

MAY | JUNE 2022

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## Magazine

HARRIS FARM  
MARKETS

FREE!

58  
FOODIE  
IDEAS  
YOU NEED  
TO TRY

Yum!

Enchilada Chicken Soup page 50

# Souper Special

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# Cullen's

May - June 2022

For a flavour match made in heaven, try this spiced carrot soup with crispy maple bacon – *mmm.*

21



## DELICIOUS FOOD

### 08 Seasonal Picks

Enjoy pears at their peak and be creative with quince and mini wombok.

### 14 The Artful Pumpkin

Fabulous ways you can enjoy this versatile and voluptuous vegetable.

### 24 You Saucy Thing You!

Classic warm and wintry puds are given a fruity *Market* makeover.

### 31 Feeding The Family

Delicious mains for your hungry tribe with an extra twist for mates and dates.

### 40 Shop The Market

Discover exciting store-bought finds to make weeknight meals a breeze.

### 44 Ladles Of Love

These sensational soups will take your taste buds on a world tour.

### 54 Rise And Shine

You'll start your day the right way with epic bacon and egg muffins.

Indulge in the magic of a sticky date, pear and ginger pudding with this gorgeous caramel sauce.

21



## JUST FOR THE KIDS

### 56 Kids In The Kitchen

The choccie treat Mum and Dad will actually want you to eat!

## FARM & GARDEN

### 58 Flavour Factory

Why thyme is on your side.

### 60 Can You Feel The Love

How you can showcase beautiful blooms in charming and quirky cans.

### 65 Garden Diary

Get growing with seasonal tips for planting and nurturing your yard.

### 70 We Are The Wild Ones

They may look a little ugly, but the Imperfect Picks range of fruit and veg has a beautiful role to play.

### 80 Sip, Sip Hooray!

Raise your glass to Cullen Wines – a biodynamic and carbon-positive winery.

## MUST READS

### 72 Eight Little Acts Of Self-Care

Important ways to take care of yourself so you can take care of business.

### 74 Market Takes You Travelling

We whisk you away to the best hotspots at home and abroad.

### 78 Nuts And Seeds For Great Hair And Skin

You really don't want to miss out on these power-packed beauty snacks.

### 82 Puzzle Time

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# Welcome

**H**ELLO AGAIN, I've always wanted to start one of these letters with the old cliché "well it's that time of year again". Now that I have started cooking lamb shanks, casseroles, hearty stews and loads of soup it seems super appropriate to use the cliché! My whiz of an editor (whom I love dearly) refuses to let me though. So with little tact I am trying to bury it in the copy!

Let's just say that it's no longer salad days, but the warm nights around the family table are no less blessed. Cold weather food is so delicious and comforting – kinda what we need when we want to

shut the crazy world out and enjoy the simple and beautiful act of nourishing our bodies.

We are super excited as well to reach out to loads more people with this issue by making it free. We hope you enjoy all the great recipes, product ideas, tips and tricks and



**Cold weather food is so delicious and comforting**

inspo for eating, drinking, gardening and travelling!

I for one, am looking forward to my first overseas holiday in two and a half years – Bali baby, here I come! I hope you have all got good food and travel on your horizon too!

Regards,

*Tristan*

**Tristan Harris, Co-CEO,  
Harris Farm Markets P/L**

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# Editor's Letter

Hello to you all. Nice to have you with us in our now FREE mag. And I'm here this issue with a flower story (see page 60), because I'd love to add a new joy to your life, if you don't do this already.

Lucky me, just recently I was given this bunch of beautiful flowers, when they were still in their infancy of blooming. And doesn't that make the gift of a bunch of flowers splendid, because each day they are 'new' as they open up more and more. Indeed, they're a gift that keeps on giving.

Speaking of which, some time back we had occasion to do a gardening feature called "Up Close And Personal". The pictures were taken as close into each individual flower as you could get and each pic was a full page. And oh, the view!

The magnificent and intimate detail of the miracle structure and colour of each bloom so close is an incredulous experience and one we miss when we look at a bunch of flowers as a whole. So here's this for you: next time after you've loved a full arrangement, get right up close and personal and look deeply into each bloom, one by one. And you'll be absolutely overcome. Do this too, when you wander the florists at Harris Farm Markets at your leisure.

It's not quite the same when you do this with a pumpkin however! But gee, I love our pumpkin feature on page 14. In fact, everything in the issue. And again, we're thrilled we're now FREE for you. So enjoy it all and see you soon, up close and personal!

Julia Zaetta, Editor

# Cathy's Column

I write this as the elections are drawing to a close – I suspect like many I'm about over it. Then I reflect on how lucky we are to live in a thriving democracy where at least every four years we get to choose, judge and have our say about our future.

This naturally leads me to think about our friends in Ukraine. So I decided to have a little Ukraine cook up! Two of the dishes that I liked were good old stuffed cabbage rolls, *holubtsi* – a really healthy version of a Chiko roll. But my absolute favourite was the Ukrainian dumplings, *halushki*.

We used these meals as an entrée into discussions about our democracy with our grandchildren. You can cook them too, as you'll find all the ingredients at Harris Farm Markets and the recipes online at [marketmagazine.com.au](http://marketmagazine.com.au). Enjoy!

Catherine Harris AO PSM  
Chair Harris Farm Markets  
Pty Ltd



# Seasonal Picks

## Pears



### FRUIT

Oranges  
Mandarins  
Apples



Papaya  
Kiwifruit  
Banana



Pomegranate  
Tomato



Custard apple  
Finger lime

Early winter brings us a bounty of vibrant fruit and veg – enjoy pears at their peak and get creative with quince and mini wombok

The first pears of the season are the soft and sweet Williams variety, but the aficionados hang out for the arrival of the Packhams, an Australian pear developed in 1896 by Charles Packham at his orchard at Garra, west of Orange, NSW. Perhaps not as good looking as the elongated, brown-skinned Beurre Bosc, or the rosy-skinned little Corella, Packhams pack a superior flavour.



## 5 STEPS TO Ripe

### 1.

Pears are ripe when they give just slightly at the stem end of the fruit.

### 2.

Use firmer pears for cakes and cheese boards and softer varieties for eating fresh, or slicing into salads.

### 3.

To speed up the ripening of pears, put them in a paper bag and store at room temperature. To turbocharge the process, add a banana.

### 4.

Store ripe pears in the fridge to slow softening.

### 5.

Once pears have gone too soft to enjoy fresh, toss them in your breakfast smoothie with bananas, baby spinach leaves and your milk and sweetener of choice.



### GOOD NEWS

Pears are a good source of fibre and have a low GI, helping you feel full for longer. Eat them skin and all to get the antioxidants and phytochemicals packed into the surface.

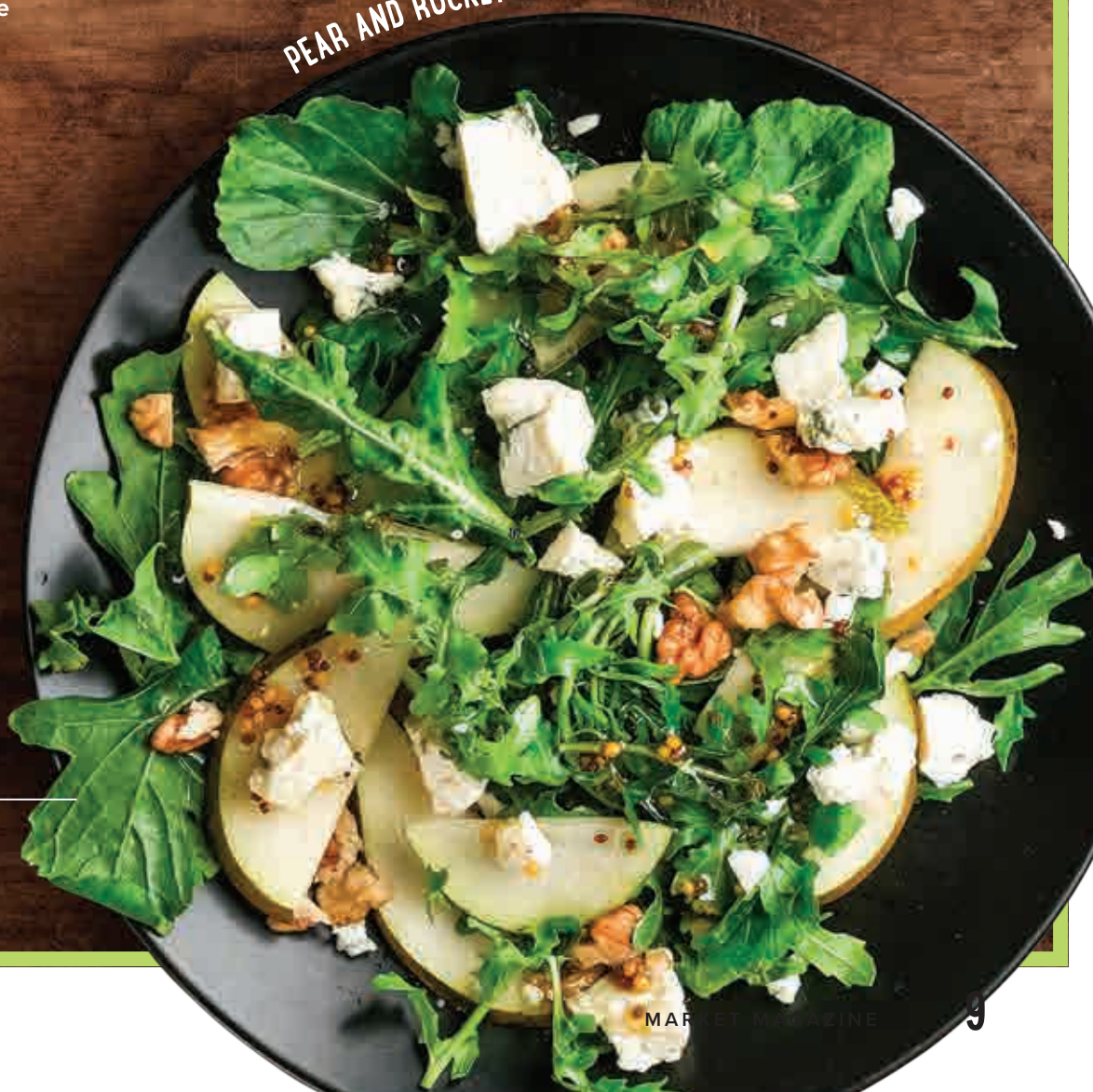
### TRY THEM

**In a salad:** top fresh watercress and rocket with sliced pears, toasted walnuts and your favourite blue cheese. Yummo.

**In a crumble:** roast quartered pears in pear nectar until just soft, mixed with chopped crystallised ginger and topped with crumble mix. Bake until golden.

**In a brekkie bowl:** chop peeled and quartered pears into chunks. Cover with a cup of water, a quarter cup of sugar, slice of lemon, and tsp of cinnamon and cook until soft. Serve with yoghurt and granola.

### PEAR AND ROCKET SALAD



**DID YOU KNOW?**

Quinces have a lovely fresh fragrance and last in the fruit bowl long after picking. As such, they were used in linen cupboards to keep sheets and towels smelling fresh over winter.

# Quince

**SPICE IT UP**

Quinces love spices. So add a cinnamon stick or a few star anise, along with a strip of orange rind, to poaching liquid.

When it comes to the flavour of this fab fruit, it's all in the cooking

**Q**uince can't be eaten raw, but once it's cooked it is transformed! For a tart, fresh flavour, cook quinces only lightly in sugar and water, until they turn a pale peach colour. At this stage they are good with savoury dishes like baked ham or pan-fried duck breast. Cook them longer, until they turn a dark ruby, and they develop a rich, sweet and luscious flavour.

## VEGETABLES

Avocado  
Pumpkin  
Brussels sprouts



Red cabbage  
Jerusalem artichoke  
Carrots



Zucchini  
Mushrooms



Beans  
Capsicum

**HINT! HINT!**  
Try dark poached quinces atop winter's steaming bowl of porridge for a warming start to your day.

QUINCE PASTE



## YOU NEED TO *Know*

### 1.

Quinces start to brown as soon as you cut them. Therefore, if you are going to cook them only briefly to a soft pink colour, drop cut pieces into a bowl of water with the juice of half a lemon while you chop the rest of the fruit.

### 2.

The worst thing about quinces is peeling them – happily this is unnecessary if you are going to cook them long and slow. Simply scrub, quarter, bake, cool, then peel and core before serving.

### 3.

When cooking, allow a quarter cup of sugar to each quince.

### PASTE IT

Quinces have high levels of pectin, so are easy to turn into jams, jellies and pastes. The most famous of these is membrillo, the Spanish quince paste served with cheese. To make it:

**Peel, core and roughly chop 2 quinces.**

Put fruit in a pot, cover with water, add the juice of half a lemon, bring to the boil and simmer until fruit is very soft.

**Whizz the fruit in a processor until it is smooth.**

**Measure the purée and add around three-quarters that amount of sugar, plus a pinch of salt.**

**Simmer on a low heat, stirring constantly, until fruit mix thickens, starts to pull away from the sides of the pan, and changes colour to a dark, brick-red.**

**Pour into a lightly oiled bowl or slice tin and smooth the top.**

**When paste has cooled, turn out onto a clean surface and slice into cubes.**



MINI WOMBOK COLESLAW

## 5 WAYS WITH Mini wombok

A longtime star of Asian cuisine, this versatile veg is now being embraced in Australian kitchens

**Y**ou can use wombok, or Chinese cabbage, in any recipe that calls for cabbage. That versatility makes it a super-useful addition to the shopping list.

Baby wombok, a mini version only a third as big as a full-size wombok, is a relatively new addition to our crispers. And it's welcome – the leaves are sweet and mild and there is absolutely no wastage – the whole thing is edible. **MM**

**1.**

Quarter and stir-fry mini wombok with garlic, ginger and fresh chilli.

**2.**

Shred and add your mini wombok to a hearty minestrone studded with borlotti beans.

**3.**

Make a mayo-dressed slaw with shredded mini wombok, grated carrot, chopped apple, nuts and dried cranberries.

**4.**

Change up your taco night with shredded mini wombok instead of lettuce.

**5.**

Drizzle quartered mini wombok with soy sauce and vegetable oil, roast for 20 minutes until tender, then squirt over Japanese mayo and a sprinkle of toasted sesame seeds.



Mini Wombok

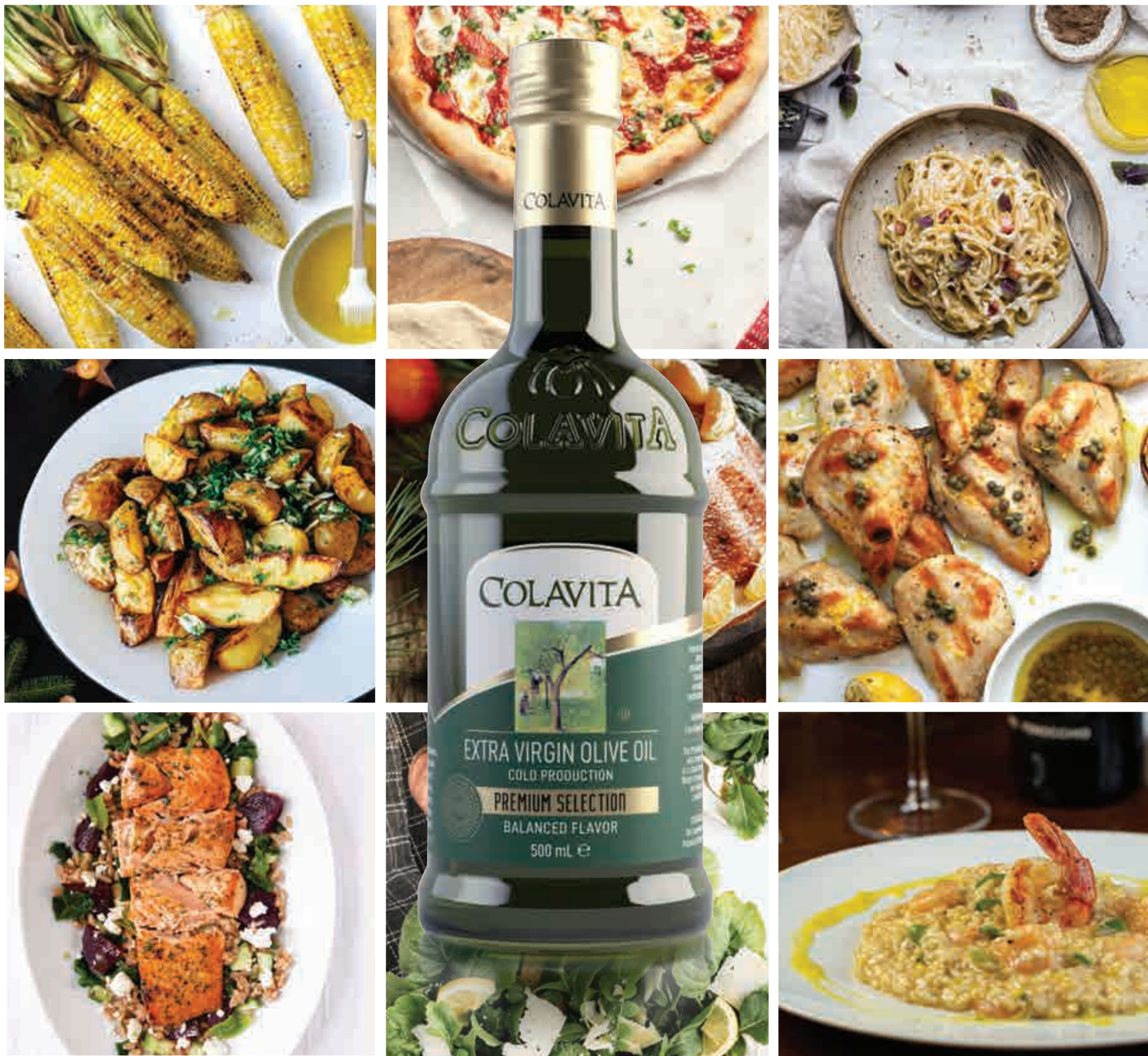


### GOOD 4 YOU!

Cabbage is in the brassica family of vegetables, renowned for their high levels of sulforaphane, which may help protect against cancer.

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## Perfect partners

Check here for pumpkin's tried and true flavour pairings to help take the guess work out of cooking, or simply to make you feel more confident about getting creative in the kitchen. Loving the lot!



## All about

### 1. KENT PUMPKIN

Also known as Jap pumpkin. These varieties have a ribbed green-grey skin that is mottled with stripes and speckles. The flesh is golden yellow, with a nutty, very sweet flavour. It's a great all-rounder and a favourite for roasting.

### 2. GOLDEN NUGGET PUMPKIN

Aren't they cute? These little beauties are exactly that, beautiful. They aren't your typical go-to pumpkin variety for everyday cooking and eating. They are best stuffed, then roasted until tender. A great dinner party idea.

### 3. SPAGHETTI SQUASH

A bright yellow-skinned vegetable, with a less vibrant yellow flesh inside. When you scrape a fork on the inside of a cooked spaghetti squash, you'll get fibrous 'strings' that resemble angel hair spaghetti – thus the name! It's a healthy low-carb alternative to pasta, and has a very mild taste. To cook it, simply put a halved, seeded squash cut-side down into a baking dish along with ½ cup water. Bake at 180°C fan-forced for 30-40 minutes or until the flesh is tender. Then fork away! Serve it topped with your fave pasta sauce.

### 4. BUTTERNUT PUMPKIN

Butternut pumpkins have a distinctive pear-like shape. The skin is smooth and tan-yellow in colour, and quite thin compared to other varieties – totally edible by the way! The inside flesh is bright orange and sweet in taste. They only have seeds in their large bulbous base, which makes for quick-and-easy preparation. It's another superb all-rounder.

### 5. JARRAHDALE OR QUEENSLAND BLUE PUMPKIN

Both have a grey-blue skin colour, with rounded ribs. The inside flesh is golden-orange in colour. The Queensland Blue has deeper ribs than the Jarrahdale. They are both great for steaming, boiling, soups and mash.

# The artful pumpkin

1. Kent pumpkin



2. Golden Nugget pumpkin



3. Spaghetti squash



5. Jarrahdale or Queensland Blue pumpkin



4. Butternut pumpkin



There are plenty of ways to enjoy this voluptuous vegetable that comes in all manner of shapes, colours and sizes – as part of your Sunday roast, made into a pasta or enjoyed as an afternoon snack. So pick up a pumpkin and start cooking up these fab creations

PHOTOGRAPHY: ANDRE MARTIN • STYLING AND RECIPES: ELLE VERNON



## CLASSIC ROAST PUMPKIN WITH NUTMEG, GARLIC, LEMON AND HERBS

**PREPARATION:** 10 minutes

**COOKING:** 30 minutes

**SERVES:** 4-6 as a side

½ Kent pumpkin  
 2 Tbsp extra virgin olive oil  
 1 clove garlic, minced  
 A few grates of nutmeg or a pinch of ground nutmeg  
 Finely grated zest of 1 lemon  
 1 Tbsp fresh thyme leaves  
 3 tsp brown sugar  
 Sea salt and freshly ground pepper, to season  
 Flat-leaf parsley leaves, to garnish

- 1. Preheat oven to 200°C fan-forced.** Line an oven tray with baking paper.
- 2. Using a large metal spoon, scoop** out the seeds and stringy insides of the pumpkin. Save the seeds for roasting (see 'Quickies' on page 23). Cut pumpkin into wedges, about 2.5-3cm thick.
- 3. Combine olive oil, garlic and nutmeg** in a small bowl.
- 4. Arrange pumpkin on oven tray and** brush with olive oil mixture. Sprinkle lemon zest, thyme and sugar over the top. Season.
- 5. Bake for 30 minutes or until pumpkin** is golden and tender.
- 6. Serve hot, warm or at room** temperature garnished with parsley.

Butternut pumpkin can be used in place of a Kent if preferred.

## Choosing a whole Pumpkin?

Look for firm, hard skin all over. Little imperfections on the exterior are fine as long as the skin is firm.

The stem should still be intact, attached, firm and dry to touch.

Opt for one that is heavy for its size; this indicates plenty of good-quality flesh.

P.S. Whole pumpkins can be purchased and stored at home in a cool dry place for a couple of months.

## STICKY HONEY ROAST PUMPKIN WITH ZA'ATAR, DATES AND PINE NUTS

**PREPARATION:** 10 minutes

**COOKING:** 30 minutes

**SERVES:** 4-6 as a side

½ Kent pumpkin  
 2 Tbsp extra virgin olive oil  
 1 clove garlic, minced  
 1 tsp Za'atar  
 1 tsp sumac  
 1 Tbsp honey, warmed to drizzle consistency  
 Sea salt and freshly ground pepper, to season  
 3 Medjool dates, pitted, finely chopped  
 1 Tbsp pine nuts, toasted  
 Finely chopped flat-leaf parsley leaves, to garnish

- 1. Preheat oven to 200°C fan-forced.** Line an oven tray with baking paper.
- 2. Using a large metal spoon, scoop** out the seeds and stringy insides of the pumpkin. Save the seeds for roasting (see 'Quickies' on page 23). Cut pumpkin into wedges, about 2.5-3cm thick.
- 3. Combine olive oil and garlic** in a small bowl.
- 4. Arrange pumpkin on oven tray,** brush with olive oil mixture, and sprinkle with za'atar and sumac, then drizzle with honey. Season.
- 5. Bake for 30 minutes or until** pumpkin is golden and tender.
- 6. Serve hot, warm or at room** temperature, scattered with dates, pine nuts and parsley.





**GUESS WHAT?**

Pumpkins are grown on every continent except Antarctica.

**ROAST PUMPKIN TWO WAYS**





## GOURD *For you!*

By adding pumpkin to your meal, you'll score yourself a good source of vitamins C and A, magnesium, potassium and fibre. It's also relatively low in kilojoules so you're getting great nutritional bang for your buck, whilst taste buds shout – *yipeee!*

## PUMPKIN AND RICOTTA GNOCCHI WITH PESTO AND HAZELNUTS

**PREPARATION:** 20 minutes, plus cooling

**COOKING:** 45 minutes

**SERVES:** 4 as an entrée

500g Kent or butternut pumpkin, seeded, peeled, cut into 2cm chunks

$\frac{3}{4}$  cup fresh ricotta, drained well

$\frac{1}{3}$  cup finely grated parmesan (about 20g), plus extra to serve

1 free-range egg

A few grates of nutmeg or a pinch of ground nutmeg

Sea salt and freshly ground pepper, to season

$\frac{3}{4}$  cup plain flour, plus extra to dust

1 Tbsp extra virgin olive oil

$\frac{1}{3}$  cup HFM homemade basil pesto, roughly chopped roast hazelnuts, and basil leaves, to serve

**1. Preheat oven to 200°C fan-forced.** Line 2 oven trays with baking paper. Place pumpkin on one tray, then season.

Bake for 35 minutes or until golden and very tender. Transfer to a bowl and mash until very smooth. Set aside to cool to room temperature. Measure out  $\frac{3}{4}$  cup of mashed pumpkin and reserve any remaining for another use.

**2. Stir in ricotta, parmesan, egg and nutmeg.** Season. Stir in flour in two batches, mixing until a firm, yet slightly sticky dough forms.

**3. Divide dough into 4 portions.** Roll each portion on a lightly floured surface to create a 2cm-thick sausage shape, then cut into 2cm pieces using a lightly floured knife.

**4. Gently press each with the back of a fork** to slightly flatten and indent, and place onto remaining baking tray.

**5. Meanwhile, bring a large saucepan** of salted water to the boil.

**6. Add half the gnocchi to the boiling water** and cook for about 3 minutes or until gnocchi pieces float to the surface. Using a slotted spoon, transfer to a large bowl, shaking off water. Add olive oil and toss to coat. Repeat with remaining gnocchi.

**7. Serve immediately drizzled with pesto,** and scattered with hazelnuts, basil leaves, extra parmesan and black pepper.

## DREAM *Dough*

At the end of step 2, the dough should be slightly sticky, yet firm enough to be able to be rolled into a log on the lightly floured surface. However, if you're finding it too sticky to work with, add a little extra flour, 1 Tbsp at a time, until the desired consistency is reached.

Keep in mind that too much flour will result in a heavier, chewier gnocchi, so go lightly.

**HINT! HINT!**  
For a larger main,  
you can serve gnocchi  
alongside pan-fried  
barramundi or  
blue-eye trevalla.



STEP  
BY  
STEP

## SCRUMPTIOUS SCONES

There's nothing better than a good old fashioned pumpkin scone. Try this one with feta that would make Nana proud



1 Preheat oven to 200°C fan-forced, then lightly dust an oven tray with plain flour.



2 Sift self-raising flour into a mixing bowl. Stir in sugar and a pinch of salt. Add butter and rub into the flour.



3 Make a well in the centre, then add pumpkin, egg and milk. Mix with a butter knife to briefly combine.



4 Add feta and continue to mix until mixture just comes together to form a soft, loose dough.



5 Use your hands to knead briefly whilst forming a ball.



6 Turn out onto a lightly floured bench and use your hands to flatten into a disc, about 2cm thick. Dust with flour.



7 Use a 6.5cm round cookie cutter to cut out rounds and place them on the tray so they are just touching.



8 Combine scraps, briefly and gently knead into a 2cm thick disc, then cut out more rounds to make 8 in total.



9 Brush tops with milk, scatter with pepitas and season. Bake scones for 16-20 minutes or until golden.

## PUMPKIN AND FETA SCONES

3 TOP  
Tips

1.

Put down the knife! It's traditional to break scones in half with your fingers.

2.

You'll need around about a 500g wedge of pumpkin for this recipe.

3.

Try serving these for breakfast on a platter with prosciutto, goat cheese, rocket and figs. Delish!

**PREPARATION:** 10 minutes, plus 10 minutes cooling

**COOKING:** 20 minutes

**MAKES:** 8

2 cups self-raising flour, plus extra to dust  
 3 tsp caster sugar  
 Sea salt and freshly ground pepper, to season  
 40g butter, chilled, coarsely grated  
 $\frac{3}{4}$  cup roast pumpkin, cooled  
 1 free-range egg  
 3 Tbsp milk, plus extra for brushing

1 Tbsp crumbled Greek-style feta  
 1 Tbsp pepitas, finely chopped  
 Butter, to serve  
 Tomato relish, to serve (optional)

When cooked (see method, opposite), set aside for 10 minutes, then serve smothered with butter and relish on the side to spread as desired.



## VEG Out

Enjoy this mac 'n' cheese with a fresh bowl of green salad or a plate of steamed beans, broccoli and cauliflower on the side.

## PUMPKIN MAC 'N' CHEESE

**PREPARATION:** 15 minutes

**COOKING:** 40 minutes

**SERVES:** 6-8

375g dried macaroni  
 500g pumpkin, peeled, seeded, diced into roughly 1-2cm pieces  
 300ml milk  
 2 Tbsp caramelised onion relish  
 1 Tbsp tomato paste  
 2 tsp Dijon mustard  
 Sea salt and freshly ground pepper, to season  
 60g butter, plus extra 30g unsalted butter, melted  
 2 cloves garlic, minced  
 2 tsp fresh rosemary leaves, plus extra to garnish  
 ¼ cup plain flour  
 200g colby cheese, coarsely grated  
 100g shredded mozzarella  
 ⅔ cup panko breadcrumbs

1. Preheat oven to 190°C fan-forced. Cook macaroni in a large saucepan of salted boiling water, following pack instructions until al dente. Drain, reserving ½ cup of the cooking water. Set aside.
2. Meanwhile, cook pumpkin in a second pan of boiling salted water for about 7 minutes or until tender. Drain, then place half into a blender with milk, relish, tomato paste and mustard. Process until smooth. Season and set aside.
3. Put butter, garlic and rosemary into a large saucepan and cook over medium heat until melted and foamy. Add flour and cook, stirring constantly, for 2 minutes. Add 1 cup of pumpkin milk mixture and stir until combined. Then add remaining pumpkin milk mixture and continue to cook for about 5 minutes, stirring, until thick and smooth. Remove from the heat and stir in cheeses. Season.
4. Add cooked macaroni and reserved pasta water, stirring to combine, then fold through reserved pumpkin pieces. Spoon into a 10-cup-capacity casserole dish.
5. Combine breadcrumbs and extra butter in a bowl. Scatter crumbs and extra rosemary over macaroni. Bake for 20 minutes or until filling is hot and the top is golden brown. Scatter with extra rosemary and serve hot.

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**HINT! HINT!**  
 Serve mac 'n' cheese as a side to roast lamb, or with a barbecue roast chicken picked up in-store.

# QUICKIES



# 1

## ROAST THOSE SEEDS

Remove, clean and dry pumpkin seeds. Drizzle with oil, scatter with salt and a sprinkle of smoked paprika. Bake for 15 minutes at 180°C fan-forced or until golden. Allow to cool. Start snacking, or sprinkle over salads. Delightful!

# 2

## THE EASY CHOP

Pumpkins are tricky to cut with their beautiful, rounded lumps and bumps. Try placing pumpkin on a damp kitchen towel to stop it from sliding, then cut with a large, sharp knife using a rocking action.



# 3

## GRATE EXPECTATIONS

You can use a box grater to coarsely grate the pumpkin flesh to quickly and easily add to meals. It's best to add to soups, stews and risottos near the end of cooking, as the small pieces will become tender quite quickly.



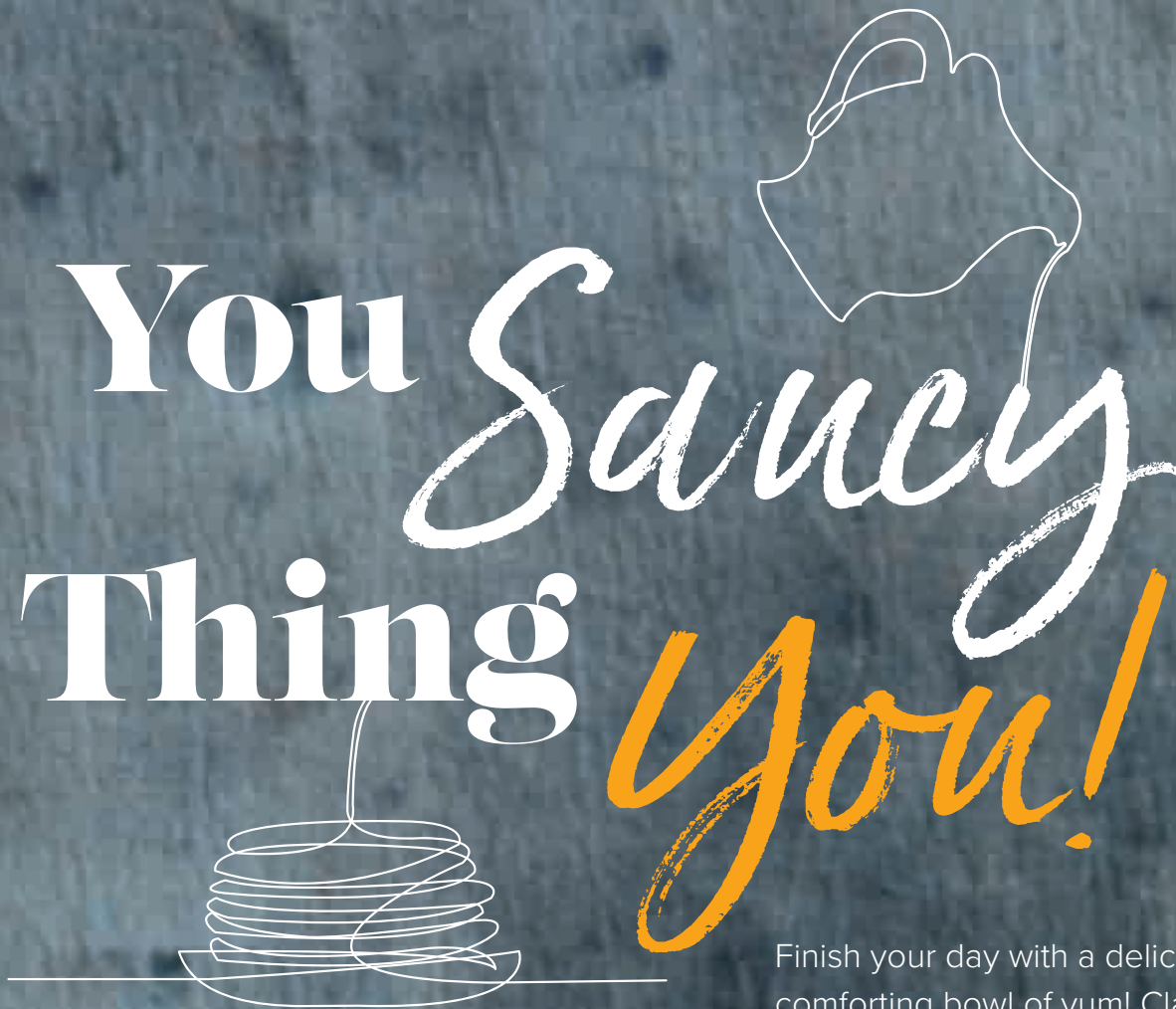
# 4

## SMASH IT ON TOAST

Forget avocado, there's a new kid in town. Use a fork to smash cold roast pumpkin pieces onto toasted sourdough. Top with crumbled feta, rocket leaves and a drizzle of olive oil and balsamic. If enjoying for breakfast, add a poached egg on top – yummo! **MM**



# You Saucy Thing You!



Finish your day with a delicious and comforting bowl of yum! Classic warm, wintry puddings are given a *Market* tweak too, by adding in glorious fruits of the season. Oooh, watch these become a regular

DOUBLE CHOCOLATE AND ORANGE SELF-SAUCING PUDDING Recipe on page 28



## Cook's TIP

Don't have an ovenproof dish handy? This recipe can also be baked in a 20cm round cake tin.



## Any LEFTOVERS?

Probably not! However, should you happen to have any of that liquid gold sauce left, store it in the fridge for up to 3 days, or freeze it in smaller, single-serve portions for a last-minute saucy treat over ice-cream.

**HINT!**  
**HINT!**  
Ginger adds a subtle zing, spice and warmth.

STICKY DATE, PEAR AND GINGER PUDDING WITH CARAMEL SAUCE *Recipe on page 28*

## MULLED WINE, APPLE AND STRAWBERRY COBBLER



**PREPARATION:** 15 minutes

**COOKING:** 45 minutes

**SERVES:** 8

50g salted butter, chopped

¼ cup caster sugar

6 large Pink Lady or Gala apples, peeled, cored, cut into roughly 2cm cubes

250g punnet strawberries, hulled, halved

1 Tbsp milk

1 Tbsp coffee sugar

Icing sugar, to dust

### MULLED WINE

125ml red wine

4 cloves

2 star anise

1 cinnamon stick

Piece of orange zest

### COBBLER TOPPING

1 ⅔ cups self-raising flour, plus extra to dust

125g butter, chilled, coarsely grated

½ cup brown sugar

125ml milk

**1. Preheat oven to 180°C fan-forced.**

**2. Place red wine, cloves, star anise, cinnamon and orange zest into a small saucepan. Cook over high heat and simmer for 5 minutes to allow flavours to infuse and wine to slightly reduce. Add butter and caster sugar and bring to the boil, stirring until melted. Use a fork to remove star anise, cloves and zest.**

**3. Put apples into a 10-cup-capacity (approximately 27cm round) roasting tray or baking dish. Pour mulled wine mixture over apples and stir to coat. Bake, uncovered, for 15 minutes.**

**4. Remove cobbler mixture from the oven and stir in strawberries.**

**5. Meanwhile, to make cobbler topping, put flour in a large bowl and add butter. Use your finger tips to rub butter into flour until it resembles coarse breadcrumbs. Stir in brown sugar. Make a well in the centre and add milk. Mix with a butter knife, using a cutting action to combine, until the mixture forms a shaggy, loose dough.**

**6. Use your hands to bring dough together into a ball. Turn out onto a lightly floured bench and knead briefly (about 30 seconds), then squash down into a disc, about 1.5cm thick.**

**7. Use a large knife to cut dough into approximately 5cm squares.**


**8. Place the cobbler squares on top of the fruit.**

**9. Brush tops with milk. Sprinkle with coffee sugar and bake for 30-35 minutes, or until topping is golden and fruit filling is bubbling hot. Cool for 15 minutes, then serve dusted with icing sugar.**



## Mull IT OVER

Mulled wine gives this dessert a fruity flavour with a gentle hint of spice. You'll love the aroma that fills your kitchen, too! The best red wine to use is a fruity, full-bodied varietal. Try a grenache, merlot or zinfandel.



**HINT! HINT!**  
Use the mulled wine ingredients in the cobbler to make your own delicious mulled wine – just leave out the butter!

## DOUBLE CHOCOLATE AND ORANGE SELF-SAUING PUDDING (PAGE 24)

**PREPARATION:** 10 minutes

**COOKING:** 40 minutes

**SERVES:** 6-8

1 cup self-raising flour  
 ¼ cup Dutch cocoa  
 ½ cup brown sugar  
 125ml milk  
 1 free-range egg  
 60g butter, melted  
 Finely grated zest and juice of 1 orange  
 ⅓ cup dark chocolate baking bits  
 Cream and vanilla ice-cream, to serve

### SAUCE

¼ cup Dutch cocoa  
 ½ cup brown sugar

1. **Preheat oven to 160°C fan-forced.** Grease a 6-cup-capacity ovenproof dish and place on an oven tray.
2. **Sift flour and cocoa into a medium bowl,** then stir in sugar.
3. **Make a well in the centre and** add milk, egg, butter, orange zest

and ¼ cup of juice. Whisk until a smooth batter forms, then fold in chocolate. Pour into prepared dish and smooth the surface.

4. **To make the sauce, sift cocoa** directly over the batter, then scatter with sugar.
5. **Pour 500ml boiling water evenly** over the top of the batter, pouring over the back of a large spoon. Bake, uncovered, for 35-40 minutes or until cake topping is firm and a thick chocolate sauce has formed on the base.
6. **Allow to rest for 5 minutes before** serving with cream and ice-cream.

80g butter, chopped, softened  
 ¾ cup brown sugar, firmly packed  
 ¼ cup golden syrup  
 2 free-range eggs  
 1 ⅓ cups self-raising flour  
 1 small ripe Packham pear, peeled, cored and diced  
 1 large firm Packham pear  
 Icing sugar, to dust  
 Double cream, to serve

### CARAMEL SAUCE

125g butter, chopped  
 ½ cup golden syrup  
 ½ cup brown sugar  
 300ml thickened cream

1. **Preheat oven to 180°C fan-forced.**
2. **Put dates, ginger and 400ml** boiling water in a medium saucepan over a medium heat. Bring to the boil. Add bicarb and stir to combine. Remove from heat and set aside for 30 minutes to cool to room temperature.
3. **Put butter and sugar in the bowl** of an electric mixer and beat, using whisk attachment, for 4 minutes or until light and creamy. Beat in golden syrup and add eggs, 1 at a time, beating well after each addition. Stir in cooled date mixture. Sift flour into mixture and stir to combine. Stir in diced pear.

4. **Pour batter into a 30cm x 22cm tin** and smooth the surface. Use a mandolin to thinly slice the whole pear into 5mm thick discs. Arrange on top of batter, slightly overlapping. Bake for 30-35 minutes or until deep brown and cooked through when tested with a skewer.
5. **Meanwhile, to make the caramel** sauce, put butter, golden syrup and sugar in a small saucepan and heat over a high heat, stirring until butter has melted and sugar has dissolved. Stir in cream and reduce heat to medium. Boil, stirring, for 5 minutes or until deeper brown and slightly thickened. Allow to stand for 15 minutes – sauce will thicken slightly as it cools.
6. **Serve pudding drizzled with caramel** sauce, dusted with icing sugar, and dolloped with cream and ice-cream. **MM**

## Saucy SECRETS

You can make the caramel sauce for the sticky date pudding the day before. Transfer cooled sauce to an airtight container and store in the fridge. To reheat it, simply cook in a small saucepan over medium heat.

## STICKY DATE, PEAR AND GINGER PUDDING WITH CARAMEL SAUCE (PAGE 25)

**PREPARATION:** 15 minutes, plus

30 minutes cooling

**COOKING:** 40 minutes

**SERVES:** 8

250g pitted dates, roughly chopped  
 ¼ cup uncrystallised ginger, roughly chopped  
 1 tsp bicarbonate of soda



# FISH *in the* FAMILY

Mum has the perfect recipe this Winter to keep all of us warm! Her Spicy Coconut & Lemongrass Mussels are not only delicious but will be a guaranteed hit the whole family will love. From our family to yours.



Scan for more recipes

## SPICY COCONUT & LEMONGRASS MUSSELS

SERVES 4 AS AN ENTRÉE OR 2 AS A MAIN MEAL

1 kg black mussels, cleaned, debearded  
1 tbsp peanut oil  
4 green onions (shallots), trimmed, sliced  
3 garlic cloves, finely chopped  
1 small red bird's eye chilli, deseeded, chopped  
1 stem lemongrass, trimmed, crushed, halved lengthways and thinly sliced (use white part only)  
1 tsp ground turmeric  
400ml can coconut cream  
2 tbsp lime juice & 1 tbsp fish sauce & 1 tsp caster sugar  
1/3 cup coriander leaves, chopped Coriander leaves & lime wedges

Heat oil in a large saucepan over medium heat. Add green onions, garlic, chilli and lemongrass. Cook, stirring for 2 minutes, or until softening. Stir in turmeric and cook for 1 minute. Scoop thick white coconut cream from the top of the can into the saucepan. Cook, stirring, for 1 minute. Add remaining coconut cream, fish sauce, lime juice and sugar. Stir to combine. Cover and bring to the boil over medium high heat. Adjust flavours to your taste if liked. Add mussels, cover and cook, shaking the pan occasionally, for 3-4 minutes until all have opened. Remove from heat and toss in chopped coriander. Serve in deep bowls with extra coriander leaves and lime wedges.

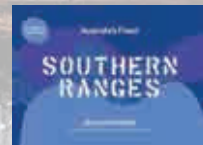
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FROM HARRIS FARM • ALL INGREDIENTS

# FEEDING THE FAMILY

## 4

### GREAT RECIPES

- Beef Sausages With Mash And Creamy Kale
- Barramundi Minestrone With Chorizo, Beans And Garlic Bread
- One-Pot Massaman Chicken Curry With Jasmine Rice
  - Three-Cheese Vegetarian Lasagne

RECIPES: ALEJANDRO FRANCO • PHOTOGRAPHY AND STYLING: BONNIE COUMBE

READY IN 55 MINS

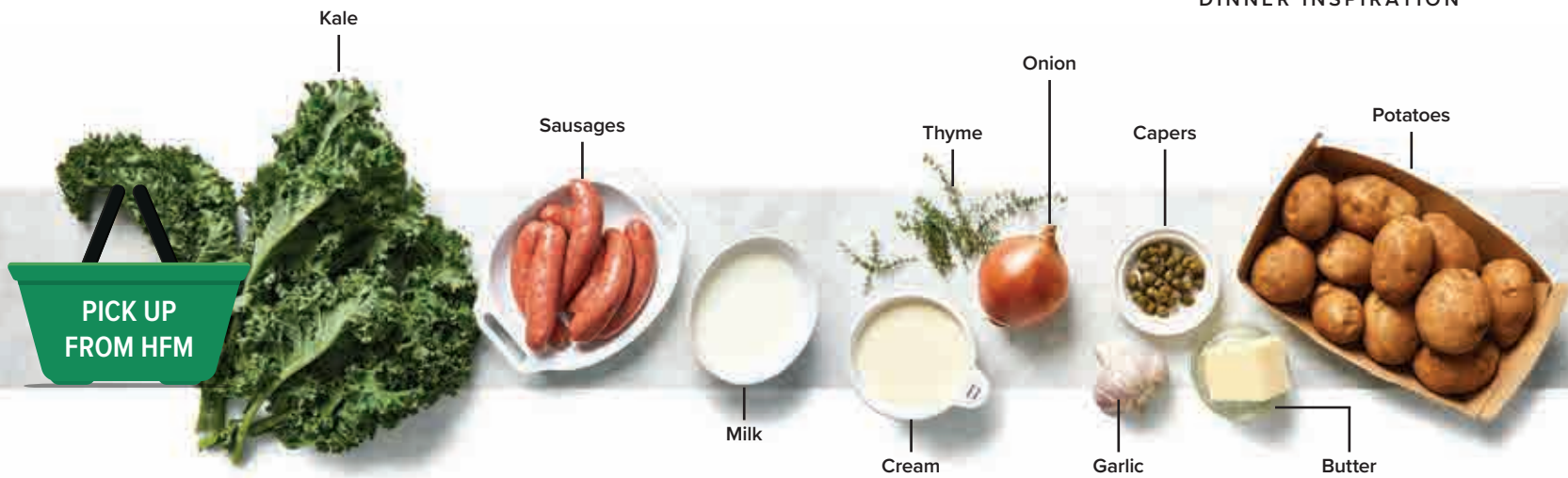
Cook's  
TIP

Add a splash of truffle-infused olive oil to the mashed potato mixture.

 FOR MATES  
AND DATES

Swap the sausages for pan-fried beef eye fillet steaks.





## BEEF SAUSAGES WITH MASH AND CREAMY KALE

PREPARATION: 15 MINUTES • COOKING: 40 MINUTES • SERVES: 4

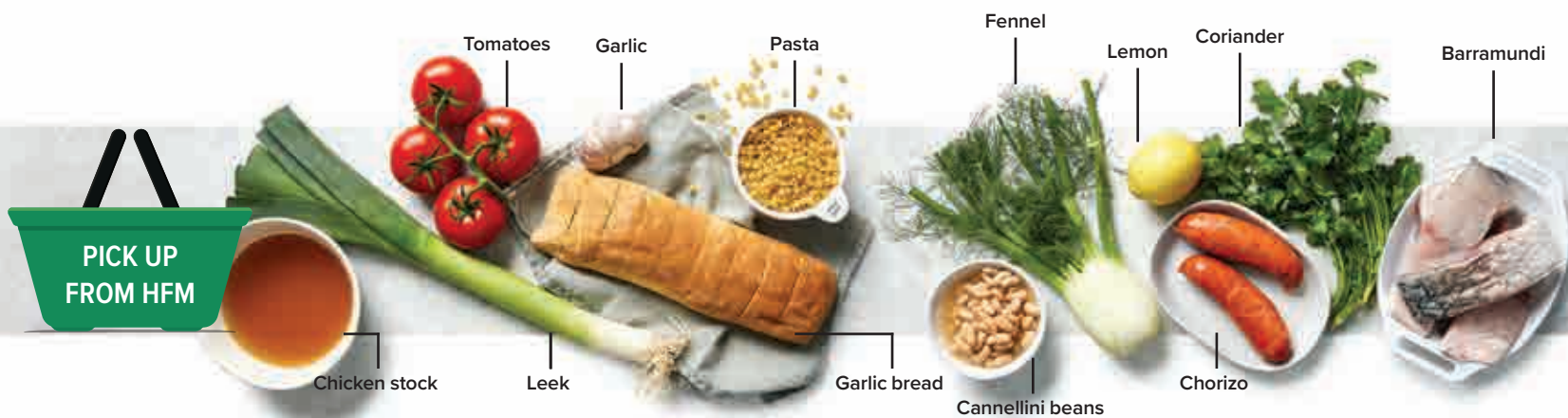


### INGREDIENTS

1kg potatoes  
 50g butter  
 200ml milk  
 Sea salt and freshly ground pepper, to season  
 1 brown onion  
 4 cloves garlic  
 ½ bunch kale  
 Olive oil  
 6 sprigs fresh thyme  
 2 Tbsp capers  
 450-500g packet beef sausages  
 300ml cream  
 ½ lemon

**1. Wash and cut potatoes into** 3-5cm pieces, then place into a saucepan of salted water. Bring to the boil and cook for 30 minutes or until tender. Drain and set aside.  
**2. Using the same saucepan,** add butter and milk, then bring to the boil. Return potatoes to the pan and reduce heat to low. Carefully mash potato, using a masher to combine it with the butter mixture. Season and keep warm.  
**3. Meanwhile, peel onion and garlic.** Finely slice garlic and slice onion into 5mm thick disks. Pick and roughly chop kale. Set aside.  
**4. Heat a large frying pan over** medium-high heat. Drizzle in a generous

amount of olive oil, add onions and cook for 5 minutes, then add garlic, thyme and capers. Cook for a further 7 minutes or until golden. Set aside on a plate.  
**5. To the same pan, drizzle in a** little more olive oil, and cook over medium-high heat. Cook sausages for 10 minutes, turning occasionally, until golden brown and cooked through. Remove from pan and set aside.  
**6. Again using the same frying pan,** add a little more oil, and cook over a high heat. Add kale and cook for 1 minute. Pour in cream and cook for a further 2 minutes. Season and squeeze in the juice of ½ lemon.  
**7. Serve sausages with creamy kale,** mashed potato and caper mixture.



## BARRAMUNDI MINESTRONE WITH CHORIZO, BEANS AND GARLIC BREAD

PREPARATION: 15 MINUTES • COOKING: 45 MINUTES • SERVES: 4



### INGREDIENTS

- ½ fennel
- ½ leek
- 3 cloves garlic
- 2 chorizos
- ¼ bunch coriander
- 3 tomatoes
- Olive oil
- 1L chicken stock
- 1 pinch saffron
- ½ cup ditalini pasta
- 400g can cannellini beans
- 1 store-bought garlic bread
- 4 portions barramundi (around 600-800g in total)
- 1 lemon, cut into wedges

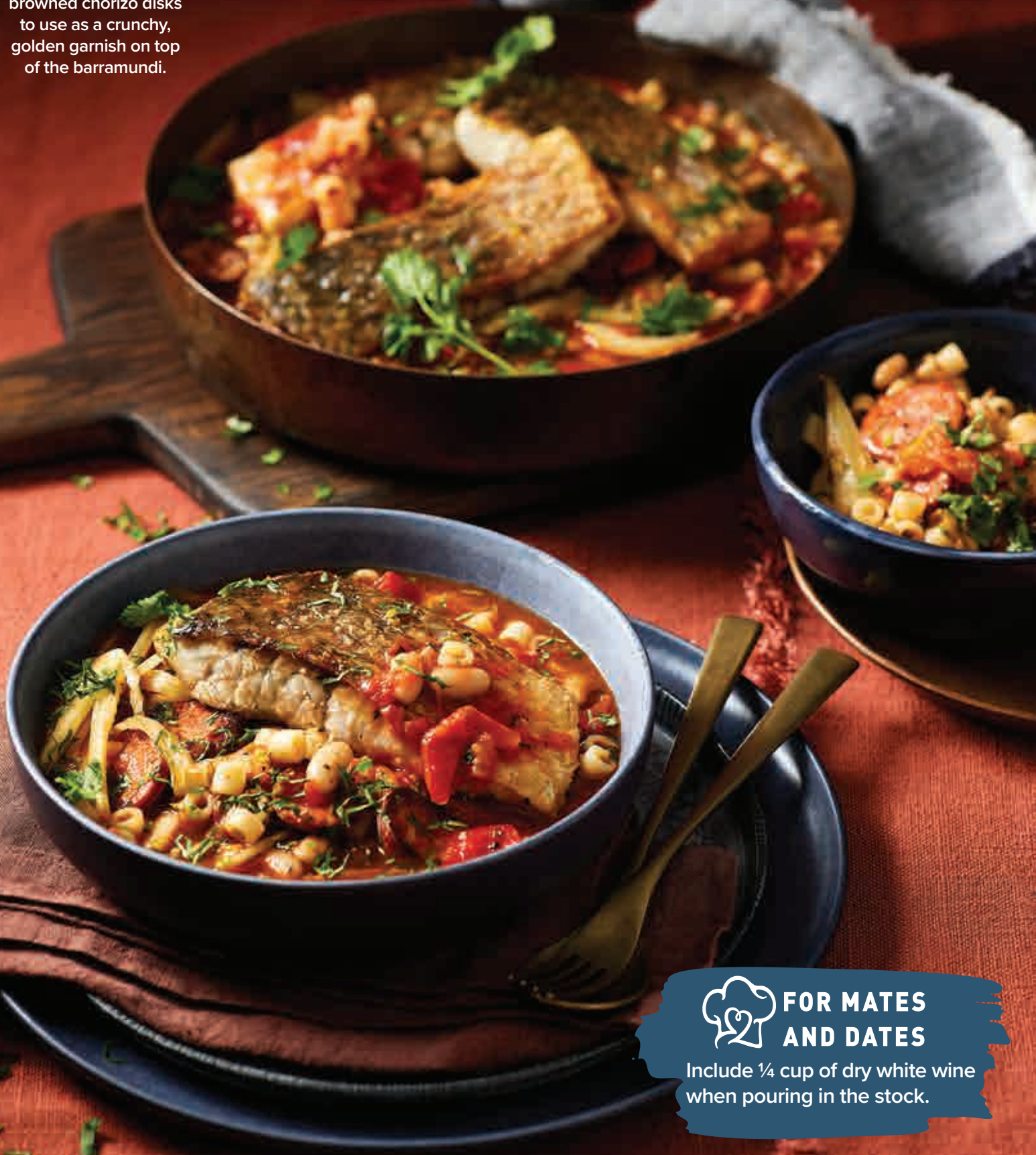
- 1. Bring a medium saucepan of salted water to the boil.** Preheat oven to 200°C fan-forced.
- 2. Finely slice fennel, leek and garlic.** Cut chorizos into 5mm thick disks. Wash and finely chop coriander, including stems, reserving a handful of leaves for garnish. Slice tomatoes into rough pieces.
- 3. To make minestrone, heat a flame-proof casserole dish over high heat.** Drizzle in a little olive oil, add fennel and leek and cook for 5 minutes, stirring until golden and soft. Set aside in a bowl.
- 4. In the same casserole dish, over medium-high heat, add a little more olive oil.** Add leek and garlic and cook for 3 minutes. Remove from pan and add to fennel mixture. To the same pan, add chorizo and cook for 3 minutes

- or until golden brown. Return all the cooked vegetables back to the pan. Add tomato and cook for 10 minutes until tomato has softened. Pour in stock, chopped coriander and saffron. Season and cook for a further 10 minutes.
- 5. Meanwhile, cook pasta following packet instructions.** Drain well.
  - 6. Add pasta and beans to the casserole dish and stir to combine.**
  - 7. Bake garlic bread following packet directions.**
  - 8. Pat barramundi dry and season.** Heat a frying pan over high heat, drizzle with olive oil, and sear barramundi for 2-3 minutes on each side or until golden.
  - 9. Serve barramundi on minestrone, garnished with coriander, and lemon wedges and garlic bread on the side.**

# Cook's TIP

Reserve a little of the browned chorizo disks to use as a crunchy, golden garnish on top of the barramundi.

READY IN 60 MINS



## FOR MATES AND DATES

Include  $\frac{1}{4}$  cup of dry white wine when pouring in the stock.

READY IN 55 MINS

*Cook's*  
**TIP**

Stir a little toasted desiccated coconut through the steamed rice just before serving. It will add texture, flavour and depth to simple steamed rice.



**FOR MATES  
AND DATES**

Serve your curry with warmed roti or naan bread to dip into all that scrumptious sauce.



## ONE-POT MASSAMAN CHICKEN CURRY WITH JASMINE RICE

PREPARATION: 5 MINUTES • COOKING: 50 MINUTES • SERVES: 4



### INGREDIENTS

2 cups jasmine rice  
Olive oil  
500-700g packet bone-in chicken thighs  
500-800g packet chicken drumsticks  
114g can massaman curry paste  
2 x 400ml cans coconut milk  
½ bunch coriander  
½ bunch Thai basil  
½ x 250g can bamboo shoots, drained  
1 punnet baby spinach leaves or 1 bunch English spinach  
1 lime, halved

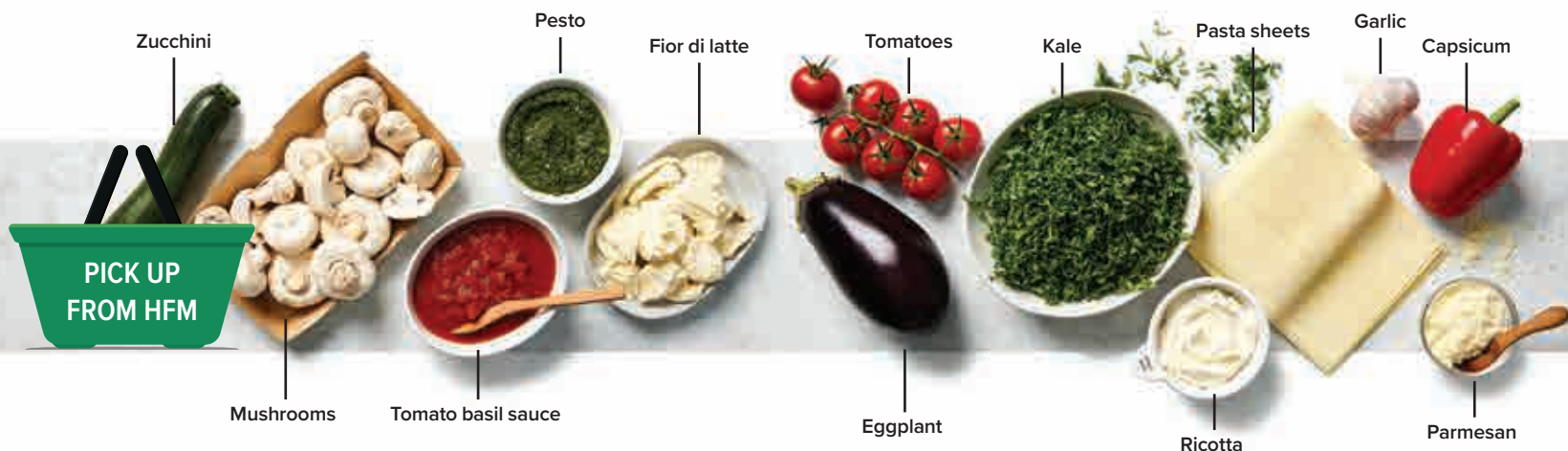
**1. Cook rice following the packet instructions.**

**2. Meanwhile, heat a large heavy-based casserole dish over a high heat, drizzle in a little oil, and add chicken thighs. Cook for 3 minutes or until golden brown all over. Remove from the pan and repeat with drumsticks. Remove from pan and set aside.**

**3. In the same casserole dish over a medium heat, drizzle a little more olive oil and add massaman paste. Cook, stirring for 1-2 minutes, then**

pour in coconut milk and bring to the boil. Add coriander and Thai basil, reserving a handful for garnishing. Add bamboo shoots and bring to the boil, then reduce heat to low and cook for 5 minutes.

**4. Return chicken to the casserole dish and bring to the boil. Simmer for 30 minutes or until chicken is cooked through. Stir in spinach and the juice of the lime. Garnish with reserved coriander and Thai basil leaves, and serve with jasmine rice on the side.**



## THREE-CHEESE VEGETARIAN LASAGNE

PREPARATION: 15 MINUTES • COOKING: 60 MINUTES • SERVES: 4-6



### INGREDIENTS

- 1 eggplant (500g)
- 1 red capsicum
- 200g cup mushrooms
- 1 zucchini (300g)
- Olive oil
- 450g jar tomato basil sauce
- Sea salt and freshly ground pepper, to season
- 150g tub HFM shredded kale
- 360g HFM ricotta
- 3 Tbsp HFM pesto
- 375g packet fresh pasta sheets
- 100g parmesan, finely grated
- 300g fior di latte, torn
- 250g punnet truss cherry tomatoes
- 1 store-bought garlic bread

- 1. Preheat oven to 180°C fan-forced.** Cut eggplant and capsicum into small dice, slice mushrooms and slice zucchini into 5mm thick half-moons. Set aside.
- 2. Heat a large frying pan over high heat** and drizzle in a generous amount of olive oil. Once hot, add eggplant and sauté for 5 minutes. Remove from pan and set aside in a large mixing bowl.
- 3. In the same pan, drizzle a little olive oil,** add mushroom and capsicum and cook for 5 minutes. Remove from pan and place aside with eggplant.
- 4. In the same pan, drizzle a little olive oil,** and sauté zucchini for 1 minute on each side. Remove from pan and set aside with other vegetables.
- 5. Pour tomato basil sauce over** vegles and toss. Season and set aside.

- 6. In the same pan, drizzle a little olive oil,** add kale and cook for 30 seconds. Transfer to a large bowl and add ricotta and pesto. Season and mix well. Set aside.
- 7. Grease a deep baking dish with oil.** Cut pasta sheets to fit the dish, placing 1 layer of pasta on the base. Spread half the vegies across the pasta. Sprinkle over a handful of parmesan. Tear some of the fior di latte and scatter it over the top.
- 8. Add another layer of pasta, remaining** vegies and a little parmesan and fior di latte.
- 9. Add last layer of pasta and spread** green ricotta mixture on top. Sprinkle over remaining parmesan and fior di latte. Place tomatoes on top and bake for 30 minutes. Allow to rest for 10 minutes.
- 10. Bake garlic bread following directions.** Serve lasagne with garlic bread. **MM**

READY IN 75 MINS

*Cook's*  
**TIP**

For meat eaters, stir finely chopped sliced salami through the vegie mixture before building your lasagne.



**FOR MATES  
AND DATES**

Serve with a good drizzle of quality chilli oil.

# Shop the Market



## BUTTER CHICKEN AND LEEK POT PIES

**Preheat oven to 200°C**

fan-forced. In a deep frying pan, saute 1 thinly sliced leek in a good dollop of butter for 5 minutes or until leek is soft.

**Add 1 cup frozen peas, 3 cups** chopped cooked chicken meat and a jar of What's For Tonight? Butter Chicken Cooking Sauce. Divide between four 1 ½-cup-capacity ovenproof ramekins and brush edges with egg.

**Cut 4 rounds from Carême All Butter Puff Pastry** large enough to cover the top of each ramekin. Cut a small round hole from the centre of each, then transfer to ramekin tops, pressing edges to seal.

**Brush with egg and** scatter with black sesame seeds. Transfer to an oven tray and bake for 18 minutes or until pastry is golden.

**Serve scattered with flaked** almonds, coriander and natural yoghurt.

### NOW TRY THIS

**Instead of making pies** with the butter chicken filling, pile it between slices of bread to make toasted sambos!

**Slice any leftover pastry into** thin strips. Brush with egg and scatter with sugar, then bake until golden and puffed. Serve dusted with cinnamon sugar.

### STAR SAUCE

The mix of Indian spices is so authentic you'll think you've ordered takeaway!



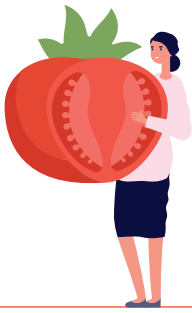
What's For Tonight? Butter Chicken Cooking Sauce 500g



Carême All Butter Puff Pastry Sheet 375g

**Stock up on**





Create weeknight meals with ease and flair, thanks to quality store-bought finds from the aisles of HFM

## RAVIOLINI BAKE WITH BASIL SUGO AND CHORIZO

**Preheat oven to 200°C** fan-forced. Cook Bacci's Baby Beef Raviolini following packet directions. Drain and return to saucepan.

**Add Luca Ciano Fresh Basil Sugo Pasta Sauce**, a handful of semi-dried tomatoes and ¼ cup cooking cream, then season. Gently toss and transfer to a baking dish.

**Swirl a couple of extra** spoonfuls of cream through the sauce. Scatter with roughly torn fresh mozzarella cheese and a handful of cherry tomatoes.

**Bake for 15 minutes** until mozzarella has melted and sauce is bubbly hot. Meanwhile, thinly slice one chorizo and pan-fry until crispy.

**Serve bake topped with** chorizo and basil leaves.

### NOW TRY THIS

**Sugo sauce is a must-have** pantry staple. Pour it over grilled chicken or use as a flavour base for your favourite soups and casseroles.

**Get every morsel of** flavour from the sugo jar by adding a splash of water and giving it a good shake.



**BITE ME!**  
These cute-as-pasta pillows are great for the kids. Small in size – yet big in flavour.

PHOTOGRAPHY: ANDRE MARTIN. RECIPES AND STYLING: ELLE VERNON

## Stock up on



Bacci's Baby Beef Raviolini 500g



Luca Ciano Fresh Basil Sugo Pasta Sauce 480g



**ARE YOU NUTS?**  
 You'd never know, but this cheese is vegan. It's made from cashews and is 100% delish!



## VEGAN PORCINI MUSHROOM RISOTTO

**Cook Tiberino Risotto with Porcini Mushrooms** following packet directions, swapping water for salt-reduced vegan vegetable stock. Stir through a couple of spoonfuls of dairy-free Greek-style coconut yoghurt.

**Meanwhile, to make crispy sage,** coat the base of a medium frying pan with olive oil and cook over medium-high heat.

**Once hot, add a** handful of sage leaves. Fry for one minute, each side or until deep green in colour.

Carefully remove leaves from the pan, transfer to paper towel to cool and allow to crisp.

**Serve risotto dolloped with** a little extra yoghurt, sprinkled generously with Pimp My Salad Vegan Cashew Parmesan. Top with crispy sage leaves, baby sorrel and cracked black pepper.

### NOW TRY THIS

**Make this meal for meat eaters** by creating the risotto with chicken stock rather than vegetable stock, and adding an abundant handful of diced bacon.

**Sprinkle this amazing** cashew parmesan over salads, roast vegetables, pasta bakes and pizzas. **MM**



## Stock up on



Pimp My Salad Vegan Cashew Parmesan 120g



Tiberino Risotto With Porcini Mushrooms 200g

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# LADLES OF Love



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**USE YOUR NOODLE**  
To ease your prep, cook the noodles ahead of time. Then simply toss with hot water to separate them just before placing in serving bowls.

**JAPANESE BEEF AND SHITAKE MUSHROOM NOODLE SOUP**

Recipe on page 46

RECIPES AND STYLING: ANNETTE FORREST • PHOTOGRAPHY: LOUISE LISTER • PHOTO CHEF: LARA REYNOLDS

## JAPANESE BEEF AND SHIITAKE MUSHROOM NOODLE SOUP (PAGE 45)

**PREPARATION:** 20 minutes

**COOKING:** 30 minutes

**SERVES:** 4

270g packet dried soba or ramen noodles  
4 free-range eggs, at room temperature  
1 Tbsp olive oil  
300g piece beef eye fillet steak, trimmed  
100g fresh shiitake mushrooms, larger mushrooms halved  
½ bunch broccolini, blanched, stems thinly sliced, tips halved lengthways  
Shredded green shallots, black sesame seeds and micro shiso, to garnish

### MISO BROTH

3 tsp sesame oil  
1 ½ Tbsp finely grated fresh ginger  
2 cloves garlic, minced  
¼ cup shiro (white) miso paste  
6 cups (1.5L) beef stock or bone broth, hot  
1 Tbsp mirin  
2 Tbsp salt-reduced soy sauce

1. **Cook noodles following packet instructions, then drain.** Set aside.
2. **Cook eggs in a saucepan of boiling water for 7 minutes (for soft boiled).** Drain and cool with cold water. Peel and halve eggs. Set aside.
3. **Meanwhile, heat oil in a large frying pan over medium-high heat.** Cook beef on both sides for 6-8 minutes (depending on thickness) until evenly browned. Transfer to a plate. Cover and rest for 10 minutes. In the same pan, add the mushrooms and cook for 2-3 minutes until golden. Transfer to a plate.
4. **To make the miso broth, heat sesame oil in a saucepan over low heat.** Add ginger, garlic and miso. Cook, stirring, for 1-2 minutes. Add hot stock. Cover and bring to the boil. Add mirin and soy sauce. Stir until smooth. Reduce heat, cover and simmer for 10 minutes.
5. **Thinly slice beef. Divide noodles between 4 serving bowls.** Ladle hot miso broth into the bowls. Top with beef, mushrooms, broccolini and eggs.
6. **Garnish with green shallots, sesame seeds and micro shiso.** Serve immediately.

## TIPS FOR GETTING YOUR IDEAL Soup

1.

If your soup is a little too thin, simmer over medium heat until you get the desired consistency.

If the soup is too thick, then add a little extra stock.

2.

Some soups, such as the green goodness vegie soup and the spiced carrot soup, thicken on standing. Add a splash of extra stock if necessary.

## GREEN GOODNESS VEGIE SOUP WITH BOCCONCINI AND PESTO

**PREPARATION:** 15 minutes

**COOKING:** 35 minutes

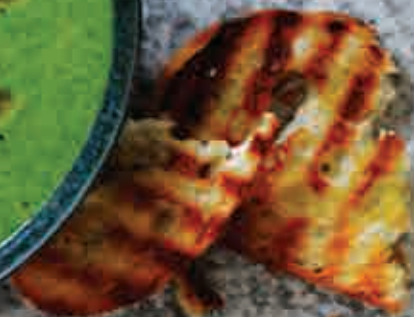
**SERVES:** 4-6

2 Tbsp extra virgin olive oil, plus extra to serve  
1 brown onion, thinly sliced  
3 cloves garlic, finely chopped  
2 (300g) zucchinis, chopped  
1 medium fennel bulb, trimmed, chopped  
4 cups (1L) chicken or vegetable stock  
400g can cannellini beans, drained, rinsed  
120g baby spinach leaves  
1 ½ cups frozen peas  
Sea salt and freshly ground black pepper, to season  
160g tub bocconcini, drained, torn  
HFM basil pesto, to serve

1. **Heat oil in a large saucepan over medium heat.** Add onion and garlic. Cook, stirring occasionally, for 3 minutes or until softening.
2. **Add zucchini and fennel to the pan.** Cook, stirring often, for 5 minutes. Stir in stock. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, stirring occasionally, for around 15 minutes.
3. **Bring stock mixture back to the boil over medium-high heat.** Stir in beans, spinach and peas. Cook, stirring, for 1-2 minutes until spinach wilts. Remove from heat and set aside for 10 minutes.
4. **Using a hand-held stick blender, blend soup until smooth.** Season. Heat soup over medium heat until hot.
5. **Ladle soup into serving bowls and top with torn bocconcini.** Serve soup drizzled with pesto and a little extra olive oil.



**HINT! HINT!**  
You can swap out the  
bocconcini for grated  
parmesan or crumbled  
goat or feta cheese  
if preferred.



**GO GREEN!**  
This tasty soup is  
packed with healthy fibre-  
rich green vegies, including  
zucchinis, peas and  
spinach. Your body  
will love you  
for it!

## VOILÀ!

Carrot soup is a classic in French cuisine. It was eaten by King Edward VII on August 26 each year to mark the 1346 Battle of Crécy.

## SPICED CARROT SOUP WITH CRISPY MAPLE BACON

**PREPARATION:** 20 minutes

**COOKING:** 50 minutes

**SERVES:** 4-6

2 Tbsp extra virgin olive oil  
 1 large brown onion, finely chopped  
 1 tsp ground coriander  
 1 tsp ground cumin  
 ½ tsp dried red chilli flakes  
 750g carrots, peeled, sliced  
 3 cloves garlic, finely chopped  
 5 cups chicken stock  
 100g rindless streaky bacon rashers  
 1 Tbsp maple syrup  
 Sea salt flakes and freshly ground black pepper, to season  
 ¼ cup sour cream  
 Chopped chives and chargrilled bread, to serve

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, for 4-5 minutes until tender.
2. Stir in coriander, cumin and chilli flakes. Cook, stirring occasionally, for 2 minutes until aromatic. Add carrots and garlic. Cook, stirring often, for 5 minutes.
3. Add stock. Cover and bring to the boil over medium-high heat. Reduce heat, cover and simmer, stirring occasionally, for 20 minutes or until carrots are tender.
4. Meanwhile, preheat oven to 200°C fan-forced. Place bacon onto a rack over a baking tray lined with foil. Brush both sides with maple syrup. Roast for 10-12 minutes or until golden and crisp. Transfer to a plate lined with paper towel. Set aside to cool for 5 minutes.
5. Using a hand-held blender, blend soup until smooth. Season. Cook soup over medium heat until hot.
6. Ladle hot soup into serving bowls. Swirl through sour cream and top with torn pieces of bacon.
7. Serve sprinkled with chives, and chargrilled bread on the side.



## SOUPA FAST

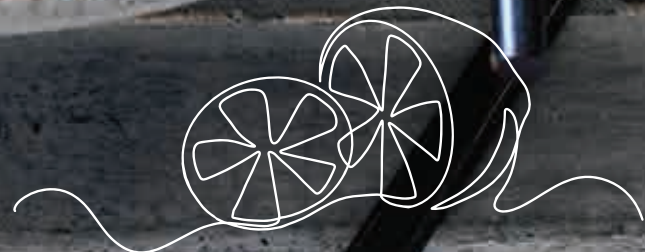
**T**here is a fabulous range of ready-made soups at your local HFM. You'll find an array of homemade classics such as chicken and corn, and minestrone.

Pick up a couple and stash them in your fridge, ready for a fast yet hearty lunch or dinner. Keep them simple, or add a handful of extra yummy bits and bobs to make them even more delish. *Psst*, because they are

made fresh, you will find the soups in the chiller section.

We're loving the **HFM Chicken Laksa Soup 500ml** (fresh from the fridge). It's easy! Pour soup in a saucepan and cook over medium heat until hot. Ladle into serving bowls, then top with coriander leaves, Thai basil leaves, trimmed bean sprouts, fried tofu puffs and sliced red chilli. Serve with lime wedges.

**HINT! HINT!**  
For extra chicken flavour, add 1 cup of shredded cooked chook to your laksa.



**COOK'S TIP**

Ras El Hanout is a blend of spices commonly used in Moroccan cooking. It's an Arabic word that translates to 'head of the shop' – meaning a specialty mix of the store's best spices.

## MOROCCAN LAMB SHANK AND PEARL BARLEY SOUP (PAGE 52)

**PREPARATION:** 25 minutes  
**COOKING:** 2 hours 25 minutes  
**SERVES:** 4-6

2 Tbsp olive oil  
 2 lamb shanks, trimmed (about 750g)  
 1 large brown onion, finely chopped  
 3 cloves garlic, finely chopped  
 2 large carrots, chopped  
 2 stems celery (including leaves), thinly sliced  
 2 tsp Ras El Hanout or Moroccan spice mix  
 1 tsp ground cumin  
 1 ½ Tbsp tomato paste  
 400g can diced tomatoes  
 ½ cup pearl barley  
 5 ½ cups (1.375L) chicken stock  
 Sea salt and freshly ground black pepper, to season  
 ½ cup coriander leaves, chopped, plus extra to serve  
 Greek-style natural yoghurt, chopped  
 roasted almonds and lemon wedges, to serve

1. Heat 1 Tbsp oil in a large saucepan over medium-high heat. Add lamb shanks and cook, turning occasionally, for 5 minutes or until evenly browned. Transfer to a plate.
2. Heat remaining oil in pan over medium heat. Add onion. Cook, stirring often, for 3 minutes. Add garlic, carrots and celery. Cook, stirring occasionally, for 5 minutes.
3. Add Ras El Hanout or Moroccan spice mix and cumin. Cook, stirring, for 1 minute. Stir in tomato paste. Cook, stirring, for 1-2 minutes.
4. Add tomatoes, pearl barley, stock and browned lamb shanks. Stir to combine. Cover and bring to the boil over medium heat. Reduce heat to low, cover and gently simmer, stirring occasionally, for 2 hours.
5. Remove lamb shanks and allow to cool slightly. Using 2 forks, shred meat from the bones. Discard bones. Add shredded lamb to soup. Season and add coriander.
6. Ladle hot soup into bowls. Top with yoghurt, almonds and extra coriander. Serve with lemon wedges on the side to squeeze over as desired.

## ENCHILADA CHICKEN SOUP

**PREPARATION:** 25 minutes  
**COOKING:** 50 minutes  
**SERVES:** 4-6

1 Tbsp extra virgin olive oil  
 1 red onion, finely chopped  
 2 tsp smoked paprika  
 1 jalapeño or long green chilli, seeded, finely chopped  
 1 medium red capsicum, halved, seeded, cut into 1cm dice  
 1 medium yellow capsicum, halved, seeded, cut into 1cm dice  
 2 cobs sweet corn, kernels removed, centre cobs discarded  
 3 cloves garlic, finely chopped  
 400g can diced tomatoes  
 5 ½ cups (1.375L) chicken stock  
 350g skinless chicken breast fillets, halved lengthways  
 400g can black beans, drained and rinsed  
 ½ cup coriander leaves, finely chopped  
 Sea salt and freshly ground black pepper, to season  
 Diced avocado, sour cream, sliced jalapeño or green chilli, coriander leaves, lime wedges and warmed tortillas, to serve

1. Heat oil in a large saucepan over medium heat. Add onion. Cook, stirring occasionally, for 4-5 minutes until tender. Stir in paprika and chilli. Cook for 1 minute.
2. Add capsicums, corn kernels and garlic to the pan. Cook, stirring occasionally, for 3 minutes. Add tomatoes and stock. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, partially covered, for 20 minutes.
3. Add chicken and simmer, uncovered, for 12-15 minutes or until chicken is just cooked through. Remove chicken to a plate. Using 2 forks, shred chicken.
4. Add chicken, beans and coriander to the pan. Cook, uncovered, for 5 minutes over medium heat. Season to taste.
5. Ladle soup into bowls. Top with avocado, sour cream, chilli and coriander leaves, and serve with lime wedges and warmed tortillas on the side.

## THE GREAT CAKE TIN *Corn trick!*

Remove corn kernels with a cake tin? *Say whaaatt?*  
Put a folded piece of kitchen towel in the centre of a bundt cake tin. Place the corn cob upright, on the paper, with the tip of the corn in the centre hole. Hold the cob with one hand and, using a large knife with the other, cut down, removing the kernels from the cob. They will fall into the pan – not onto your bench or floor!

**HINT! HINT!**  
This is a terrific soup to make ahead and reheat. If the soup is too thick, add a splash of extra chicken stock. Put the toppings on just before serving.

**WOW!**

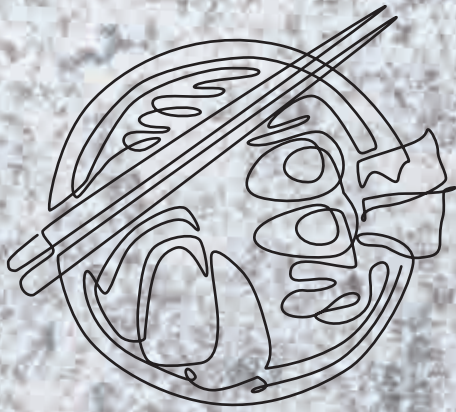
The earliest evidence for the consumption of soup dates all the way back to 6000 BC – and it was hippopotamus soup – big!



MOROCCAN LAMB SHANK AND PEARL BARLEY SOUP Recipe on page 50



**HINT! HINT!** Chopped almonds add flavour and texture to soupy creations, such as this stunning Moroccan lamb recipe from page 50.



# Soup Toppers

Amp up your soup game – and bowl over your friends and fam – by adding a little something extra to the tops of your soup creations **MM**

Cheesy roasted croutons

HFM upcycled garlic bread

Toasted seeds, pepitas and sunflower seeds

Grated parmesan

Crumbled feta

Gremolata

Micro herbs

Crispy bacon or prosciutto

Fresh herbs

Sliced fresh chilli or dried chilli flakes

## EPIC BACON & EGG MUFFINS

Turn this breakfast classic up a notch or two with artisan sourdough and layers of cheesy, fluffy omelette

**PREPARATION:** 5 minutes **COOKING:** 15 minutes **MAKES:** 4

- 4 free-range eggs
  - 2 Tbsp milk
  - 1 Tbsp finely chopped chives, plus extra to serve
  - Sea salt and freshly ground pepper, to season
  - 8 rashers rindless middle bacon
  - 3 tsp extra virgin olive oil
  - ½ cup shredded tasty cheddar cheese
  - 260g packet (4 pkt) sourdough English muffins, halved
  - ¼ cup whole egg mayonnaise
  - ¼ cup tomato chutney
  - 1 cup baby rocket leaves
1. **Whisk together eggs, milk and chives** in a bowl or jug. Season and set aside.
  2. **In a frying pan, over medium-low heat,** fry bacon to your liking. Drain on paper towel.
  3. **Heat a large non-stick frying pan over medium heat.** Add oil, then pour in egg mixture. Once egg starts to set, use a spatula to gently push the egg from the edges of the pan into the centre. Allow the uncooked egg mixture to run to the edges, tilting the pan to help coat the base with an even thickness of egg. Then cook, without stirring, for about 2 minutes or until egg mixture has almost set. Top with cheese and set aside. The egg will continue to cook, and cheese melt, once it has been removed from the heat.
  4. **Meanwhile, toast muffins.** Spread bases with mayonnaise and tops with chutney.
  5. **Cut egg disc into 8 pieces.** Layer muffin bases with rocket, egg, bacon, extra chives, and finally the muffin tops. Serve immediately. **MM**

### MARKET Swap

Swap out sourdough for a brioche bun, rocket for baby spinach, and chutney for sriracha. And might we tempt you with the idea of adding an extra layer or two? Add crispy hash browns and smashed avocado as well!



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Hi Friends,  
what do you  
call a bear with no  
teeth? A gummy  
bear. Ha!

# Over to the kids!

The chocolate treat that Mum and Dad will actually want you to eat! These bites get their sweetness from good-for-you dates (they taste like caramel, *mmm*), dried cranberries and honey. Make a batch today and keep extra in the freezer for an awesome sleepover treat!



HEY, KIDS!  
ALWAYS COOK  
with the help of a  
grown-up as it's much safer  
and also more fun!  
ALSO READ THE RECIPE  
BEFORE YOU  
start creating.  
Obvs!

## CHOCOLATE BERRY ENERGY BITES

**PREPARATION:** 15 minutes  
**FREEZING:** 30 minutes  
**MAKES:** 18

- 6 dates, pitted
- 1/3 cup macadamias
- 2 Tbsp cacao nibs (ask Mum!)
- 1 Tbsp rolled oats
- 1 Tbsp dried cranberries
- 2 tsp chia seeds (white or black)
- 2 tsp honey
- 2 tsp water (if needed)
- 2 tsp cocoa, plus extra to dust
- 18 blueberries



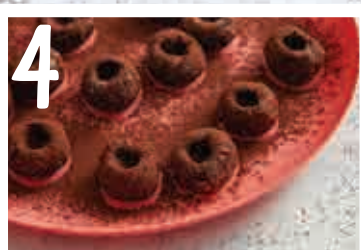
**STEP 1:** Put dates, macadamias, cacao nibs, oats, cranberries, chia seeds, honey and cocoa into the bowl of a small food processor or food chopper and blitz until finely chopped. Then continue to process until your mixture comes together in a ball, adding water if needed.



**STEP 2:** Roll 2 teaspoonfuls of mixture into balls to create about 18 balls. (Or you can make them as large or as small as you like!) Set aside on a plate.



**STEP 3:** Gently press the centre of each ball with your thumb to create an indent. Freeze for 30 minutes until firm.



**STEP 4:** Dust with extra cocoa.



**STEP 5:** Put a blueberry into each indent. Serve immediately, while still cold, or put in the freezer in an airtight container for up to 2 weeks to enjoy whenever you like! **MM**

PHOTOGRAPHY: ANDRE MARTIN • STYLING AND RECIPES: ELLE VERNON

CUT OUT AND SAVE IN YOUR OWN RECIPE SCRAP BOOK!





INTRODUCING OUR NEW  
**BANANA BREAD**

# Waffles

Banana Bread Waffles; healthier than regular waffles; easier than breakfast cereal; more fun than pancakes; and the right size for a lunch box. This truly is the ultimate breakfast collaboration: banana bread meet waffle.

- **FRUIT** | real bananas with no artificial flavours
- **HEALTHY ALTERNATIVE** | to other baked goods
- **EASY** | a quick way to start the day
- **SOFT** | the moisture and softness of banana bread
- **SHAPE** | the convenience and crispness of waffles
- **FUN** | the perfect blank creative canvas
  - pop them in a toaster then paint them with fruit or drizzle with maple syrup and a scoop of icecream
- **PACK** | the ideal grab-n-go snack

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# Flavour Factory

## COOK'S TIP

Pull a sprig of thyme through the hole of a metal sieve to easily separate the leaves from the stem.

## Thyme

The tiny leaves of this classic herb really pack a punch

**T**he deliciously pungent scent of thyme conjures up hearty winter cooking. So many stews and braises, stocks, soups and poultry stuffings rely on this classic herb to give them their X-factor.

Just as flavoursome in fresh or dried form, it's one of the traditional herbs that go into the French

*Herbes de Provence* mixture. It has other uses, too – fresh lemon thyme can be added to salads,

and for a succulent sandwich filling, chicken breast, thyme and mayo is hard to beat.

### HOW YOU GROW IT

Thyme is a compact ground-covering plant, around 20–30cm tall, which looks just as good in ornamental gardens as it does in productive ones. It makes a pretty pathway edging, with its dainty leaves and small pink or white flowers in late spring and summer. To flourish, it needs full sun and well-drained soil – in its native habitat in southern Europe it thrives in quite poor sandy or gravelly soils. If your garden soil is clay, plant it in a pot instead and place it in a sunny spot within easy reach of the kitchen. Plants don't require a lot of feeding – a sprinkle of organic fertiliser each spring is about all that's needed.

You can divide up established clumps of thyme in spring to yield extra plants for sharing, or replanting elsewhere around the garden.

'Silver Posie'



## OTHER THYMES FOR YOU TO KNOW

### ● Garden thyme

(*Thymus vulgaris*) is the most common variety, but there are several others that are worth growing for their subtle variations in flavour and appearance.

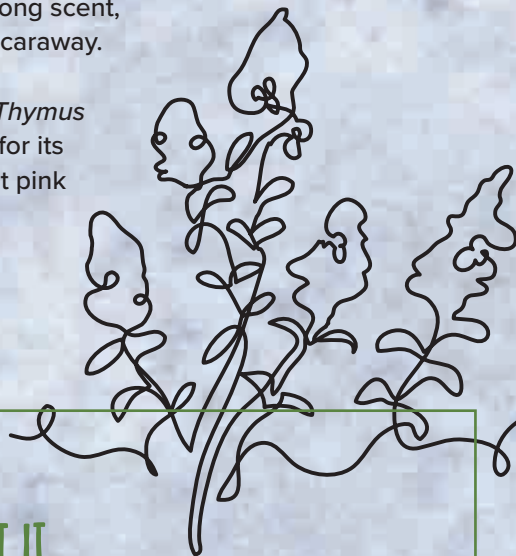
### ● Lemon scented thyme

(*Thymus citriodorus*) has a lemony scent and flavour. It's great in salads or with fish dishes.

● 'Silver Posie' thyme has silver-edged leaves, with a similar flavour to the common form.

● Caraway thyme (*Thymus herba-barona*) has a strong scent, which is comparable to caraway.

● 'Pink Chintz' thyme (*Thymus serpyllum*) is so named for its massed display of bright pink flowers in summer.



## WHEN TO HARVEST IT

Trim thyme plants regularly with scissors, to keep the plants nice and bushy. You can harvest it all year in most parts of Australia, except for the very coldest climates where it dies back during winter. In the latter situation, pot one up in autumn and keep it on a sunny kitchen windowsill.

Thyme is a very easy herb to dry, so if you have an oversupply during the warm months of the year, cut some bunches (ideally before the flowers form), tie with string and hang them upside down in a shed or garage until the leaves are fully dried. You can store these bunches in airtight containers, or strip the leaves from the stalks and store them in jars.



## TRY THIS

Serve your baked brie and thyme drizzled with honey, scattered with chopped walnuts, and with plenty of toasted bread for dipping into the warm, gooey cheese. Yum!

## BAKED BRIE WITH THYME

**PREPARATION:** 5 minutes

**COOKING:** 15 minutes

**SERVES:** 8

200g whole wheel of brie  
3 sprigs thyme

- 1. Preheat oven to 180°C fan-forced.** Line a shallow ovenproof dish (that is just slightly larger than the brie) with a piece of baking paper.
- 2. Remove brie from packaging and place inside dish.** Use a small, sharp knife to cut a cross-hatch pattern into the top of the brie, without cutting all the way through to the centre. Top with thyme sprigs.
- 3. Bake for 15 minutes or until the centre of the brie is warm and gooey.** Serve immediately. **MM**

# Can

YOU FEEL THE

# love

Yes, we can! Because it's so easy to love a beautiful flower arrangement. But you know, the container can play equally a leading role when you're creative. So look here and see what the right can can do with clever accessorising – and fall in love!



**WHO WE ARE**  
Hydrangea  
paniculata, pompom  
chrysanthemums, cosmos,  
Japanese anemone,  
seasonal berries and  
cornflower.

**HINT! HINT!**  
Any containers of  
matching shapes, like  
these round cans, would  
work for you too.

## Blooms to buy now at HFM

- Chrysanthemum
  - Jonquil
  - Tulips
  - Roses
  - Button
  - Tiger Lily
  - Oriental Lily



**1 TAKE A LOOK AT YOUR RECYCLING WITH BRAND NEW EYES.** Save a couple of big cans, strip them of their labels and add a touch of your own painted creativity. Or choose a paper you love and wrap the bottom half of the cans. Repeat with smaller cans then group closely. Find a clever little accessory – who doesn't adore the likes of a hippo – then be effusive and flamboyant with your arrangement using whatever you find in season.

**2 SEARCH FOR A DELIGHTFUL OLD CONTAINER** hidden in your home – or indeed at Gran's place or St Vinnies – and give it a showy new lease of life, as a conversation piece especially. Its quaintness welcomes a cosy little chair, or whatever oddity takes your fancy. Check the arrangement too, and ensure it hosts a stunning selection of bulbs and blossoms – casually, but stylishly, falling every which way.



**HINT! HINT!**

You can match colours between your flowers and the images on your can – see, you've just doubled the magic!

**BLOOMIN' HERE**  
 Plum blossom, grape hyacinths, snowflakes, jasmine fritillaria and tulips.

**NOTE** – not all the flowers shown in this feature are in season right now. So just choose what you can and love – and get creative!

IN THE CAN

Roses, larkspurs, nigella, perennial phlox, sweet pea and potato vine.

21



**HINT! HINT!**  
When your flowers are so stunning, you can just 'plonk' them randomly in your splendid can and they'll look fantastic.

## Blooms to buy now at HFM

- Freesia
- Sunflower
- Erlicheer
- Disbuds
  - Iris
- Bird Of Paradise
- Sweet William
- Baby's Breath



### HINT! HINT!

When arranging in your coffee pot, leave the handle in view so it's recognisably part of the quirky, charming group.

**3** NEXT TIME YOU PASS, POP INTO A VINTAGE STORE and check for a can or two just loaded with personality, especially for this purpose. And while you're loving what you're seeing as you look around, maybe find a conversation-worthy little stool. And you're then on your way to an entertaining arrangement whatever gushing gorgeous blooms you choose. Add a small companion piece, then stand back and watch it all become star of your room.

**4** LOOK WHAT A POT CAN DO! So anyone for coffee? Yes of course! And because you want the coffee pot and its related accessories – go find your sugar bowl and keep the pair together. What a lovely 'coffee break' to have in your kitchen as you are working. And in this instance, the bigger the blooms to fit the better. Go random with colours or match with your kitchen décor. Or, bring it to your dining table to accompany you serving coffee to your guests. They'll love it! **MM**



**ON SHOW**  
Rhododendron,  
peony, clematis,  
dianthus, sweet pea  
and forget-me-not.

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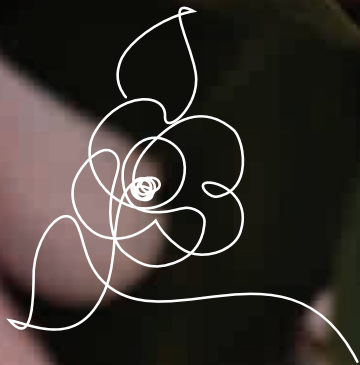
# Garden Notes

Our seasonal tips for planting, growing and nurturing your garden

IN FLOWER NOW

Camellia

**C**amellias do a double-act in Australian gardens. The sasanqua varieties colour up for autumn, blooming from March until May, after which the japonicas take over for winter, often extending their flowering season well into spring. So if it's cool-season garden colour you're after, these guys are your friends. Both forms have their charms – sasanquas are more free flowering and make excellent hedges, while japonicas have a more classic formality to them, in both shape and flower form. Both do best in a partially shaded position and will grow happily in large containers.



Dwarf sasanqua camellia.



## ADD A Citrus Twist

**A**mongst backyard fruit trees, it's hard to beat citrus for their bountiful crops, and late autumn or early winter is the perfect time to plant one (or three). With cooler temperatures and moist soil, trees get a nice gentle start in life and are ready to set flowers by the time spring rolls around.

### Juicy fruits for you

**So what's it to be?** A sweet orange for your morning juice, a Tahitian lime for a gin 'n' tonic, a lemon for its all-round usefulness, or maybe a mandarin for the kids. Or perhaps you want to try something a little more unusual in the citrus family, such as a native finger lime, with its small cylindrical fruits filled with 'citrus caviar'. Whatever you choose, they all need just a little bit of TLC.

### How to care for your trees

**Whether you're planting them** in the garden, or in a tub on a patio, citrus trees need sunshine – at least 5-6 hours a day. Most garden soils suit them fine, as long as they drain well (work in a little sand and compost to lighten up heavy clays). If planting into tubs, use a top-quality potting mix, or a citrus-specific blend if you can find one. Feed plants with a citrus fertiliser in late winter and again in late summer/early autumn. And make sure you keep them well watered in the warmer months.

## PLANTINGS

As late autumn morphs into early winter, here's a selection of flower and veg seedlings ready to go in now.



### VEGETABLES

- asparagus crowns
- broad beans
- broccoli
- lettuce
- onions
- peas
- rhubarb
- shallots
- spinach

### FLOWERS

- English daisy
- lobelia
- marigold
- nemesia
- pansy
- poppy
- primula
- snapdragon
- verbena
- viola

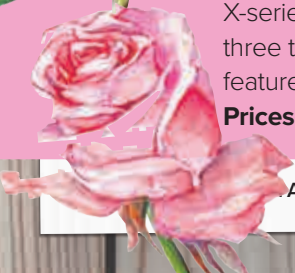
Also plant out any flowering bulbs that have been chilling in the fridge, such as tulips, daffodils, hyacinths and bluebells.



## PRUNING POWER

The Fiskars range of pruners recently won the 'Red Dot: Best of the Best Award' for its innovative design, ergonomics and durability. The range is divided into three categories to suit different user needs, from occasional gardeners through to professionals – their top of the range X-series pruners feature PowerGear technology, which gives up to three times more force than traditional garden pruners. All models feature hardy rust-resistant, precision ground blades.

Prices start from \$24.95; visit [fiskarsgroup.com](http://fiskarsgroup.com) for more info.



## New in Natives

With flowers in a unique teal-blue colour, kangaroo paw 'Masquerade' is the first ever blue variant of this popular native plant. Bred by the team at Kings Park in WA, it's available as part of the new Bush Gems Celebration series, a range of kangaroo paw cultivars in fab new colours. With their profuse flowering, they make great container plants and are excellent for cut flowers, too.

Visit [ramm.com.au](http://ramm.com.au) for more info.



BOOKS

### WHAT TO READ

In continuous print since its first edition in 1895, the *Yates Garden Guide* has quite a pedigree when it comes to informing Australian gardeners. This latest edition takes it to the next generation of garden lovers, with revised and updated sections on topics like water-saving gardens, growing indoor plants, community gardens, beneficial birds and insects, kitchen gardens and even keeping chooks. It's not all about big backyards – there's a focus on small-space gardening, too. And, with strata living on the rise, that provides for a whole new audience. Published by HarperCollins, \$35.

### OFF THE SHELF

Keep an eye out for these plants in the nursery section of your local Harris Farm Market outlets:

- Chrysanthemums
- Phalaenopsis orchids
- Cyclamen
- Hyacinths
- Daffodils
- Tulips
- Gerberas
- Lavender
- Anthurium
- Maidenhair ferns
- Begonias
- Potted colour
- Flower and veg seedlings

Note: Not all lines available at all stores.

Daphnes add sweet fragrance to the winter garden and, while they can be a tad temperamental in the ground, they grow especially well in pots – the free-draining nature of potting mix seems to suit them. Choose a potting mix formulated for azaleas and camellias and position the container in a partly shaded spot, which is protected from the westerly sun. Water regularly, but allow the mix to dry out between waterings and don't sit the pot in a saucer (they hate wet feet). Fertilise in spring and autumn with a slow-release fertiliser, and enjoy the sweet winter perfume.

POT UP A Daphne





# THINGS TO DO IN YOUR Garden

1

## DIVIDE UP CLUMPS

of hardy perennials, bulbs and grasses, such as clivia, liriopé, dianella, agapanthus, iris and canna. Use a sharp-edged spade to slice off plants from around the edge of the clump, then further divide them using secateurs. Plant the divisions into well-dug soil with a side serve of compost and plant food.

2

## BUY A CYCLAMEN

in a pot while they're in bloom. To enjoy them indoors, sit the plastic pot inside a decorative container, but lift it out for watering to make sure it drains well. And avoid overly-heated rooms.

3

## PLANT OUT SPRING BULBS

that you've had chilling in the fridge for the past few weeks. By late autumn/early winter, the soil will be cool enough to stimulate their growth cycle to start.

4

## FOR GLORIOUS COLOUR

in winter, indulge in one of the cymbidium orchids starting to appear in nurseries at this time of year. They'll grow happily outdoors where there's no frost, and look fabulous in containers on a verandah or patio.

5

## PLANT YOUR OWN CROP

of garlic, using bulbs bought from a nursery (store-bought garlic may not grow). Plant in a sunny spot, in well-fed soil, and water the plants regularly as they grow. Harvest when the foliage yellows and dies back in summer.

6

## ORDER ROSE PLANTS

from an online nursery, where you get the widest choice of varieties. Once the bare-rooted plants arrive, plant them into rich organic soil and you'll be enjoying your first blooms by summer.

7

## PULL OUT THE REMAINS

of old crops in the vegie patch, and leave those beds to rest for springtime planting. In beds that haven't been growing crops, you can still plant up cold-loving vegetables, like English spinach, broad beans and broccoli.



8

## PLANT A FEW

strawberry plants in sunny garden beds, pots or even hanging baskets for spring and summer picking.

9

## TO TREAT MOSS

and algae on paved areas, try this old-fashioned remedy: dampen the area, then sprinkle with bicarb soda. Leave for 20 minutes or so, then scrub down with a hard-bristled broom and rinse off.

10

## KEEP ON TOP OF BINDII

in lawns by attacking it during the cool months of the year, when its growth cycle starts. Look for the little rosettes of fern-like leaves and either dig them by hand (very therapeutic!) or spray with a selective lawn herbicide.

11

## PLANT CORIANDER

in either pots or garden beds to flavour up your winter stir-fries. It grows at its best through the cooler months of the year and prefers a spot that is lightly shaded. **MM**



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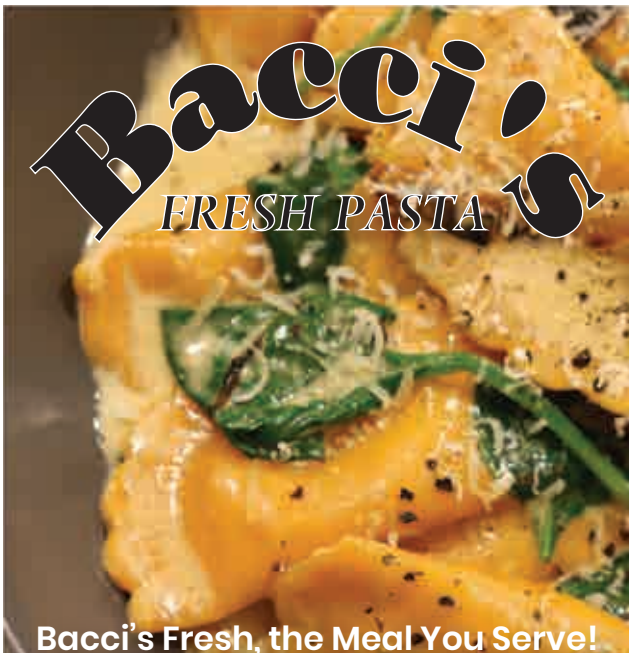


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They may look a little on the ugly side, but the Imperfect Picks range of fruit and veg have a beautiful role to play in helping people and the planet. We're absolutely loving these lovely freaks of nature, and you will too!

WORDS: LEANNE ARCHER

# We are the

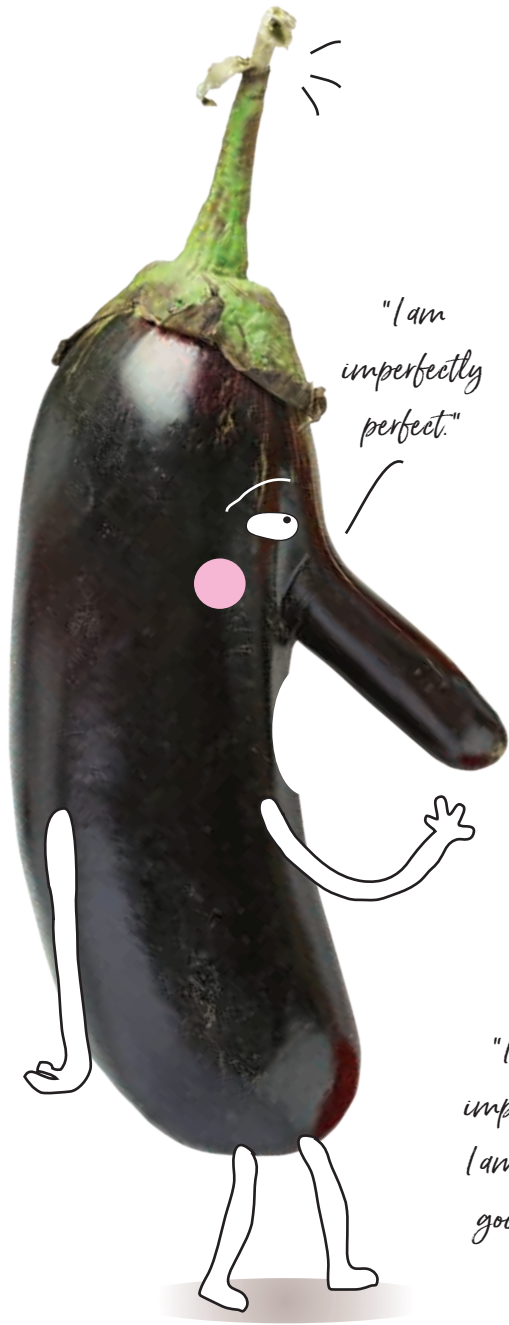


**Perfect is so passé.** It's often the misfits and fabulously flawed who have the most to offer this world (we're looking at you Keith Richards). And the Imperfect Picks range is no different. This motley crew of seasonal fruit and veg may look imperfect on the outside, but they are perfectly good to eat on the inside – after all, beauty is only skin deep – and they come with a whole load of positive vibes. Not only do these odd bods cost you 50 per cent less than their prettier cousins, they're helping food producers and the planet as well. Woot! Woot!

## You can add value with values

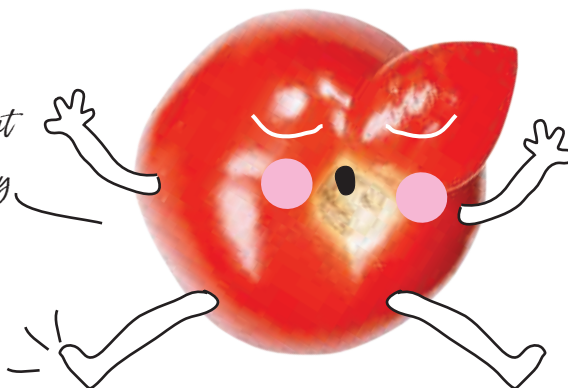
**With our cost of living currently soaring,** there's never been a better time to embrace this funny-looking food. Supply chain issues due to COVID, rising inflation, and our farmers being hit by both floods and droughts, mean the price of fresh food remains high. But the Imperfect Picks seasonal range means you and your family never have to miss out on an abundance of fresh and healthy food straight from Mother Nature.

"With Imperfect Picks up to 50 per cent cheaper than our premium lines, it's a way for consumers to save money on their shop, not cut back on the goodness of fresh fruit and veg, and help our farmers and the environment at the same time," says Tristan Harris, Co-CEO of Harris Farm Markets.



*"I am imperfectly perfect."*

*"I may be imperfect, but I am perfectly good to eat."*

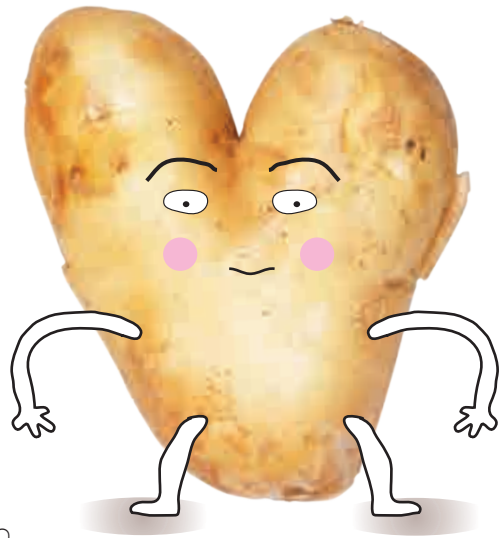
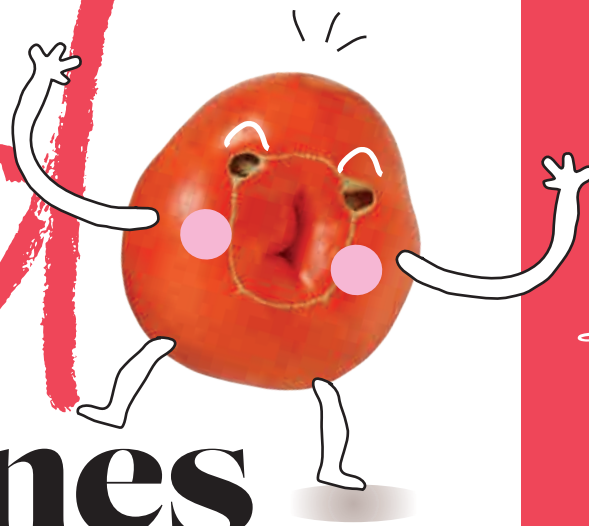


*"Buy me to help save purses, producers and the planet."*

*"So, you think you're perfect?"*



# wild ones



## Perfect for the planet

By recognising the goodness of **Imperfect Picks** you're doing wonderful things for our precious planet – so far, more than 33 million kilos of imperfect fruit and veg have been sold by Harris Farm Markets, and therefore diverted from landfill.

If these kinky carrots, strange strawberries, lumpy lemons, twisted turnips and lots more Imperfects had not been recognised for their great inner taste, they would end up as waste – which is a huge contributor to climate change.

Food waste accounts for around six per cent of all greenhouse gases globally – a bigger issue than plastics, which is saying a lot. Australians throw out a whopping 7.3 million tonnes of food every year, according to Foodbank Australia, which is obviously way too much. To help combat climate change, it's clear we need to look at food differently. So no more fruit shaming or sledging veg simply for its refusal to conform to a visual ideal. After all, it's what's on the inside that counts – and these beautiful freaks are our superheroes in disguise.



*"Check out our lovely lumps and bumps."*

## THINGS TO Know 1

### VALUE BOXES

If you shop online, don't miss the HFM Imperfect Picks Value Box providing up to 50% savings on your normal fruit and veg shop.

## 2

### PICK OF THE WEEK

For the best value, check out the Imperfect Pick Of The Week. It's offered weekly from the seasonal range of 8-16 imperfect fruit and veg.

## 3

### BUY 'EM LOOSE

You can buy the range loose by the kilo, rather than pre-packaged, which is a lot better for the environment. Just let the cashier know it's an Imperfect Pick. MM

**"With Imperfect Picks up to 50 per cent cheaper than our premium lines, it's a way for consumers to save money on their shop."**

NO FRUIT OR VEGETABLES WERE HARMED DURING THIS SHOOT. ALL SUBJECTS ARE REAL-LIFE MODELS WITHOUT ANY AIRBRUSHING, FILTERS OR PHOTOSHOPPING APPLIED

## They're fabulous for farmers

The Imperfect Picks range assists Aussie farmers by taking a lot more of their crops. A staggering 25 per cent of fruit and vegies currently never leave the farm gate simply because they are a bit strange looking, and do not meet the visual expectations of some consumers and supermarkets, according to Horticulture Australia. (That's a quarter of our national fresh food production being tossed, people!) Always an industry frontrunner in sustainable practices, Harris Farm was the first grocery chain to introduce an Imperfect Picks range back in 2014. And it's proving a lifeline to our growers, who are not only reaping more financial reward, but are not losing their hard-won harvests to landfill.

"I think the Harris Farm campaign is a great initiative," says NSW citrus farmer John Sergi. "It teaches people that imperfect fruit doesn't mean that it tastes bad – it's just as good, if not better."

# 8 Little acts of

# *Self-care*



**Why they are more  
important now than ever**

Self-care. It's a super power. Trust us!



# H

**ow's your self-care lately?** We're going to assume it's been a long minute since you've given it much thought. We get it, though. Not much time to luxuriate in the tub, so to speak. But we're talking about the kind of self-care that involves you putting yourself first. Only then can you carry on taking care of all those who matter to you and your life's business in the way we know you really want to.



## WHERE TO BEGIN?

Normalise taking care of YOU. No biggie, just strike a balance between the whole mind, body and spirit thing. Simple!

### 1. IT STARTS WITH FOOD

We know food is fuel and that it has the power to harm or heal. You can certainly travel a long way on substandard fuel – aka a crappy diet – but long-term, this is a bad idea. We don't want to brag or anything, but Harris Farm Markets can totally help out here. Just stepping inside is an act of self-care in and of itself. It's a visual feast; a glorious, kaleidoscopic riot of colour full of healthy promise. Come in, take your time, pick out your favourite fruit, veg and other goodies. Or, try something new and know that you're doing yourself the power of good. (OK, yeah, you then have to cook it. Details!)

### 2. MOVE MORE

You might be tired of hearing this but have you actually tried it? Like all evangelists we want to share the good news! Moving more is one of the most important things you can do for your mental health. As those feel-good exercise hormones kick in you can expect happier moods, less anxiety, better sleep, more energy and a sharper memory. It helps you

become physically strong and flexible, too. It doesn't matter HOW you move, it matters THAT you move. Do it as a fierce act of self-love for at least 30 minutes on most days.

### 3. DRINK MORE WATER

This should be an easy one yet many of us are chronically dehydrated. If you often feel blah but don't know why, check your H2O levels. It helps to increase your water intake gradually rather than all at once.

### 4. STAY CONNECTED

If iso taught us anything, it's that we are not meant to be separated from each other. We crave and need the company of others. Never take this for granted. Spending time with people who get you, who have your back and who lift you up is an essential self-care pro tip. Make it happen.

### 5. BUT ALSO, SOMETIMES, BACK AWAY...

Not everyone is good for you. Protect your peace and set boundaries around people whose vibe is off. In your heart, you know who they are. It can be easier said than done but simply becoming less available is a start. A good spring clean of 'friends' on your socials never hurts either.

### 6. STOP DOOM SCROLLING!

It's a trap! The news, no matter how you consume it, can feel like an eternal black hole of despair. Don't even start us on the comments sections. It's the modern day equivalent of the Wild West in there. Switch off notifications, put down the phone, turn off the telly. There, you feel better don't you?

### 7. SLOW DOWN

Is there a race/fire/bear in hot pursuit and we missed the memo? No? Then take time to be still and quiet. The mistake is to think this is somehow lazy. It's not! There is beauty and solace in occasionally doing nothing at all in perfect, blissful silence.

### 8. EAT THE DAMN CHOCICIE

Or whatever your divine treat of choice happens to be. The Lord did not maketh the cocoa bean only to have us simper, "Oh, no thanks, I'm on a diet." **MM**



# Let's go



4



2



3

# Market takes you travelling!

Travel is back on the agenda and *Market Magazine* has some fab ideas to get you out and about

COMPILED BY: HELEN HAYES

## Let's go cruising



1

### BOW TO THE CORAL PRINCESS

Princess Cruises' MedallionClass ship *Coral Princess* will be sashaying into the new Brisbane cruise port on June 16 for her first season in Australia. *Coral Princess* will operate itineraries from three to 12 days between June and August, with six short cruises from both Brisbane and Sydney, seven-day trips to Cairns, Port Douglas and Airlie Beach, and

a new seven-day round cruise from Brisbane heading south to Eden, Sydney and Newcastle. The 2000-passenger ship will also offer a new 12-day voyage visiting the Conflict Islands in Papua New Guinea. The ship will cross the Coral Sea to visit these remote islands, boasting turquoise waters, white sands and amazing sea life. Visit [princesscruises.com](http://princesscruises.com).

PHOTOGRAPHY: JAMES WHITLOCK/SHUTTERSTOCK (PORT DOUGLAS IMAGE); AMANDA LIM & MIKAEL WARDHANA/SYDNEY OYSTER FARM TOURS



1. Enjoy the royal treatment aboard the *Coral Princess* during her Aussie debut.
2. The ship will set sail to the stunning Conflict Islands in Papua New Guinea.
3. You can take in a sunset in tropical Port Douglas on a cruise stopover.
4. The *Coral Princess* will also voyage to iconic Airlie Beach in the Whitsundays.



7. Go wild on a Southern Wines And Wildlife trip from Brisbane to Adelaide.

7

Learn how to shuck an oyster on a Sydney Oyster Farm Tour. **5**



Devour oysters at an in-water dining experience after the tour. Don't forget the bubbles! **6**



## On tour

### AW SHUCKS! OYSTER TOUR

In the calm waters of the Hawkesbury River, just north of Sydney, you can do an in-water oyster experience with Sydney Oyster Farm Tours, which is the first of its kind in New South Wales. Don waders and board the boat for a guided tour of the oyster farm with third-generation oyster farmers, learn to shuck an oyster, then stop for a white-tablecloth-in-water extravaganza tasting oysters plucked from the water in which they were grown. You can even BYO an alcoholic bevy to celebrate. Visit [sydneyoystertours.com](http://sydneyoystertours.com).

### WINES AND WILDLIFE

The Great Southern train will be back this summer with a new 10-night Southern Wines and Wildlife package. It includes the spectacular three nights onboard the Great Southern from Brisbane to Adelaide, with off-train tours in Coffs Harbour, the Hunter Valley and regional Victoria, as well as five nights in Adelaide, tours in the Barossa, and a two-night tour of Kangaroo Island. Visit [journeybeyondrail.com.au](http://journeybeyondrail.com.au).



8. You'll embrace the romance of train travel aboard the Great Southern while on the wine and wildlife tour.

### TAKE KEVIN COSTNER IN YOUR CAR

When you're road tripping in the US, there is a cool new app called *HearHere* that uses geolocation technology to play stories about the cities, towns and landmarks nearby. There are more than 8900 stories voiced by some of our favourite voices, including Kevin Costner – who is co-founder of the business – John Lithgow and Phil Jackson. For a free trial, download *HearHere* on the App Store. For more info, visit [HearHere.com](http://HearHere.com).

## Travel tip

### ENSURE YOU'RE INSURED

Well before you head overseas, purchase travel insurance. And not just any travel insurance – it has to be the right travel insurance for your needs (read the product disclosure statement). Make sure you are covered for cruising and check if skiing is extra if you are heading for the snow. The right insurance will give you peace of mind and could save you a bucketload.

Oh, and while we are at it, have you dug out your passport lately and checked the expiry date? Keep in mind that the Passport Office is taking longer than usual to process renewals and new passports.



9. Road trippin' in the US is a lot more fun with Kevin Costner along for the ride.

**SHORT BITES:** Batemans Bay has a cool new (old) motel – The Isla! Swanky and beachy all in one, it's an on-trend rebirth for this old inn; [theisla.com.au](http://theisla.com.au).

# Hot hotels

## VOCO NOT LOCO

**V**oco Melbourne Central opened late April in Lonsdale Street, with eye candy laneways at ground level and bird's-eye views of the city from way, way up above. The 252 rooms are elegantly styled and cleverly designed to take advantage of the city views outside. In a nod to voco Melbourne Central's historic location as the home of the Cobb & Co stables, the restaurant has been aptly named Blacksmith Brasserie & Bar. Visit [vocohotels.com/Melbourne](http://vocohotels.com/Melbourne).

## SOAK UP THE VIEW

**A**nother new hotel opened in Melbourne in mid-May – the AC by Marriott Melbourne Southbank. This is the first AC by Marriott-branded hotel in Australia, joining 175 other properties worldwide. The rooftop infinity pool has wow factor, as do the views from Sorolla restaurant. Visit [ac-hotels.marriott.com](http://ac-hotels.marriott.com).



1. Enjoy a room with a view at voco.
2. You'll feel on top of the world in the rooftop infinity pool at the AC Hotel.



3. Mountain transport is a sport in itself, and here, loving the Matterhorn.
4. Fly on the First Glider at Firstbahn, then the zip line too, both at over 80 km/h.
5. Paragliding is utter peace with total exhilaration. Ah, this could be you!



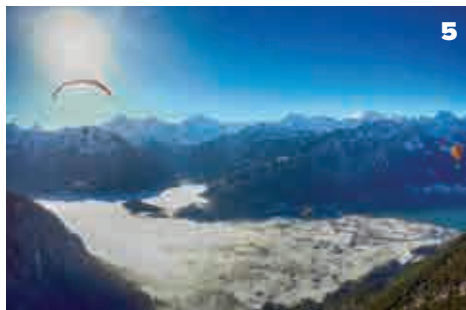
# Market visits...

## SPELLBINDING SWITZERLAND

**I**f it's activity and excitement you want on your next holiday – surrounded with breathtaking scenery everywhere – Switzerland is your destination. You'd be forgiven for thinking of this beguiling country as serene, ordered, generous, sophisticated, creative – picture postcard, of course – and you'd be right.

But it's electric too, with how it can get your blood rushing like you can't imagine! It's up there as one of the sports capitals of the world. Visit during winter and woo hoo! You'll be speeding, hurtling, flying and gliding down slopes, over land and across skies, at speeds like a racing car if you're a real thrill seeker.

The skiing – and tobogganing – in Switzerland is legendary. And apart from choosing from all levels of runs, across kilometres of some of the best ski regions in the world, you can ski to a neighbouring country for lunch and come back to Switzerland for après-ski drinks in bars



and restaurants you will just love. Add live music and you're in holiday heaven.

And while you're on the slopes, toss the skis and set off on a toboggan, passing all those slow goers beside you. Exhilarating? Sitting down and setting off never felt so good! Plus those soaring gondolas and chairlifts taking you everywhere are a sport in themselves!

But when you take to the skies, oooh, that blood rush becomes a whole new feeling. From the mountain top, leaning into the lap of your paragliding guide, you take off like a bird over magnificent scenery below you, such as Interlaken, seeing it like an eagle. You'll share the supreme peace of sailing silently across the blue but with a racing heartbeat, knowing you are really way, way up there!

As if that's not enough! Now whizz down the mountain at a rip-roaring rate of 80km an hour on a hair-raising zip line or glider, with a few minutes to indulge the breathtaking scenery as you go, only to slide into a giant spring at the bottom bringing you to a gentle stop. Then immediately, you'll want to hightail it back to the top and do it all again, fearless this time, and just highly excited.

If you want a trip to fascinate and bring you alive, go to Switzerland! It will saturate your senses and invigorate you more than you have been in years. For website details on all our adrenaline-inducing activities and to watch video content, visit [marketmagazine.com.au/market-takes-you-travelling](http://marketmagazine.com.au/market-takes-you-travelling) and [MySwitzerland.com/winter](http://MySwitzerland.com/winter). Then remember, yodel-lay-hee-hoo to you! **MM**

– Julia Zaetta

**SHORT BITES:** Vanuatu opens July 1 and Air Vanuatu is resuming its services to Port Vila, from Brisbane, Melbourne and Sydney; [airvanuatu.com](http://airvanuatu.com).

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# WIN

## \$100 voucher

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We want  
to know how  
you love to  
travel



# 5 Nuts & Seeds

Back up your beauty regimen by adding these superfoods to meals

for your *glossiest* hair & skin yet!

## DON'T LET THEIR SIZE FOOL YOU

Nuts and seeds pack a powerful punch of healthy fats, vitamins and minerals, protein and fibre – yet some stand above the rest for their unique beautifying qualities. However, if your digestion is sluggish, and in the past you've found nuts and seeds a bit too heavy on your stomach, then you might want to consider activating them (see box, opposite). Either way, you really don't want to miss out on these micronutrient-packed beauty snacks to fast track your skin and hair to its healthiest best. Here are five top choices to add to your shopping list:

### GO NUTS!

Nuts and seeds are a great snack but avoid those with additives, like sugar and salt, which add KJs and sodium. Opt for raw, dry roasted or activated (also available packaged).

## 1.

### THE SKIN-SOFTENER

#### WALNUTS

Not only do they look like little brains, walnuts provide a great source of antioxidants. Walnuts help fight free-radical damage and skin ageing caused by pollution, stress and UV rays. They are also rich in essential fatty acids omega-3s and 6s – like you get from fish – and linoleic acid, which helps produce the skin's natural oil barrier and keeps it looking all plump and glowy. Snack on a handful daily or add to salads.

## Why activate?

Should I be activating my nuts and seeds? What even is that?

**The simple answer is: yes!**

It's best to activate them if you don't like that heavy feeling after eating a handful or you are living with IBS.

**Activating, or soaking and sprouting,** begins the germination process, which reduces the effects of phytates – compounds that make minerals less available for us to absorb. While there's no scientific evidence stating it makes nuts and seeds more nutritional, it will make them easier to digest and elevate their taste – no salt required!

**It is a pretty simple procedure** but it takes a fair bit of time. First, soak your chosen nuts and seeds in filtered water with a teaspoon of salt for 24 hours, then rinse and spread out on a tray. Heat in a very low oven (50°C fan-forced) for another 24 hours, or until they're crisp again. Store in the fridge and eat within three months. **MM**

# 2.

### THE NOURISHING ALL-ROUNDER ALMONDS

They're packed full of hair strengthening – and lengthening – vitamins and minerals, plus fatty acids. Almonds are rich in vitamin E, so expect your skin to look and feel softer as well. Oh, and eating them will help improve memory, so feed them to kids during exams, and when you feel that afternoon slump coming on.

# 3.

### THE ACNE FIGHTER CHIA SEEDS

It's all about the high-fibre content with this tiny seed, so just one tablespoon a day is enough to keep you regular and your skin looking clearer. They are rich in tryptophan, the amino acid that helps your body produce serotonin, which fights anxiety-induced acne. Snack on a DIY chia pot or add to scrambled eggs.

# 4.

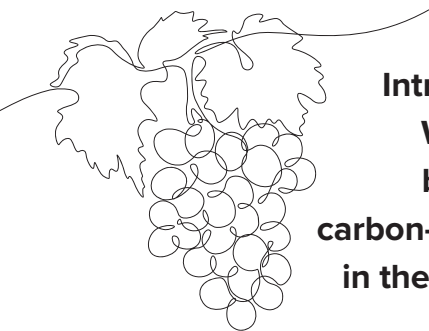
### THE HAIR TONIC SUNFLOWER SEEDS

These little guys are rich in vitamin E to support a healthy scalp and the omega-6 fatty acid gamma linolenic acid (GLA), which stimulates hair growth. They also contain the strand-loss preventing mineral iron and the hair-boosting mineral zinc. Munch on these daily to improve your mane, and include in salads and stir-fries.

# 5.

### THE SLEEP GENIE PUMPKIN SEEDS

While day beauty is all about protection (think SPF 50+), the night is for repair – and we all need that quality beauty sleep to look our best. If you're having trouble falling asleep, eat a handful of pumpkin seeds before bed. They are a natural source of tryptophan, zinc and magnesium, which all promote the good ZZZs.



**Introducing Cullen Wines, a unique biodynamic and carbon-positive winery in the Margaret River region of WA**

WORDS: ROGER FOX

The flourishing vines at Cullen Wines in WA's Margaret River region live in their own chemical-free world, where organics and biodynamics nurture their growth. And all that verdant foliage also absorbs a lot of carbon dioxide, helping the vineyard to reduce its carbon footprint beyond zero, to reach carbon-positive status – they're now the first carbon-positive winery in the region.

Famous for award-winning wines, including their signature red, Diana Madeline (a Bordeaux blend), the vineyard is a family affair headed by second-generation winemaker Vanya Cullen. "For us, it's all about quality, sustainability, integrity and family," says Vanya. "That this family owned business is now globally respected, carbon positive and producing biodynamic wine is our greatest legacy."

**Once upon a wine**

One of the pioneers of the Margaret River region, Cullen Wines planted their first vines in 1971 at their site in Wilyabrup (they celebrated their 50th anniversary last year). The business was established by Vanya's parents, Kevin and Diana Cullen, whose vision right from the very beginning centred on nurturing the soil and the land, to produce premium wines. So the vineyard's transition to carbon-positive status is a natural extension of the journey and an affirmation of its founding philosophy of sustainability.

Initially, the site was identified as being perfect for growing cabernet sauvignon grapes, but these days it produces a wide range of both red and white varietals.

**VISITING**

**Cullen Wines is open for tastings seven days a week, 10am to 4.30pm. The restaurant is open for lunch Friday–Tuesday, serving dishes made from their own organic and biodynamic produce. Accommodation is also available. For further info, visit [cullenwines.com.au](http://cullenwines.com.au).**



1

**You heard it through the grapevine**

Since 2003, the vineyard has been certified A-grade Organic, meaning no chemical sprays are used, the vines are fed with organic compost rather than artificial fertilisers, and all grapes are harvested by hand. The adoption of biodynamic practices in 2004 took things to the next level, and Vanya believes it's critical to their success. "Biodynamics is like organics-plus," she says. "We use mineral and plant substances, applying them when the planets

are favourably aligned, to enhance the microbiology of the soil and thereby enliven the land, the vines, the grapes and the wine."

The soil, she explains, has its own microbiome rather like the human gut, and it's essential to keep it in optimum health.

**Conquering carbon**

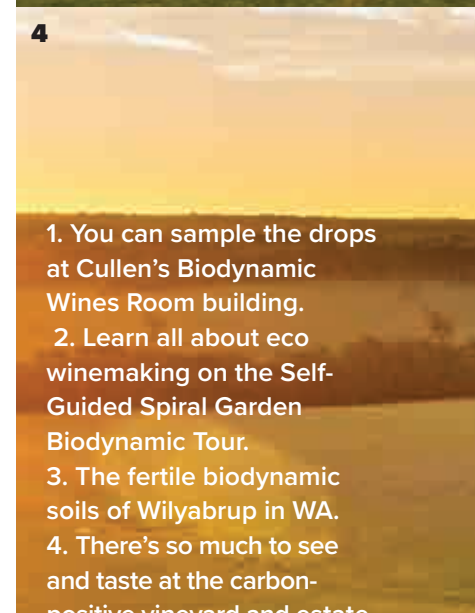
The path to zero carbon emissions has encompassed all aspects of the business, from the grape growing to the production and bottling; even the vineyard restaurant plays its part. But it's the role of the grapevines themselves that has been pivotal. Their biodynamic cultivation enhances their capacity to sequester carbon – to absorb CO2 via their leaves and deposit it in the soil via their root systems. "While sustainability is in every part of the business, carbon sequestration has been our biggest success in terms of our carbon footprint," says Vanya.

It's this success, combined with additional carbon offsetting, that has enabled Cullen Wines to move beyond 'carbon-neutral' status to the situation where today it offsets more carbon than it emits. This says a lot about nurturing the soil, the land and the environment.

And we say cheers to that!



2

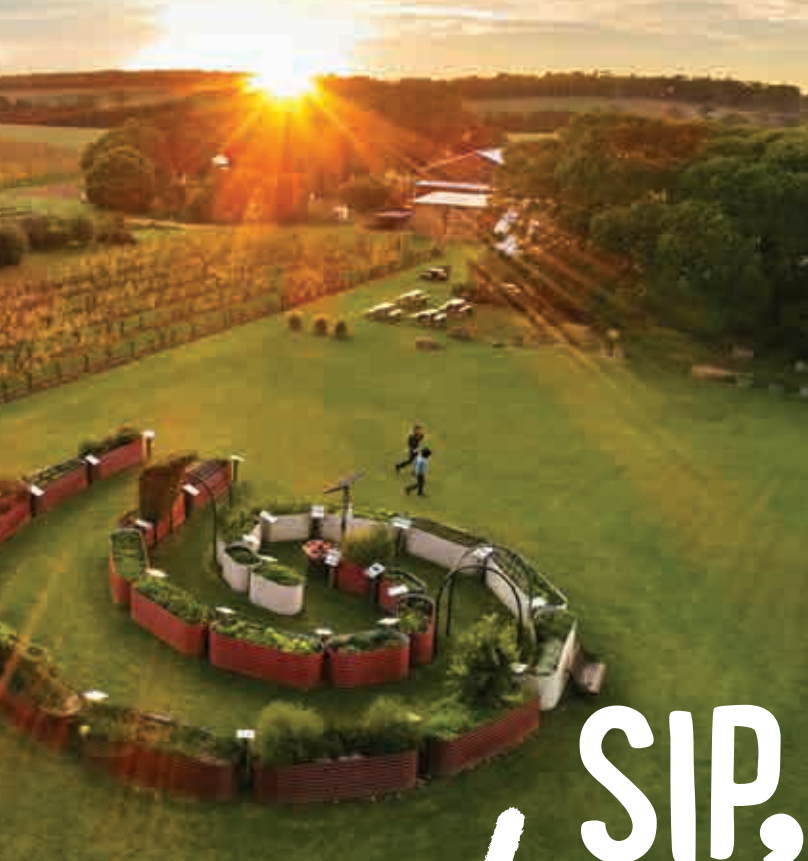


4

1. You can sample the drops at Cullen's Biodynamic Wines Room building.
2. Learn all about eco winemaking on the Self-Guided Spiral Garden Biodynamic Tour.
3. The fertile biodynamic soils of Wilyabrup in WA.
4. There's so much to see and taste at the carbon-positive vineyard and estate.







# HOW GOOD IS THIS Wine!

Cullen Wines has become renowned the world over for its delicious drops.

Winemaker Vanya Cullen's top picks for white wine lovers are the signature Grace Madeline Sauvignon Blanc, with its "white flower, pear, nettle, apple and gooseberry bouquet with luscious texture and vibrancy", and the Mangan Vineyard Sauvignon Blanc Semillon, which provides a "lively dance of lime and grapefruit on the taste".

For those more partial to reds, Vanya suggests the Cabernet Sauvignon Merlot. "It's so perfect for the winter months," she says, "with a bouquet of varietal fruits, cigar box, ironstone and plum leading you to a palate of rich, dark chocolate and also mulberry."

Anyone joining us on cloud wine?

Look for the Cullen Wines range online at [harrisfarm.com.au](http://harrisfarm.com.au), or at licensed HFM stores. MM



# SIP, SIP Hooray!





# PUZZLE Time

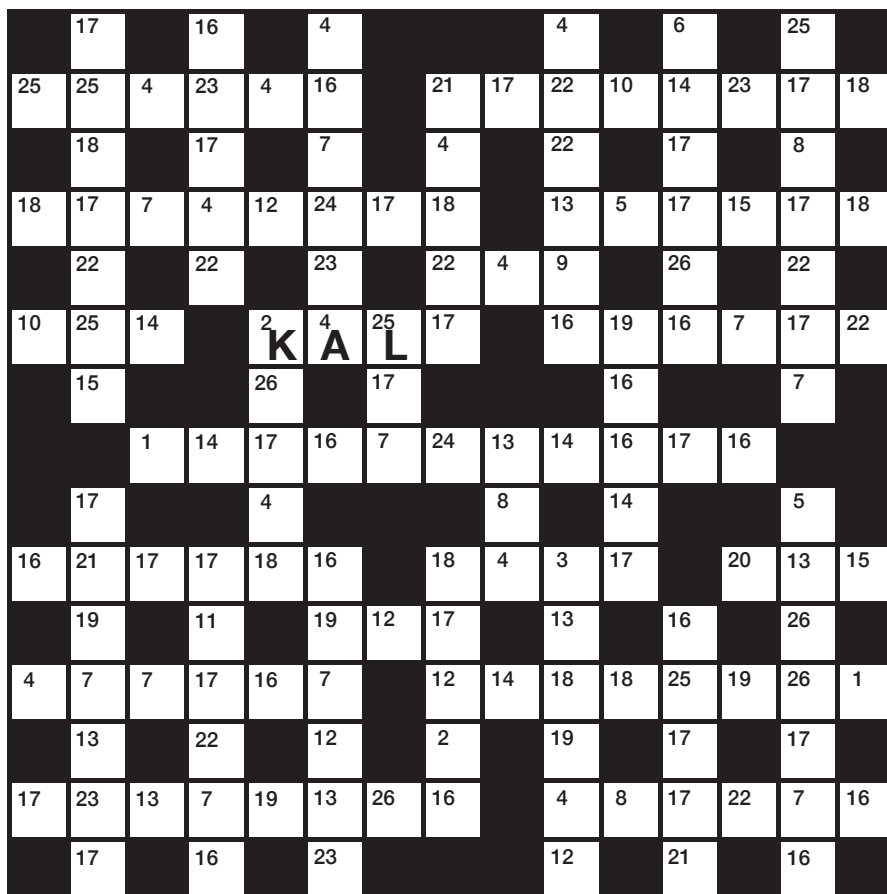
Can you crack the code?  
Put yourself to the test and try to solve this brain teaser. If triumphant, you'll be able to work out our hidden word

### CODE CRACKER

Each number in the grid represents a different letter of the alphabet. We've given you three letters to start you off, so you will see that

**A=4, L=25 and K=2.**

Write these letters wherever their corresponding numbers appear in the grid and you will then be able to deduce what numbers other letters are represented by. Use the letter checker to keep track of which letters you have decoded. All 26 letters are used at least once. When you have solved the puzzle, you'll be able to decode our hidden word.



### HIDDEN WORD

16	4	25	4	18
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1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Hidden word: Salad

## CULLEN WINES

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*Sustainably delicious wine...*

*Quality – Integrity – Sustainability*  
*Certified biodynamic carbon positive drinking*  
*Good for the Earth and you!*



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ALL NATURAL

NO CHEMICAL NITRITE - HAND CRAFTED - WOOD SMOKED - GLUTEN FREE



HAM



BACON



SALMON



TURKEY



MILD SALAMI



HOT SALAMI

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ISSN 2652-9769



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BUILT ON FAMILY VALUES  
DELIVERING PRODUCT EXCELLENCE**



**We pride ourselves on providing the best possible eating experience for our consumers each and every time. Our reputation is synonymous with our brand.  
FLETCHER INTERNATIONAL EXPORTS, DUBBO NSW**