps white sugar
1 Tbsp cornflour
2 sheets frozen puff pastry, just thawed
1 egg
2 Tbsps water
1 Tbsp icing sugar

1 Add the raspberries, pear, sugar, and cornflour to a pot and stir.

2 Cook contents of pot over a medium heat until the mixture is bubbly. Mash the fruit a little with a fork, then set aside to cool.

3 Preheat oven to 180C and line a large tray with baking paper. Cut the just thawed puff pastry sheet into 8 squares. Next, add a dollop of the raspberry and pear filling

in the middle of each square and brush the edges of each square with some water.

4 Fold each square over to form a triangle and crimp the edges of the triangles slightly with a fork.

5 Combine the egg and 2 Tbsps of water with a fork, then brush the tops of the hand pies using a pastry brush.

Transfer the hand pies to the lined tray and bake in the oven for 22-25 mins, or until they're golden brown.

6 Once done, remove tray from the oven and allow the hand pies to cool slightly before transferring them to a wire rack. Once the hand pies have cooled to room temperature, sift over the icing sugar, then serve!

ROCKMELON & PROSCIUTTO SKEWERS

TIME 60 MINUTES SERVES 12

1 rockmelon, scooped out with a melon baller
170g sliced prosciutto, torn into pieces
220g container mini bocconcini
Handful of fresh basil leaves

MINT PESTO

4 cups fresh mint leaves
1/2 cup fresh basil leaves
Zest and juice of 1 lemon
1/4 cup pine nuts, toasted
2 garlic cloves
1/4 cup olive oil
1/4 tsp each of salt, pepper and chilli flakes

1 To make the skewers, place the rockmelon balls, bocconcini, basil leaves and prosciutto pieces onto the skewers. You can do this in whatever order you'd like!

2 To make the mint pesto, pulse the mint, basil, lemon zest, lemon juice, pine nuts and garlic in a food processor.

3 Pulse until a breadcrumb like

consistency is reached, then gradually pour in the olive oil. If the pesto is too thick, add a bit more olive oil. Next, add the salt, pepper, and chilli flakes, then blend again. Taste and season with more salt and pepper if needed.

4 To serve, place the skewers onto a serving platter and drizzle over the mint pesto. Enjoy!

GIN & GRAPEFRUIT COCKTAIL

TIME 5 MINUTES SERVES 2

ROSEMARY SYRUP

1 cup sugar
1 cup water
2 large fresh rosemary sprigs
GIN GRAPEFRUIT COCKTAIL
1/4 cup gin
1/2 cup grapefruit juice
1/4 cup rosemary syrup

1 Combine sugar, water and rosemary sprigs into a medium saucepan and boil over medium heat. Stirring occasionally for 1-2 minutes or until the sugar has dissolved. Remove from heat and allow to cool.

2 Combine gin, grapefruit juice and rosemary syrup in a cocktail shaker filled with ice. Shake vigorously. Garnish with grapefruit wedges and rosemary sprigs.

THE ANTIOXIDANT PLUM
QUEEN GARNET

INDULGE YOUR SENSES

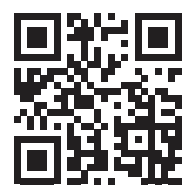
WITH QUEEN GARNET



An indulgent, delicious fruit backed by science.

- Good for your heart health
- Reduces inflammation in your body
- Supports your immunity

GET
CREATIVE:



QUEENGARNET.COM
@QUEENGARNETOFFICIAL

GROWN IN AUSTRALIA FOR
YOUR MAJESTY

Nutrafruit
naturally better

Top of the crop!

The Chetcuti family know a good carrot when they see one.

The second-generation farming family run Chetcuti Produce, a 40-hectare Dutch baby carrot and leek farm which has been operating in Mangrove Mountain, on the Central Coast of NSW for nearly 50 years.

Peter Chetcuti, who is now at the helm of the family business, says the move into Dutch baby production was unintentional.

“We rotate between carrots and leeks to give us some diversity in what we can offer. We actually started farming normal carrots, but Dad accidentally planted some Dutch baby carrots and they really suited the climate here, and now we’ve made a niche with them alongside leeks,” Peter says.



Peter believes that their success is largely due to their proximity to natural spring-fed dams, which provides them with water that makes their crops stand out above the rest.

“It’s like we’re irrigating with bottled water – it’s excellent water to work with and I think you can really taste the difference in our produce compared to others. The climate here works as well. Being inland we get a mild summer and not-so-harsh winter, which is great growing conditions for our crops.”

“The climate has an impact on our shelf life, and coupled with the speed we can get to market we have a product that is fresh and delicious for longer. With our Dutch carrots in particular, we can have them picked and on a shelf, or at Sydney Markets within 24 hours. I’m very proud of the quality we achieve from our boutique operation and I’m grateful for the support of Samson’s Fruit and Vegetable Supply and Gourmet Veg as our longstanding wholesale partners.”

Peter says there has been increased demand for Dutch babies over the past 15 or so years as consumers look for more unique products to try.



Peter Chetcuti is a second-generation producer on the Central Coast. He says interest in less-common varieties is growing as people experiment with recipes.



Who better to grow baby carrots than baby farmers?
Ronan Chetcuti (age 2) helps out at the family farm, which specialises in leeks and Dutch baby carrots.

“There has definitely been increased interest in niche produce like ours, which I think is down to more cooking shows popping up, plus people consuming more media about food. This helps them to see what types of produce is out there when looking beyond buying your generic staple vegetables.”

With a unique way of growing a unique product, Peter adds that he’s seen some unique uses of his carrots in his time.

“The best, and most weird use I’ve seen is someone using the entire carrot, including the top and leaves, in a juice. People come up with some crazy ideas, but I guess that’s what cooking with products like ours is all about,” he says.



Happy accident: Chetcuti Produce found a niche in Dutch baby carrots after Peter Chetcuti’s dad planted some by accident.



Cook like a Master Chef!

Impress your guests this Christmas with recipes from Australia's first MasterChef, Julie Goodwin. Known for her flavourful, approachable dishes, these four recipes will help you cook like a pro and wow your family and friends!



Julie Goodwin's Broccoli Pesto with Poached Chicken



See how its made by scanning the QR Code!



PREP: 40 MINS SERVES: 4

4 small skinless chicken breasts
50g pine nuts, toasted
1 bunch basil leaves, loosely packed
50g parmesan, in 1cm cubes
Zest 1/2 lemon, plus the juice
1/3 cup olive oil
1 tsp sea salt flakes
1/4 tsp ground white pepper
1 bunch broccolini, cut on the diagonal into 3cm pieces
40g parmesan cheese, freshly grated
Drizzle of olive oil, for serving

1 Place the chicken in a large pot. Cover with cold water and add a Tbsp of salt. Place the pot over low heat and bring up to a gentle simmer. Simmer for 8 minutes then turn the heat off. Allow the chicken to cool in the water before slicing into 4cm thick pieces.

2 While the water is simmering, add the broccolini and blanch for one minute or until just tender. Remove from the pot with a slotted spoon.

3 Reserve a handful of the toasted pine nuts for serving. Put all the rest of the ingredients, including the blanched broccolini, into a blender or food processor and blitz until combined, but still a little bit chunky. Remove to a large bowl.

4 Serve the chicken with the pesto and a wedge of lemon.



Julie Goodwin's Roast Pumpkin, Spinach & Ricotta Pie



See how its made by scanning the QR Code!



PREP: 40 MINS SERVES: 4

Half a large butternut pumpkin (750g)
2/3 cup light olive oil
1/2 tsp nutmeg
1/2 tsp salt
1/4 tsp pepper
2 brown onions, sliced
2 cloves garlic, chopped
100g baby spinach
6 eggs
1 cup self-raising flour
1 cup grated tasty cheese
250g tub ricotta

1 Preheat oven to 200C (180C fan forced.) Grease and flour a 24cm spring-form cake tin.

2 Toss the pumpkin cubes with oil, nutmeg, salt and pepper and roast in a baking tray for 30 minutes or until soft and golden brown.

3 In a frypan over medium heat, sauté onions and garlic in 1 Tbsp olive oil

4 Take the pan off the heat and using tongs, toss the spinach through. The spinach will wilt a little.

5 In a bowl, beat the 6 eggs. Add the remaining olive oil and mix well. Add flour and whisk until there are no lumps. Stir through the cheese and season with salt and pepper.

6 Remove the pumpkin from the oven and lower the temperature to 180C (160C fan forced). Toss the pumpkin through the onion-spinach mixture. The spinach will wilt further.

7 Place half the mixture in the base of the cake tin and pour half the egg mixture over. Shake the tin to make sure the egg sinks all around the vegetables. Put the other half of the pumpkin on top and top with the remaining egg mixture.

8 Dollop the ricotta over the top, using a spoon burrow down a little so that there is some ricotta nestled inside the pie as well.

9 Bake for 45 minutes or until golden brown and firm in the middle.



Julie Goodwin's Crunchy Wombok, Beef & Noodle Salad



See how it's made by scanning the QR Code!



PREP: 25 MINS SERVES: 4

DRESSING

1/2 cup white sugar
1/2 cup white vinegar
1/3 cup fish sauce
1 clove garlic, chopped
1 small red chilli, sliced

SALAD

1/4 wombok (Chinese cabbage)
4 spring onions
1 carrot
1 Lebanese cucumber
1/3 bunch mint
1/3 bunch coriander
1 Tbsp peanut or vegetable oil
500g rump steak
100g packet of crunchy noodles

1 Heat the chef pan over high heat. In a medium pot over medium-high heat, combine the sugar and vinegar. Stir until the sugar dissolves. Bring to the boil and boil for five minutes or until slightly thickened.

2 While cooking, place the garlic and chilli in the mini food processor and blitz until finely chopped. Remove the dressing from the heat and add the fish sauce. Allow to cool for a few minutes then add the garlic and chilli. Set aside.

3 Place the oil in the pan. Season the steak with salt and cook for 2 minutes on each side (or longer, if the steak is thick or you like it more done.) Remove from the pan and set aside under foil to rest.

4 While the meat cooks, get on with the vegetables. Slice the wombok thinly with a knife. Peel and chop the spring onions. Use the mandolin to slice the cucumber and carrot. Place all of these in the large bowl. Pick the leaves from the mint and coriander and add to the bowl.

5 Slice the rump steak and add it to the salad bowl along with the noodles. Pour over the dressing, toss through, and serve straight away.



Julie Goodwin's Baked Tomato, Mushroom Risotto



See how its made by
scanning the QR Code!



PREP: 40 MINS SERVES: 4

4 rashers bacon, rind removed, cut into strips
135g (half a jar) semi-dried tomatoes, roughly chopped
200g button mushrooms, sliced
1 clove garlic, crushed
1 brown onion, diced
2 cups Arborio rice
1 Tbsp olive oil (or oil from the sundried tomato jar)
4 cups chicken stock
1 cup white wine (or another cup of stock)
1/2 cup parmesan, finely grated
Salt and pepper
1/2 cup fresh basil leaves

1 Preheat oven to 180C (160C fan forced). Place the bacon in a large enamel casserole (or other oven-proof and stovetop-proof pot) over medium high heat. Stir for 2 minutes until starting to brown and the fat has rendered out.

2 Add the tomatoes, mushrooms, onions and garlic, and cook for 5-6 minutes or until the mushrooms are browned and the onions soft. The mushrooms will absorb the bacon fat, which is why a Tbsp of oil is added with the rice at this stage. Add the rice and oil, and toss to ensure that it is all well mixed and coated. Add the wine.

3 Heat the chicken stock in the microwave or in a small saucepan on the stove top. Pour into the pot and stir. Put the lid on the pot or cover tightly with foil and place in the oven for 40 minutes or until the liquid is absorbed, and the rice is cooked through.

4 Remove from the oven, stir in the parmesan, and season with freshly ground black pepper and salt to taste.. Stir through the basil and serve immediately.





Summer's
better with a
cherry on top



CHERRIES

Nicol Carrots

A Legacy of Quality Carrot Farming in SA

BD&MD Nicol began its journey in 1963 on the Northern Adelaide Plains – just 30 minutes north of the Adelaide CBD in South Australia, where Barry and Margaret Nicol started growing a variety of crops, including carrots, potatoes, onions, lettuce, and cauliflower.

When their son Doug joined the business, the company became BD&MD Nicol & Son Pty Ltd, shifting its primary focus to carrot cultivation. Today, the business has grown substantially, farming over 700 acres on the Northern Adelaide Plains. They produce carrots year-round, supplying major supermarket chains, wholesalers, independent greengrocers, and processors across Australia and internationally.

Growing a carrot is a meticulous process, often planned three years in advance. The growth cycle for a single carrot ranges from 3 to 5 months, with faster growth occurring during the warmer months.

At Nicol Carrots, Doug takes great pride in delivering the best and freshest carrots to consumers. There's nothing more rewarding for a grower than seeing their brand on store shelves, knowing they've provided top-quality produce for the community.



Facts About Carrots

Carrots Come in Many Colours: Beyond the familiar orange, carrots can be found in a rainbow of colours, including purple, red, yellow and white.

Carrots Were Originally Purple: The first cultivated carrots were purple or white, not orange. The orange carrot we know today was developed by Dutch growers in the 17th century.

Carrot Tops Are Edible: The leafy green tops of carrots are edible and can be used in salads, pesto, or as a garnish. They have a slightly bitter flavour but are packed with nutrients.



Orange Crepes with Mandarin

by Callum Hann

Indulge in these zesty Orange and Mandarin Crepes, a recipe provided by Callum Hann. Featuring a splash of Frangelico, creamy ricotta, and caramelised pecans, this citrusy dessert is the perfect balance of sweet and tangy. Ideal for a weekend treat or impressing your guests!

1 Orange
1/4 cup honey
2 Tbsps Frangelico
1/2 cup cream
1/2 cup ricotta
1/2 cup plain flour
1 tsp caster sugar
1/2 tsp baking powder
1/2 cup milk
1/4 cup orange juice,
1 eggs
1/2 tsp vanilla paste
1 mandarin segmented
1 Tbsp brown sugar

1 Use a sharp knife to slice off the zest from each orange. Slice the zest into matchstick-sized pieces and place in a small saucepan. Remove pith from oranges, then cut flesh into segments. Add the honey, Frangelico and 1/2 a cup of water to the pan with the zest. Bring to the boil and cook for 3-5 minutes or until fragrant and reduced to a light syrup.

2 In another bowl whisk the cream to soft peaks. Fold through ricotta and set aside

3 To make the crepes, combine the flour, sugar and baking powder in a bowl, whisk in the milk, orange juice, eggs and vanilla paste until smooth.

4 Heat a frying pan over medium heat and spray with oil. Pour in some of the crepe mixture to cover the base of the pan in a thin layer and cook until set. Carefully flip and cook for a further 30 seconds or until cooked through. Repeat with the remaining mixture.

5 In a dry pan add brown sugar, heat until sugar melts. Toss to combine, then transfer to baking paper to cool. Roughly chop and set aside.

6 Divide the crepes amongst the serving plates, top with ricotta cream, reserved orange segments, mandarin segments and caramelised pecans. Spoon over the syrup and zest to serve.





Spruce Your Salad

Spring and summer are the perfect seasons to indulge in vibrant, flavour-packed salads that celebrate the bounty of fresh produce. Whether you're planning a picnic, hosting a barbecue, or simply looking for a healthy meal option, a well-crafted salad can be both satisfying and refreshing. Here's how to make the most of the season's offerings and create salads that are as beautiful as they are delicious.

1. Embrace Seasonal Produce

The key to a standout salad is using the freshest ingredients available, and spring and summer offer a wealth of options. During these months, fruit and veg shops are bursting with fresh vegetables and fruits. Think crisp cucumbers, juicy tomatoes, tender asparagus, and sweet berries. These seasonal delights not only taste better but also pack more nutrients, giving your salads a natural, wholesome boost.

2. Mix Up Textures

One of the most enjoyable aspects of a salad is the interplay of different textures. To keep things interesting, aim for a variety of textures in each bite. Combine crisp elements like leafy greens or radishes with softer ingredients like avocados or ripe peaches. Add a crunchy element such as toasted nuts, seeds, or croutons to contrast with creamy cheeses or smooth dressings. This balance of textures will make your salad more satisfying and keep your taste buds engaged.

3. Play with Flavours

A great salad is all about balance—especially when it comes to flavours. Start with a base of greens, and then layer in sweet, savory, and tangy components. For sweetness, try adding fresh fruits like strawberries, mangoes, or even grilled peaches. Savory ingredients like grilled chicken, bacon, or feta cheese can add depth, while tangy dressings made with citrus or vinegar can tie everything together. Don't be afraid to experiment with unexpected combinations; sometimes the most surprising pairings can become your favourites.

4. Incorporate Fresh Herbs

Herbs are a fantastic way to add an extra layer of flavor to your salads. Fresh herbs like basil, mint, parsley, or cilantro can brighten up a salad and bring out the best in your ingredients. Try adding torn basil leaves to a tomato and mozzarella salad, or sprinkle chopped mint over a watermelon and feta salad for a refreshing twist. Herbs also add a beautiful aromatic element, making your salad not just taste great, but smell incredible too.

5. Keep It Light with Dressings

When it comes to dressings, less is often more, especially in the warmer months. Light, homemade dressings allow the fresh flavors of your salad ingredients to shine. A simple vinaigrette made with olive oil, lemon juice, and a touch of honey or mustard can complement almost any salad. If you prefer a creamier dressing, consider using Greek yogurt as a base for a tangy, yet lighter alternative to mayonnaise-based dressings. Always remember to dress your salad just before serving to keep the greens crisp and vibrant.



Halloumi Salad



A Salad to Share

Celebrate the season with fresh, vibrant salads! Dive into our easy, flavour-packed recipes, perfect for a light lunch or a colourful side dish that brings the best of spring and summer to your table.



Tomato Salad

This salad features ripe tomatoes tossed with olive oil, balsamic vinegar, and fresh herbs like basil and parsley.



Stone Fruit Salad

A refreshing mix of juicy peaches, nectarines, and plums, paired with crunchy nuts and drizzled with a sweet honey dressing.



Orange & Beet Steak Salad

This vibrant salad combines roasted beets, fresh oranges, and tender steak slices, finished with a tangy citrus dressing.



Kipfler Potato Salad

This salad brings together tender Kipfler potatoes, roasted cherry tomatoes, and a zesty Dijon dressing for a memorable dish that's both satisfying and refreshing.



Rainbow Carrot Beet Salad

Add a pop of colour to your plate with our Rainbow Carrot Beet Salad with Cranberries and Yogurt Dressing!

HALLOUMI SALAD

TIME 20 MINUTES SERVES 2

1 Bunch Broccolini
2 Cloves Garlic
1 Zucchini
Mint
180g Halloumi
20g Pine Nuts
1 Lime
100g Baby Spinach
Olive Oil, as needed
Salt and Pepper, to taste

1 Trim the baby broccoli, then crush the garlic, peel the zucchini into ribbons with a peeler, and pick the mint leaves, discarding the stems.

2 Drain the halloumi and pat dry with paper towel, then cut into 8 slices.

3 In a small fry pan over a medium heat, toast the pine nuts for 3-4 minutes or until evenly golden. Remove from the fry pan and set aside to cool.

4 Zest half the lime, then juice the other half. Combine lime zest, lime juice, and 1 tsp olive oil in a small bowl and season with salt and pepper, to taste.

5 Heat a grill pan over a high heat, add 1 Tbsp olive oil and cook baby broccoli and garlic until just tender and slightly charred.

6 Drizzle the halloumi with 1 tsp of olive oil and season with pepper. Cook on each side until golden brown.

TOMATO SALAD

TIME 20 MINUTES SERVES 4

500g Mixed Heirloom Tomatoes (The more variety, the better!)
100g Olive Oil
1 Clove Crushed Garlic
Basil Leaves
2 Slices Sourdough Bread
Flake Salt
35g Balsamic Vinegar

1 Dice the sourdough bread, then warm a bit of olive oil in a pan. Add the diced bread and cook gently until golden. Incorporate the crushed garlic and season with salt. Once golden, remove from the pan and drain on paper towels.

2 Slice and cut all the heirloom tomatoes, then layer them onto a serving dish, seasoning with salt as you go.

3 Drizzle the olive oil and balsamic vinegar over the tomatoes, and garnish with fresh basil leaves and the crispy croutons.

Tip: We used a variety of tomatoes for this salad. The more diverse your selection, the more delicious the salad!

STONE FRUIT SALAD

TIME 10 MINUTES SERVES 2

Half a red onion, thinly sliced
4 ripe nectarines, cut into 1cm slices
1 cucumber, finely sliced
1/4 cup goat cheese crumbles
100g prosciutto
Handful of walnuts
3 Tbsps olive oil
2 Tbsps apple cider vinegar
2 tsps honey
Salt and pepper to taste

1 Start by washing and drying a variety of ripe stone fruits like peaches, nectarines, plums, and apricots. Slice them into wedges or bite-sized pieces, removing the pits. For added flavour and colour, Add in some cherries or figs.

2 In a large bowl, gently toss the fruit together. Drizzle with honey or maple syrup for sweetness, or squeeze some fresh lemon or lime juice for a zesty kick. Add torn mint or basil leaves for a refreshing touch, and consider sprinkling in toasted almonds or pecans for crunch.

3 Transfer the salad to a serving dish, garnish with extra herbs or a drizzle of balsamic glaze, and serve immediately or chill for a bit to let the flavours meld. This Stone Fruit Salad is a vibrant, refreshing dish perfect for summer.

KIPFLER POTATO SALAD

TIME 20 MINUTES SERVES 4

200g Sirloin steak
Salt
Pepper
2 oranges, plus 2 Tbsps juice
1 Tbsp white wine vinegar
1 Tbsp olive oil
1/2 red onion, thinly sliced
120g Baby leaf rocket
Beetroot, cut into wedges

1 Start by roasting the beets at 200°C for 45 minutes to an hour, until tender. Once cooled, peel and slice them into wedges. Season the steak with salt and pepper, then grill or pan-sear it to your preferred doneness. Let it rest, then slice thinly against the grain.

2 Peel and slice the oranges into rounds or segments. In a large bowl, arrange a bed of fresh greens, such as spinach or arugula. Add the roasted beets, orange slices, and steak on top.

3 For the dressing, whisk together olive oil, balsamic vinegar, a touch of honey, and a pinch of salt and pepper. Drizzle the dressing over the salad, and toss gently to combine. Garnish with crumbled feta or goat cheese, and sprinkle with toasted nuts for added texture.

ORANGE, BEET & STEAK SALAD

TIME 20 MINUTES SERVES 4

600g washed kipfler potatoes
1 Stick of rosemary
50g rock Salt
200g cherry tomatoes
2 cloves of garlic
200g olive oil
1/2 bunch of spring onions
1 Cos baby lettuce
60g dijon mustard
1 lemon
1 fresh mozzarella
100g shaved prosciutto

1 Preheat your oven to 140°C.

In a pot, cover the Kipfler potatoes with cold water and add the rock salt and rosemary.

2 Bring the water to a boil, then reduce the heat to low, cover with a lid, and continue to cook until the potatoes are tender, approximately 20 minutes. Strain the cooked potatoes, let them cool, and then cut them into rounds.

3 Peel and crush the garlic cloves. Cut the cherry tomatoes in half and toss them with a little olive oil and the crushed garlic.

4 Lay the tomatoes on a baking tray and place them in the oven for 15 minutes. Turn off the oven and allow the tomatoes to cool and dry out slightly.

5 Wash and dry the Cos Baby Lettuce. In a bowl, zest the lemon and squeeze its juice. Add the Dijon mustard and 150g of olive oil, then mix well to create the dressing.

6 To assemble, dress the Kipfler potatoes and spring onions and place them in a serving bowl. Add the Cos Baby Lettuce leaves and roasted cherry tomatoes on top of the potatoes. Garnish with fresh mozzarella and shaved prosciutto.

RAINBOW CARROT BEET SALAD

TIME 20 MINUTES SERVES 4

6 kale leaves
2 beetroot, peeled
1 carrot, peeled
1/4 red cabbage
1/2 cup dried cranberries
3/4 cup Greek yogurt
2 Tbsps lemon juice
1 clove garlic, chopped
1 tsp dijon mustard
1 tbsp olive oil

1 Remove the inner ribs from the kale and cut into fine lengths. Finely shred the beetroots, carrot and cabbage using a mandolin with a julienne attachment. Season lightly with salt and pepper.

2 Combine the yogurt, lemon juice, garlic, mustard, olive oil, salt and pepper in a blender until smooth.

3 Toss the salad before serving and drizzle the dressing over the top. Sprinkle with dried cranberries.



Torbay Asparagus: 50 Years of WA's Favourite Spring Veg

Torbay Asparagus, a family-run farm nestled in the rich soils of Western Australia's Torbay region, is proudly celebrating its 50th anniversary. As WA's first asparagus growers, they've been bringing this versatile and nutrient-rich vegetable to local tables since their inaugural harvest in 1974.

Founded at a time when canned asparagus was the norm, the early days were no easy feat. The Marshall family faced an uphill battle introducing fresh asparagus to a public unfamiliar with its flavour, texture, and versatility. But with determination and a clear passion for their product, they launched in-store promotions that changed the game. "We used posters and recipe sheets to show people just how delicious and easy fresh asparagus could be," recalls proprietor Sheelagh Marshall, who has been a part of the farm's journey from the start.

Fast forward five decades, and Torbay Asparagus is a local icon. Their vibrant green spears have become a staple at the Albany Farmers Market, where they've been selling for the past 18 years. Despite the challenges of COVID-19, including difficulties finding pickers, they've remained committed to supplying only the freshest produce to WA markets and select local restaurants. Asparagus is one of the most versatile vegetables you can have in your kitchen. Whether steamed, grilled, sautéed, or roasted, it adds a fresh, earthy note to any dish. Packed with fibre, folate, and vitamins A, C, and K, it's also a health-conscious choice, perfect for everything from salads to sides. Sheelagh's favourite way to enjoy their farm-fresh asparagus? "Slightly steamed with hollandaise sauce," she says. Simple, elegant, and delicious.



41

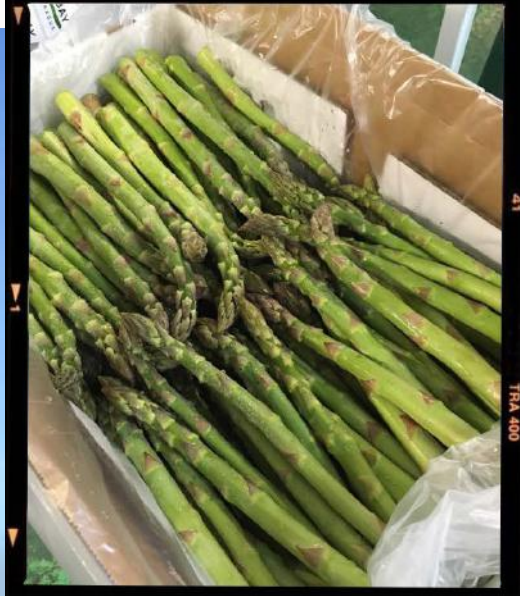
TRA 400

41

TRA 400



TRA 400
41



TRA 400
41

As Torbay Asparagus looks back on 50 years of farming, they also look forward to many more seasons of delivering the finest local produce. Their commitment to quality and the community is stronger than ever, and with the spring harvest in full swing, there's never been a better time to celebrate this WA-grown favourite.



Becoming a Herbivore

As we embrace the warmth of spring and summer, it's the perfect time to freshen up our meals with vibrant, flavourful herbs. Not only do they add an extra burst of taste, but many herbs also come packed with impressive health benefits. Let's take a closer look at five essential herbs for the season: rosemary, mint, coriander, basil, and parsley.



Coriander: A Zesty Twist

Taste: Coriander (or cilantro) brings a fresh, citrusy note to meals. Its bright flavour is perfect for lightening up dishes like salads, salsas, and curries.

Health Benefits: This herb is rich in antioxidants and has antibacterial properties. It can also help lower cholesterol and aid digestion, while its high levels of vitamin K support bone health.

Rosemary: The Aromatic Powerhouse

Taste: With its bold, piney flavour, rosemary brings depth and complexity to a variety of dishes. Its earthy undertones make it a favourite for meats, potatoes, and roasted veggies.

Health Benefits: Rosemary is rich in antioxidants and anti-inflammatory compounds, which may improve digestion, memory, and circulation. It's also known to reduce stress and mental fatigue, making it a beneficial herb for both the body and mind.





Mint: Cool and Refreshing

Taste: Mint's refreshing, cooling flavour makes it a versatile addition to both sweet and savoury dishes. It's particularly well-suited for beverages, salads, and desserts.

Health Benefits: Mint is known for its ability to soothe digestive issues, reduce bloating, and alleviate congestion. The menthol in mint also has natural cooling properties, helping to ease springtime allergies while offering a refreshing taste.

Basil: The Quintessential Summer Herb

Taste: Basil offers a sweet, peppery flavour that pairs well with Mediterranean-inspired dishes, making it a staple in pastas, pesto, and salads.

Health Benefits: Basil is loaded with antioxidants and anti-inflammatory properties. It supports immune function, reduces oxidative stress, and can help fight bacterial infections thanks to its natural oils.

Parsley: The Underappreciated Herb

Taste: With its mild, slightly peppery flavour, parsley is more than just a garnish. Its fresh taste complements a wide range of dishes, from salads to seafood.

Health Benefits: Parsley is packed with vitamins A, C, and K, which are crucial for immune support, eye health, and bone strength. Parsley is also a natural diuretic, which helps reduce bloating and improve kidney function.

One Pan Halloumi Chicken with Basil Oil

TIME 45 MINUTES **SERVES** 4

2 chicken breasts
225g of halloumi cheese
135g sun-dried tomatoes
8 leaves fresh basil, large
1/3 cup olive oil (80ml)
3 cloves garlic
2 large handfuls fresh basil
1 tsp salt
1 tsp pepper
1/2 lemon, juiced
2 Tbsps olive oil
1 Tbsp smoked paprika
Fresh spinach
Balsamic glaze

1 Preheat the oven to 175°C. Prepare the halloumi: Slice the block of halloumi lengthwise into 3-4 even slices and set aside.

2 In a blender or food processor, combine olive oil, garlic, salt, pepper, and lemon juice. Blitz until smooth. Add the fresh basil and blend again until fully incorporated. Set aside.

3 In a zip-lock bag or bowl, combine the olive oil, smoked paprika, salt, and pepper. Add the chicken breasts and massage until the chicken is evenly coated.

4 In a foil-lined baking tray, arrange the sun-dried tomatoes. Place the marinated chicken breasts on top and cover each with fresh basil leaves and slices of halloumi. Bake for 20-25 minutes or until the chicken is cooked through. Remove the chicken and set aside to rest.

5 Toss a handful of spinach into the same tray and return to the oven for 2-3 minutes until just wilted.

6 Plate the chicken with the sun-dried tomatoes and wilted spinach. Drizzle generously with the fresh basil oil and finish with a balsamic glaze for added flavour.





TIME 30 MINUTES SERVES 4

- 1 Tbsp olive oil
 - 4 spring onions, coarsely chopped
 - Ginger, finely grated
 - 3 Tbsps green curry paste
 - 500g frozen peas, thawed
 - 1 1/2 cups (375ml) Salt - reduced vegetable stock
 - 100g baby spinach leaves
 - 1/2 cup mint leaves
 - 1/2 cup coriander sprigs
 - 550g chicken thigh fillets
 - 270ml can coconut cream
 - 1 Tbsp peanut butter.
- Steamed jasmine rice, to serve.
- 1** Heat the oil in a large saucepan over medium heat. Add the spring onions, grated ginger, and green curry paste. Cook, stirring, for 2 minutes or until fragrant.
 - 2** Stir in the thawed peas and vegetable stock. Cook for 2-3 minutes, allowing the mixture to heat through. Add the baby spinach, mint, and coriander, stirring until the spinach wilts. Carefully blend the mixture with a stick blender until almost smooth.
 - 3** Return the blended herb sauce to a simmer, then add the chicken thigh pieces. Cook for 10 minutes or until the chicken is tender and cooked through.
 - 4** Stir in the coconut cream and peanut butter until well combined and heated through.
 - 5** Spoon the curry over steamed jasmine rice and serve with a squeeze of fresh lime juice.

See how its made by scanning the QR Code!



Snow Pea Chicken Curry



Garlic, Lemon, & Rosemary Lamb Chops

TIME 1 HOUR 50 MINUTES

SERVES 4

2 beetroots
2 large carrots
1 medium sweet potato
1 russet potato, chopped
4 thick - cut lamb chops
2 cloves garlic minced
1 Tbsp fresh rosemary chopped
1 Tbsp Salt
1/2 tsp pepper
1 Tbsp lemon zest
2 Tbsps lemon juice
2 Tbsps olive oil

1 In a small bowl, mix the rosemary, minced garlic, salt, pepper, lemon zest, lemon juice, olive oil, and honey. Pour this marinade over the lamb chops, ensuring both sides are well coated. Cover and refrigerate for at least 1 hour.

2 Preheat your oven to 200°C. In a large bowl, toss the beets, carrots, sweet potato, and Russet potato with balsamic vinegar, olive oil, and a pinch of salt. Spread the vegetables on a baking tray in a single layer and roast for 50 minutes, or until caramelized and tender, tossing halfway through.

3 While the vegetables are roasting, heat a grill or grill pan over medium-high heat. Remove the lamb chops from the marinade and grill for 4-5 minutes on each side, or until cooked to your desired level of doneness.

4 Plate the grilled lamb chops with a generous portion of roasted root vegetables. Optionally, drizzle with extra lemon juice before serving.



See how it's made by scanning the QR Code!





VANNELLA CHEESE
AVAILABLE AT YOUR LOCAL
INDEPENDENT GROCER



STRACCIATELLA & MORTADELLA TOASTS

BY VANNELLA CHEESE

MAKES 20 TOASTS | TAKES 15 MIN

WHAT DO I NEED?

- 250g Vannella Cheese Stracciatella
- 10 slices Mortadella, thinly sliced
- 50g Pistachio kernels, roughly chopped
- 1 Baguette
- Extra Virgin Olive Oil, for drizzling
- Sea Salt, to season

HOW DO I MAKE IT?

- 1 Preheat oven to 160°C.
- 2 Line a baking tray with baking paper.
- 3 Slice the baguette at an angle into 1.5cm thick slices.
- 4 Lay slices on the tray, drizzle with olive oil, and season with salt.
- 5 Bake for 8 minutes until crunchy.
- 6 Arrange the toasts on a platter.
- 7 Dollop a heaped teaspoon of stracciatella on each toast.
- 8 Halve and bundle the mortadella slices, then place on each toast.
- 9 Scatter over the pistachio and drizzle with olive oil.

QLD PAPAYA

Nutritious & Delicious

For many Australians, Spring is synonymous with bumper crops of delicious tropical fruits from North Queensland. And while our national love affair with the mango seems as intense as ever, an increasing number of fruit lovers are being seduced by the undeniable charms of Queensland-grown papaya. Papaya or pawpaw? Confusion abounds about whether papaya is just an alternative spelling for the pawpaw's that Australians have long enjoyed, both store-bought and home-grown in the parts of the country where the weather is warm enough.

Steve Barnes, CEO JE Tipper, a wholesaler of papaya at the Brisbane Markets, said "Papaya and pawpaw are distinct varieties of the same fruit with different shapes, colours, textures and taste profiles," he said. "Compared to pawpaw, papaya is often smaller, more pear-shaped and with green/yellow skin. Papaya flesh is red/orange and sweeter than the yellow-fleshed pawpaw."

The lion's share (85 percent*) of Australian papaya are grown in tropical North Queensland with production centered on Innisfail, Mareeba, Mossman, and Tully. Unlike mango, papaya is available 52 weeks a year. Candy Maclaughlin, General Manager of Skybury, a major grower of papaya, said it is such a versatile fruit, and year-round availability means consumers can enjoy papaya paired with other tropical in summer or as a savoury ingredient in a curry or salsa in cooler months. "The rain event that followed tropical cyclone Jasper at the end of 2023 led to catastrophic flooding throughout the region and decimated crops, but we are starting to see the crop

strengthen and supply returning," she said. "Being able to ship to the one location, to wholesalers who have the relationships with the fruit and veg shops and other buyers, frees us up to focus on farming and ensures consumers get the freshest, highest quality produce."

Head of Papaya Australia, Gerard Kath, said demand for papaya was increasing steadily but that there was enormous opportunity for growth. "Around 10 percent of Australian households purchased papaya in the past 12 months compared to 60 percent for mangoes and 90 percent for bananas" he said. "There is a great opportunity to market papaya as a delicious, affordable and healthy snack. Engaging with consumers and sharing the many ways papaya can be enjoyed is a great way to encourage people to purchase papaya and lift the consumption rates. "The nutritional profile of Papaya puts them in the superfoods category."





According to Accredited Practising Dietitian Caitlin Reid, papaya packs a nutrient punch. "A 150 g serve of papaya provides an Australian adult with their entire daily vitamin C needs, almost a third of daily vitamin A requirements and more than a quarter of daily folate needs," she said. "Papaya also contains a unique combination of carotenoids, which show antioxidant and anti-inflammatory effects, reducing free radical production and protecting the body against a range of abnormalities associated with chronic disease."

Gerard Kath said there were several reasons why papaya was not as widely consumed in Australia as it should be, given our love of tropical fruits. "The confusion between papaya and pawpaw means people don't realise each has a different taste and texture," he said. "What we find is if you can help consumers better understand just how nutritious papaya is and give them an opportunity to sample it, they react really positively."

So, if you're looking for a tropical treat that is delicious, affordable and nutrient-rich, you should be adding papaya to your shopping list before you next visit your local fruit and veg shop.



The Spice Factor



Spices can completely transform a meal, adding warmth, heat, and depth to our favourite dishes. Beyond their incredible flavours, many spices also come with powerful health benefits. Let's explore how to incorporate hot paprika, smoked paprika, ground cumin, ground coriander, ground ginger, ground turmeric, cayenne pepper, chilli powder, dried oregano, and ground black pepper into your spring and summer cooking.

Hot Paprika: Bold Heat

Taste: Hot paprika delivers a punch of heat with a slight sweetness, making it perfect for adding warmth to dishes without overpowering the other flavours.

Health Benefits: Paprika contains capsaicin, a compound known for its anti-inflammatory properties. It may help with digestion, improve circulation, and boost metabolism, making it a great spice for those looking to add a bit of fire to their meals while supporting overall health.

Smoked Paprika: Rich and Earthy

Taste: With its deep, smoky flavour, smoked paprika brings a rich, earthy undertone to dishes. It's less spicy than hot paprika but provides a unique depth of flavour.

Health Benefits: Like hot paprika, smoked paprika is also high in antioxidants and capsaicin. It's particularly known for its anti-inflammatory properties and its ability to boost heart health.

Ground Cumin: Warm and Nutty

Taste: Ground cumin has a warm, slightly nutty flavour that pairs well with both meat and vegetable dishes. It's a staple in many Middle Eastern and Mexican cuisines.

Health Benefits: Cumin is known for aiding digestion, improving cholesterol levels, and boosting the immune system. It's also packed with iron, making it a great spice for those looking to improve their iron intake naturally.

Ground Coriander: Citrusy and Mild

Taste: Ground coriander has a bright, citrusy flavour that's mild and fresh. It's more subtle than fresh coriander leaves but brings a delicate warmth to dishes.

Health Benefits: Coriander is rich in dietary fibre and antioxidants, which can support digestion and heart health. It also has anti-inflammatory properties, making it a great spice for promoting overall wellness.





Ground Ginger: Zesty and Warming

Taste: Ground ginger is warm and slightly spicy, with a zesty sweetness that's perfect for both sweet and savoury dishes.

Health Benefits: Ginger is famous for its ability to soothe nausea and support digestion. It also has strong anti-inflammatory properties and can help with muscle soreness, making it a go-to spice for overall wellness.

Ground Turmeric: Earthy and Vibrant

Taste: Turmeric's earthy, slightly bitter flavour works well in curries, soups, and rice dishes. Its vibrant yellow colour adds brightness to any dish.

Health Benefits: Turmeric contains curcumin, a powerful anti-inflammatory compound known for supporting brain health, heart health, and joint pain relief. It's also a strong antioxidant.

Cayenne Pepper: Intense Heat

Taste: Cayenne pepper is known for its intense heat and vibrant flavour. Just a little goes a long way in adding a spicy kick to any dish.

Health Benefits: Cayenne pepper contains capsaicin, which can boost metabolism, improve digestion, and reduce appetite. It's also known for its pain-relieving properties and ability to improve circulation.

Chilli Powder: Fiery and Versatile

Taste: Chilli powder is a blend of ground chillies and spices, offering a fiery kick with smoky undertones. It's versatile and can be used in a wide range of dishes.

Health Benefits: Like cayenne, chilli powder contains capsaicin, which may help reduce inflammation, improve digestion, and boost metabolism.

Dried Oregano: Earthy and Fragrant

Taste: Dried oregano has a warm, earthy, and slightly bitter taste. It's a staple in Mediterranean cooking and adds depth to many dishes.

Health Benefits: Oregano is packed with antioxidants and has antibacterial and antiviral properties. It's also rich in vitamins A, C, and E, making it great for boosting immune health.

Ground Black Pepper: Sharp and Spicy

Taste: Ground black pepper has a sharp, spicy flavour that's incredibly versatile. It can be used to add heat and depth to virtually any dish.

Health Benefits: Black pepper contains piperine, a compound that improves digestion and enhances the absorption of other nutrients, like curcumin from turmeric. It also has anti-inflammatory and antioxidant properties.



Chilli Con Carne

TIME 30 MINUTES **SERVES** 4

2 Tbsps Olive oil
1 onion, diced
4 garlic cloves, minced
1 red capsicum
250g beef mince
250g pork mince
2 tpsps smoked paprika
4 tpsps ground cumin
2 tpsps ground coriander
2 tpsps cayenne
2 tpsps dried oregano
2 x beef stock cubes
2 Tbsps Worcestershire sauce
2 Tbsps maple puree
3 x chopped tomato
1 tsp salt
2 x 400g cans beans, rinsed
30g dark chocolate

1 Heat the olive oil in a large pan over medium heat. Add the diced onion and cook until soft and translucent, about 5 minutes. Add the minced garlic and chopped red capsicum, cooking until tender.

2 Add the beef and pork mince to the pan. Cook, stirring frequently, until the meat is browned and cooked through. Stir in the smoked paprika, ground cumin, coriander, cayenne pepper, and dried oregano. Cook for another 1-2 minutes, until the spices are fragrant.

3 Pour in the dissolved beef stock, Worcestershire sauce, maple syrup, tomato puree, chopped tomatoes, and salt. Add the rinsed beans and bring the mixture to a simmer. Reduce the heat and cook for at least 30 minutes, or up to 2 hours for deeper flavour.

4 Once the chili is ready, remove it from the heat and stir in the dark chocolate. Mix well until the chocolate is melted and incorporated into the sauce.



See how its made by scanning the QR Code!





See how its made by scanning the QR Code!

TIME 30 MINUTES **SERVES** 6

- 2 cups water
- 1 cup green lentils
- 3 cloves garlic
- 1/2 medium onion
- 1 large red capsicum
- 2 tsps coconut sugar
- 1/2 tsp sea salt
- 1 Tbsp smoked paprika
- 1 tsp ground cumin
- 1/2 ground coriander
- 1 tsp ground ginger
- 1/2 tsp ground turmeric
- 1/2 cayenne pepper
- 1 tsp Harissa Paste
- 3/4 cup fresh chopped parsley
- 1 sweet potato (diced)
- 1 Tbsp pomegranate molasses
- Toasted pine nuts
- Fresh mint leaves

1 In a blender, combine the garlic, onion, capsicum, coconut sugar, smoked paprika, cumin, coriander, ginger, turmeric, cayenne pepper, and harissa paste. Blend until smooth and well combined.

2 In a medium saucepan, bring 2 cups of water to a boil. Add the green lentils and diced sweet potatoes. Cook for about 15-20 minutes, or until the lentils are tender and the sweet potatoes are cooked through.

3 Stir the blended spice mixture into the lentils and sweet potatoes. Add the freshly chopped parsley and pomegranate molasses, mixing well to combine.

4 Finish by garnishing with toasted pine nuts and fresh mint leaves. Serve warm.

Moroccan Spiced Lentils

Chicken Kebabs Marinated in Yoghurt

TIME 1 HOUR **SERVES** 6

1 cup plain yoghurt
1/4 cup lemon juice from 2 lemons
3 Tbsps extra virgin olive oil
1 Tbsp finely grated peeled fresh ginger
1 Tbsp kosher salt
2 tsps smoked paprika
2 tsps hot paprika
2 tsps freshly minced garlic
1 tsp freshly ground black pepper
1/2 tsp ground cumin
1/2 tsp cayenne pepper
2 pounds skinless, boneless chicken thighs

1 In a large bowl, whisk together the yogurt, lemon juice, olive oil, grated ginger, and salt. Add the smoked paprika, hot paprika, minced garlic, black pepper, cumin, and cayenne pepper, whisking until well combined.

2 Place the cubed chicken thighs in a resealable plastic bag and pour the marinade over them. Seal the bag, removing as much air as possible, and massage the marinade into the chicken. Refrigerate for at least 4 hours, up to 8 hours for the best flavour.

3 Thread the marinated chicken cubes onto skewers, alternating with pieces of red capsicum and red onion. Preheat your grill to medium-high heat. Grill the chicken skewers, turning every few minutes, until the chicken is browned and cooked through, about 15-20 minutes.

4 In the final few minutes of grilling, brush a little honey over the skewers to give them a caramelized finish. Serve the skewers hot with your favourite sides, like rice, flatbread, or salad.



See how its made by scanning the QR Code!





Carrots & radishes

Exclusively grown by Harvest Moon

Proudly Australian owned and grown, Snackables are a premium quality range of snacking veggies.

Snackables carrots are the perfect snacking carrot - a unique fully matured variety, that is crisp, sweet and full flavoured. No need to cut or peel, Snackables are perfect for lunch boxes, grazing platters or snacking on the go.

Snackables radishes are crisp, peppery and ready to eat! They are perfect in salads or to add a pop of colour to your platter. The stay-fresh punnet means longer lasting freshness so it's even easier to enjoy this super veg!



MISO PORK & CARROT BAO BUNS

Servings: 2

Ingredients:

Pork

2 x Pork Loin Steak
1 1/2 Tbsp White Shiro Miso Paste 1 Tbsp Maple Syrup
1 Tbsp Tomato Sauce
1 tsp Chilli Flakes, optional
1/2 tsp Salt
Pinch Pepper
1/2 cup Bone Broth/Stock/Water (increase until steaks are just covered)

Filling

6-8 Bao Buns
1 x 250g Packet Snackable Carrots Coriander Leaves
Chilli Flakes, sprinkled
Sesame Seeds, sprinkled Mayonnaise, drizzled

Lime Wedges

Quick Pickled Red Onion

1/4 Red Onion, sliced 2 Tbsp White Vinegar

Method:

- 1 Place pork, miso paste, maple syrup, tomato sauce, chilli flakes, salt, pepper and broth in a pressure cooker or slow cooker. Pressure cook for 1 1/2 hours or slow cook for at least 6 hours. Shred with two forks.
- 2 Combine red onion and vinegar in a bowl and set aside to pickle.
- 3 Steam bao buns above boiling water for 7 minutes until fluffy.
- 4 Place pulled pork, carrot and pickled red onion in steamed bao buns.
- 5 Serve topped with coriander leaves, chilli flakes,

Count the cost per serving

Vegetables that are priced per kilo can sometimes seem expensive, but it pays to think about the cost per serving. For example, a single head of cauliflower or kilo of potatoes could be up to eight servings, or one large portobello mushroom will almost always be cheaper than a beef burger at the butcher. Try them with smashed avocado, spinach, sliced tomato and red onion for a mouthwatering and money-saving meal.

Be a recipe rebel

When making a saucy recipe such as a stew, curry, pie, or quiche, Leo says not to be afraid to change the ratio of meat to vegetables. "Firm veggies like carrot, potatoes, beetroot, broccoli, and cauliflower tend to hold shape when cooked in liquid. But softer, leafy veg like leeks, spinach and silverbeet will cook down over time. Then there's onions. They are the exception! Brown onions, red onions and French shallots can be cooked down and caramelised in a pan with butter or oil or will hold shape when you add liquid like stock or wine. If you ask me, either way, they are delicious."

Get creative with cauliflower

The nutty taste of this versatile veg makes it a tasty meat replacement or accompaniment. Try cutting into slabs and roasting to make cauliflower steaks, or breaking into chunks and coating in batter as a chicken nugget or fish finger substitute. Leo recommends trying cauliflower grated and toasted over Shepard's pie or pasta bake instead of the cheese. Try it, you will be surprised!

The grater is great!

Adding grated vegetables is a wonderful way to make your mince go further. Grated carrots, beetroot, and even broccoli stems all can be added to kid-friendly burgers, Bolognese, meatballs and tacos. Leo DeMaria from DeMaria's Fruit & Veg in Moonee Ponds also recommends adding sliced mushrooms to any dish containing mince. "Mushrooms have a natural umami or savoury flavour that enhances the 'meaty' taste of a meal. People call them 'mighty mushrooms' because no matter what kind of mince you are using, mushrooms make it better."



Make your Veg go FURTHER!

We all know we should eat more vegetables, but did you know increasing your vegetable intake can also help save money? Choosing in-season produce that is available in abundance means better value at the checkout while supporting Aussie farmers.



Taste the Flavour of Australian Summer Stone Fruit!



Nothing says summer like stone fruit, and Victorian growers are among the world's best. Depending on the variety, weather and growing location, Victorian peaches, nectarines, apricots and plums are usually in their prime eating and value from November to March. Peaches and nectarines are harvested first, followed by apricots and plums. Speak to your local greengrocer throughout the season to find out when produce is at its peak.

Selection and storage

Look for firm, fragrant, and brightly coloured fruit. Nectarines with small white spots are extra sweet, and peaches without a green hue have a fuller flavour. Stone fruit tastes best at room temperature. If you can resist, wait an hour before eating fruit from the fridge. Otherwise, try buying fruit slightly under your preferred ripeness and moving it to the fruit bowl a day before eating. Want to speed up the ripening process? Keep stone fruit on the bench inside a paper bag or alongside apples or bananas.

The Siciliano family have been farming in Woorinen North, Victoria, since 1954. This growing region just north of Swan Hill gets lots of autumn sunshine and a good dose of winter chill, resulting in juicy, flavoursome fruit come harvest time. All produce grown by the third-generation family business is picked and packed by the hardworking team on-site. This means it can reach the greengrocer as quickly as possible for maximum freshness.

Stone fruit can be eaten firm or soft. The perfect level of ripeness is exactly how you like it! Stone fruits are delicious on their own or in summer salads. Try nectarines with halloumi and freekeh or apricots with rocket and goat's cheese. White peaches and nectarines are the sweeter of the two because yellow varieties are naturally more acidic. For a mouth-watering starter, toss sliced yellow peaches with cherry tomatoes, red onion and basil. Top with a ball of burrata and serve with crusty bread.



Roasting, poaching or BBQing brings out the natural sweetness in stone fruit. The perfect partner for:

- Yoghurt and granola
- Pancakes
- Ice cream
- Pavlova or cheesecake topper
- Salads
- Chicken or fish



A MERRY CHRISTMAS

Christmas is a time for joy, family, and feasting, but preparing can feel like a marathon! Here are some top tips to help you organise stress-free celebrations.

Smoked Salmon Wreath



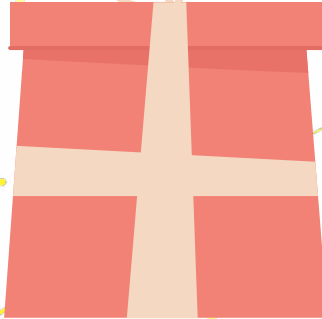
TIME 20 MINUTES **SERVES** 6-8

250g spinach
3 radishes, thinly sliced
350g smoked salmon, sliced
1 Lebanese cucumber, sliced into ribbons
100g firm feta, diced
Olive oil, to drizzle
Salt and pepper, to taste

- 1 Start by laying out the fresh spinach leaves in a heaped circle around the edge of a large plate or serving platter, creating a nice base for the salad.
- 2 On top of the spinach, arrange the cucumber ribbons and sliced radishes evenly. Then, gently place pieces of smoked salmon on top, spreading them across the vegetables.
- 3 Lightly drizzle the salad with olive oil, and season with salt and pepper to taste, enhancing the natural flavours.
- 4 Sprinkle the diced feta cheese over the entire salad for a creamy and tangy finish.

Get Ahead with Decorations

Set the festive mood by putting up decorations early. Whether you prefer a traditional look with wreaths and fairy lights or something more modern and minimal, starting early gives you time to adjust and enjoy the process. A pro tip: add fresh greenery from your garden or local market for a natural, sustainable touch to your decor.



Delegate and Share the Load

Hosting Christmas doesn't mean you have to do everything yourself. Delegate tasks to family members or guests. Whether it's setting the table, bringing a side dish, or helping with cleanup, sharing responsibilities can make the day more enjoyable for everyone.

45ml white rum
1 tsp brown sugar
1/2 lime
8-10 mint leaves
4 fresh kaffir lime leaves
Red chilli chopped
Soda water

- 1 Muddle sugar and lime in a glass.
- 2 Add mint, kaffir lime leaves, and chilli. Muddle lightly.
- 3 Stir in rum.
- 4 Fill with ice and top with soda water.
- 5 Garnish with mint and lime wedges. Enjoy!



Spicy Herb Mojitos



Shop Locally for Gifts

Skip the last-minute rush by shopping locally for unique and meaningful gifts. Many neighbourhood shops offer artisan products gourmet foods, or beautifully crafted home decor. Plus, shopping locally reduces the stress of waiting for deliveries and helps your community thrive.



Roast Pork with Cherry Stuffing

TIME 1 HOUR 30 MINUTES SERVES 4

2 Tbsps olive oil
1 onion, finely chopped
2 garlic cloves
1 Tbsp lemon juice
1 1/2 cups fresh breadcrumbs
2 cups fresh cherries, finely chopped
8 pitted kalamata olives, chopped
1 Tbsp chopped fresh parsley
1 egg yolk
900g boned loin of pork

1 Pre heat oven to 200 degrees. Pre heat non-stick fry pan. Add 1 Tbsp of oil to pan, add onion, garlic and cook until softened.

2 Remove the pan from the heat and stir in breadcrumbs, cherries, olives, lemon juice, parsley and egg yolk. Season to taste.

3 Unroll the pork and cut away any excess fat. Spread half of the mixture over the flat piece of pork and roll up, starting from the thick side. Tie all intervals with a string.

4 Pour remaining oil into roasting tray and put in the pork. Roast for 1 hour and 15 minutes.

5 Form the remaining stuffing mixture into balls and add to the roasting tray around the meat.

6 Bake the balls 15-20 minutes before the end of cooking time.

7 Remove the pork from the oven and let it rest for 10 mins.

8 Carve pork into thick slices and serve with stuffing balls.



Delegate and Share the Load

Hosting Christmas doesn't mean you have to do everything yourself. Delegate tasks to family members or guests. Whether it's setting the table, bringing a side dish, or helping with cleanup, sharing responsibilities can make the day more enjoyable for everyone.

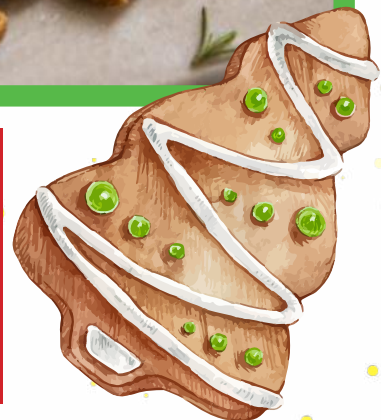


Springtime Ham with Rhubarb Sauce

Savoury, glazed ham paired with a sweet, tangy rhubarb sauce—perfect for gatherings. Scan the QR code for the full recipe!

Stock Up on Entertaining Essentials

Don't wait until the last minute to stock up on the essentials! Keep your pantry and fridge full of go-to snacks and drinks for unexpected guests. Think gourmet cheeses, crackers, summer fruits like cherries and peaches, and a selection of beverages that cater to everyone's preferences. Consider non-alcoholic options like sparkling water with citrus slices or mocktails for designated drivers and those who prefer not to drink.





Santa Hat Brownies

TIME 50 MINUTES SERVES 9

1 cup milk or dark chocolate
1/2 cup chocolate chips
3/4 cup plain flour
1 tsp vanilla extract
3/4 cup vegetable or coconut oil
1/2 tsp salt
1/4 tsp baking soda
2 eggs
3/4 cup brown sugar
2 Tbsps water
9 fresh strawberries, hulled
Pre-made frosting

- 1 Preheat your oven to 180C and line an 8x8 pan with baking paper.
- 2 In a bowl, combine the flour, salt and baking soda.
- 3 In another bowl, whisk together the eggs, brown sugar and vegetable oil until well combined, then whisk in the vanilla and water.
- 4 Add your wet ingredients to your dry ingredients, and mix well to combine.
- 5 Melt 1 cup of chocolate in the microwave in short bursts or on the stove top, then stir into your brownie batter. Lastly, stir in 1/2 a cup of chocolate chips or bits.
- 6 Pour the brownie batter into the lined baking pan and bake for 50 mins or until just firm to touch.
- 7 Remove the brownies from the oven and transfer them to a cooling rack to cool.
- 8 Once your brownies have cooled down, cut them into 9 squares.
- 9 To make the Santa hats, top each brownie with a piped dollop of frosting, then a strawberry, and a small blob of frosting on top.

Plan for Leftovers

Let's be real—there are always leftovers after a big Aussie Christmas feast, so why not make the most of them? Get your storage containers ready and plan some easy, delicious meals for the days that follow. Think classic turkey sandwiches with cranberry sauce, ham and cheese quiches, or fresh summer salads made with leftover roast veggies. You could even whip up a barbecue using leftover meats for a laid-back post-Christmas gathering. Don't forget, Aussies love a good leftover pavlova.

Fragrant Christmas Pudding

Nothing screams Christmas like a pudding! Impress your guests on Christmas day with this Christmas Pudding!



Shop Locally for Gifts

Skip the last-minute rush by shopping locally for unique and meaningful gifts. Many neighbourhood shops offer artisan products gourmet foods, or beautifully crafted home decor. Plus, shopping locally reduces the stress of waiting for deliveries and helps your community thrive.

Spot the Difference!



Peach Donuts

Scan QR Code for the recipe

GABBACE

(Hint: A leafy green vegetable often found in salads)

2. Who am I?

I look like a tree but I'm small and green,
Full of vitamins, I'm a healthy cuisine.
You may not like me on your plate,
But give me a chance, I taste great!

1. Who am I?

I'm red or green and sometimes yellow,
With a crunch that's oh so mellow.
I grow on trees, sweet and neat,
What am I? A tasty treat!

CARTOR

(Hint: An orange vegetable that's crunchy and loved by rabbits)



Dumplings

Scan QR Code for the recipe



Scan QR Code for the recipe



4. Who am I?

I'm round and red with a leafy top,
In salads, I'm often the star of the crop.
Juicy and sweet with a tiny seed,
I'm not a vegetable, I'm a berry indeed!



Kids Corner

FINISH

PPALE

(Hint: A crunchy fruit that can be red, green, or yellow)

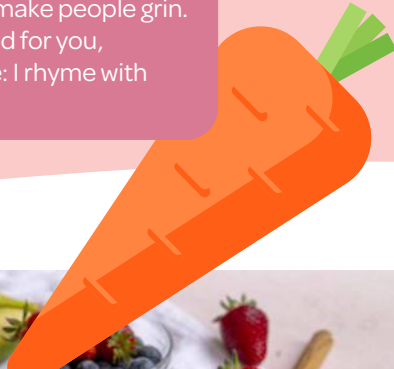
Colour me in!



Answers
Next Page

3. Who am I?

I'm yellow on the outside and white within,
Monkeys love me, and I make people grin.
Peel me and eat, I'm good for you,
What am I? Here's a clue: I rhyme with
"Hannah".



Spring Summer Word Search

L	G	M	A	G	S	M	L	P	P
E	R	A	N	U	T	Y	E	L	E
M	A	N	D	A	R	I	N	U	A
O	P	G	N	V	A	O	W	M	C
N	E	O	E	A	W	P	I	O	H
B	L	A	C	K	B	E	R	R	Y
M	I	P	P	N	E	A	N	A	K
R	M	P	E	P	R	R	A	N	I
N	E	L	A	T	R	F	I	G	W
C	H	E	R	R	Y	K	R	E	I

Scan QR
Code for
the recipe

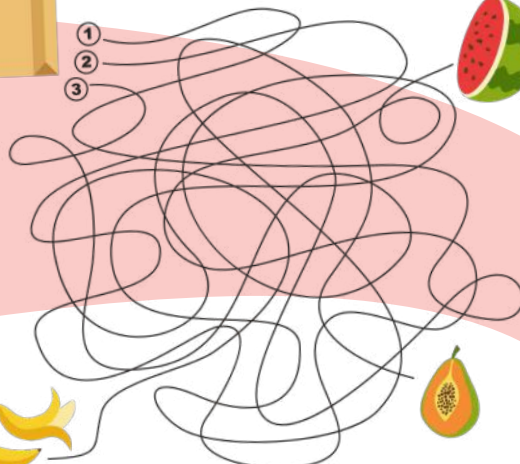


French Toast Ravioli

Connect the lines!



- 1
- 2
- 3



Carrots and Ladders Game Rules:

Grab a dice to start playing! Take turns rolling the dice and move your piece forward on the board. If you land on a ladder, climb up to get ahead. If you land on a carrot, slide back down to a lower spot. When you land on a puzzle, solve it before you can move again. Keep rolling and moving until someone reaches the end of the board. The first player to get to the finish line wins the game!



Creamy Capsicum Pasta



START

Christmas Colouring Special!

Colour in our secret Santa and go into the competition to win a feature in our next magazine and a \$100 voucher to your local fruit and veg shop!



Scan the
QR Code
to enter!



ANSWERS

Rearrange the Letters

- PPALE - Apple
- GABBACE - Cabbage
- CARTOR - Carrot

Riddles

1. Apple
2. Broccoli
3. Banana
4. Strawberry

Word Search

Mango, Pear, Strawberry,
Mandarin, Blackberry,
Lime, Cherry, Apple, Pear,
Kiwi, Fig, Orange, Grape,
Lemon, Peach,
Guava, Plum



BRISBANE
MARKETS®



RECIPE INDEX

LIGHT MEALS & SNACKS

- 17 APPLE SANDWICHES
- 14 BLUEBERRY, BANANA & PEPITA OAT BARS
- 21 GINGER SOY OYSTERS
- 23 HOMEMADE GUACAMOLE
- 22 PARMESAN, THYME & ZUCCHINI FRIES
- 16 ROAST EGGPLANT, LEMON & GARLIC DIP
- 34 ROCKMELON & PROSCIUTTO SKEWERS
- 73 SMOKED SALMON WREATH
- 61 STRACCIATELLA & MORTADELLA TOASTS
- 13 QUINOA, SILVERBEET & FETA BREAD

SWEETS & DESSERT

- 4 BANANA BREAD WITH COCONUT
- 11 CHOC CHERRY HEAVEN CAKE
- 8 CREAMY ORANGE POPSICLES
- 78 FRENCH TOAST RAVIOLI
- 75 FRAGRANT CHRISTMAS PUDDING
- 9 MANGO FROZEN YOGURT
- 9 MANGO ICE CREAM TART
- 45 ORANGE CREPES WITH MANDARIN BY CALLUM HANN
- 34 PEAR & RASPBERRY HAND PIES
- 76 PEACH DONUTS
- 75 SANTA HAT BROWNIES
- 7 STRAWBERRY MANGO POPSICLES
- 6 ZUCCHINI & MINI ICY POLES

DRINKS & SMOOTHIES

- 34 GIN & GRAPEFRUIT COCKTAIL
- 34 JALAPEÑO MARGARITA
- 25 STRAWBERRY MANGO SMOOTHIE

LARGE PLATES & MAINS MEALS

- 66 CHILLI CON CARNE
- 68 CHICKEN KEBABS MARINATED IN YOGHURT
- 77 CREAMY CAPSICUM PASTA
- 76 DUMPLINGS
- 60 GARLIC, LEMON, & ROSEMARY LAMB CHOPS
- 53 HALLOUMI SALAD
- 42 JULIE GOODWIN'S BAKED TOMATO, MUSHROOM RISOTTO
- 41 JULIE GOODWIN'S CRUNCHY WOMBOK, BEEF & NOODLE SALAD
- 39 JULIE GOODWIN'S BROCCOLINI PESTO WITH POACHED CHICKEN
- 40 JULIE GOODWIN'S ROAST PUMPKIN, SPINACH & RICOTTA PIE
- 53 KIPFLER POTATO SALAD
- 69 MISO PORK & CARROT BAO BUNS
- 67 MOROCCAN SPICED LENTILS
- 58 ONE PAN HALLOUMI CHICKEN WITH BASIL OIL
- 53 ORANGE, BEET & STEAK SALAD
- 53 RAINBOW CARROT BEET SALAD
- 74 ROAST PORK WITH CHERRY STUFFING
- 74 SPRINGTIME HAM WITH RHUBARB SAUCE
- 59 SNOW PEA CHICKEN CURRY
- 53 STONE FRUIT SALAD
- 15 TOMATO & SQUASH GALETTE
- 53 TOMATO SALAD

While every care is taken to ensure cook times and temperatures are accurate in our recipes, please take care when cooking and never leave an oven or stove unattended. Nutritional information is an estimate only based on average values and is given as general information only. If you are unsure, or have specific dietary requirements or allergies, you are advised to consult your healthcare professional. Please take care to read the labels of any products to ensure these meet your dietary requirements. Any storage suggestions are a guide only, and care must be taken to ensure food is stored correctly. Keep any leftover food in clean containers in a cold environment and check labels.

A better
choice!

Quality **FRESHNESS** Service



Support your
**LOCAL FRUIT AND
VEG SHOP**



A better choice!

Quality **FRESHNESS** Service

**Supporting over 800 independent
fruit & veg shops around Australia**

By shopping at your local Fruit and Veg Shop you are making

A better choice!

- ✔ **A better choice** of available products
- ✔ **A better choice** for freshness
- ✔ **A better choice** for knowledge and service
- ✔ **A better choice** to support your local community
- ✔ **A better choice** for you and your family

**FIND YOUR LOCAL
FRUIT AND VEG SHOP
WITH OUR STORE
LOCATOR TODAY**



 **FMA** | FRESH MARKETS
AUSTRALIA

 **cmaa**
central markets
association of
australia