

ISSUE 9 | 2026

PRODUCE PICKS

WINTER WARMERS

SWEET BAKES

STORAGE TIPS

GROWER FAVOURITES

# A better choice!

FREE



*The best of*  
**Winter starts here**



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# A better choice!

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## The taste of winter

Winter has a way of bringing produce into sharper focus. Flavours deepen, colours intensify, and cooler-month ingredients step into the spotlight, from bright citrus to earthy vegetables to roast, bake and share. It draws us into the kitchen, where simple ingredients become something warming and generous.

In this issue, you'll find comforting recipes, practical tips and fresh inspiration for making the most of winter produce. From easy midweek meals to slow weekend cooking, it's about keeping food simple, enjoyable and worth revisiting.

But this magazine is about more than what's on the plate; it's about the journey behind it.

Every piece of fruit and veg from your independent retailer has a story: grown by farmers, moved through our wholesale markets, and hand selected by people who care about quality, freshness and their communities. That connection makes choosing local feel good, not just taste good.

It's what makes it 'A better choice!'

Thank you to our retailers, wholesalers, growers and partners for bringing this issue to life.


I hope this edition inspires you to cook more, try something new, and enjoy the simple pleasure of great produce this winter.


Warmly,


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National Program Manager - 'A better choice!'


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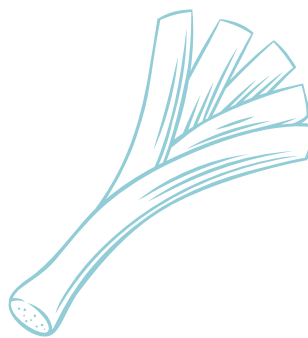
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# Fresh FOCUS



We're shining a spotlight on some of the tastiest produce at its peak right now. From bright citrus to cosy veg, these are the winter stars to add to your basket, with simple tips to help you make the most of them.

## THE MANY SIDES OF FENNEL

Fennel is one of those vegetables that changes beautifully depending on how you cook it. Raw, it is crisp and refreshing; roasted, it turns sweet and mellow; charred, it takes on a lovely smoky edge. That kind of versatility makes it a quiet star of winter cooking, whether you are tossing it through salads or serving it alongside a roast.

**How to store:** Remove the fennel fronds and keep the bulb in the fridge, loosely wrapped, until you are ready to use it.



## WINTER'S SOFT SIDE

Leeks bring a gentler kind of flavour to winter cooking. Sweeter and softer than onions, they melt beautifully into soups, pies, risottos and tarts, adding depth without taking over. Cook them slowly in butter for a soft, silky base, or roast them until tender and sweet. They may not shout for attention, but they make so many cold-weather dishes better.

**Kitchen tip:** Trim the dark green tops, slice lengthways and rinse well before cooking.





## BITTER BEAUTY

With its striking purple leaves and pleasantly bitter bite, radicchio brings instant style to a winter plate. It's especially delicious when paired with sweeter, earthier flavours, so think roast beetroot, sweet potato or caramelised onion. Add goat's cheese and walnuts for a salad that feels both hearty and elegant.

**Good to know:** Chioggia, also known as Palla Rossa, is the variety you are most likely to find at your local fruit and veg shop.



## LIVE YOUR ZEST LIFE

Oranges are one of winter's simplest pleasures. Beyond the lunchbox, they bring sweetness and acidity to dressings, a fragrant lift to cakes and bakes, and freshness to salads. In winter, they can slip easily into everyday cooking – zested, sliced, squeezed or simply eaten as they are.

**Pick the best:** Look for oranges that feel heavy for their size, with firm skin and vibrant colour.



# PEARS FOR SHARING

Pears are made for winter entertaining. They can be sliced onto a cheese board, grilled or poached for dessert, or baked into a tart for something a little more special. With varieties like Packham's Triumph, Bosc, Corella and Red Anjou around, there is plenty of colour, texture and sweetness to play with.

**Serve them up:** Try slicing a few different varieties together for colour on a cheese board or add them to the top of homemade pizza for a burst of freshness.



## ONE TO TRY

Jerusalem artichokes are one of winter's lesser-known pleasures. They may look a little unfamiliar, but their nutty sweetness and crisp texture make them easy to love once they are on the plate. Cook them as you would potatoes or parsnips: roasted, sautéed or fried into thin chips. They are a lovely way to bring something unexpected to the table without making life difficult.

**Prep tip:** Jerusalem artichoke skin is edible, but if you peel them, make sure you pop them straight into lemon water to stop them browning.



## CAULIFLOWER, REIMAGINED

Cauliflower is having a moment for good reason. From cauliflower cheese and roasted steaks to crisp bites for entertaining, it can be hearty, nostalgic, clever or crowd-pleasing depending on how you cook it. It is one of those reliable vegetables that can stretch across a week of different meals without ever feeling dull.

**White or purple?** White is still the most common variety, but purple cauliflower is becoming easier to spot and is often slightly sweeter.



## THE HUMBLE HERO

Celeriac is not much to look at, but that is part of its charm. Beneath the knobby exterior is a vegetable with real winter appeal: nutty, earthy and deeply comforting. Roast it until golden, mash it until silky, or blend it into soup for a rich, velvety finish. It is the sort of ingredient that quietly makes cold-weather cooking feel more interesting.

**How to store:** Keep celeriac in the crisper, unwashed and loosely wrapped, and use cut pieces within a few days.





**Whatever your thing  
Make your body sing**



AUSTRALIAN  
**BANANAS**<sup>TM</sup>  
*Make your body sing!*



# *Health and* **WELLBEING**

## **GOOD NEWS FOR YOUR DAILY CUPPA**

Your daily coffee or tea may be giving your brain a boost. A large 2026 study found that people who drank moderate amounts of caffeinated coffee or tea had a lower risk of dementia and better cognitive outcomes over time. The sweet spot was around two to three cups of coffee a day or one to two cups of tea. Decaf coffee and tea did not stand out in the same way.

*Reference: Zhang, Y. et al. JAMA, 2026.*



## YOGHURT'S WINTER EDGE

Winter bugs may have met one more thing to contend with: yoghurt. In a 2026 randomised controlled trial, adults who ate a yoghurt fermented with live cultures every day for eight weeks showed stronger immune activity and a lower onset of cold-like symptoms. For a food already known for its gut health benefits, it may now be a useful addition to your winter wellness toolkit as well.

*Reference: Tang, S. et al. Journal of Functional Foods, 2026.*



## BERRY SMART

The solution to that post-lunch foggy feeling may just be at your local fruit and veg shop. In a 2026 study, adults aged 55 to 70 who added red raspberry to a high-carb, moderate-fat meal had a lower blood sugar peak and performed better on post-meal cognitive tasks. A handful of raspberries may do more than brighten your lunch.

*Reference: Xiao, D. et al. British Journal of Nutrition, 2026.*

## LOW FAT OR LOW CARB?

According to new research, it may not matter as much as you think. Studying nearly 200,000 adults, researchers found that both eating patterns were linked with better heart health when they were built around high-quality foods such as plant foods, whole grains and healthy fats. The real difference came down to food quality – more plant foods, whole grains and healthy fats, and less refined carbs and animal-based fats and proteins.

*Reference: Wu, Z. et al. JACC, 2026.*





## BRAIN-FRIENDLY EATING

Midlife may be the time to get serious about brain-friendly eating. New research following more than 159,000 adults found that healthy eating patterns were linked to a lower risk of cognitive decline later in life, with the strongest results tied to diets with more vegetables and fish, and less red and processed meat. It is a timely reminder that brain-friendly eating starts with what goes in the shopping basket.

Reference: Chen, H. et al. *JAMA Neurology*, 2026.

## THE 48-HOUR OAT RESET

Oats have long been a breakfast staple, and new research gives them fresh relevance. Adults with metabolic syndrome who followed a two-day oat-heavy eating plan saw LDL cholesterol drop by 10 per cent, with the effect still showing up six weeks later. It is a strong case for keeping oats in regular rotation on the breakfast table.

Reference: Klümpen, L. et al. *Nature Communications*, 2026.



## KIWI FOR GLOWIER SKIN

Kiwifruit may be a simple way to support healthier-looking skin. A recent study found that adults who ate two a day for eight weeks increased vitamin C levels in the skin, with researchers also observing changes linked to skin density and renewal. A delicious way to support your glow.

Reference: Pullar, J.M. et al. *Journal of Investigative Dermatology*, 2025.



## *To hide or not to hide?* GETTING KIDS TO EAT VEG

**Brittany Marsh, APD**

If getting your child to eat vegetables feels harder than it should, you are not imagining it. Between the ages of two and six, many kids go through a perfectly normal stage called food neophobia, where they become wary of new foods, especially slightly bitter ones like some vegetables.

The upside? This stage is common, and it does pass. What helps most is not pressure, bribery or bargaining, but time, repetition and keeping the mood around food calm and positive.

The strategy with the strongest evidence is also the simplest: keep offering vegetables, even when they get ignored. A 2024 Cochrane review covering 53 trials and 12,350 children found that repeated exposure can increase vegetable intake, even if the gains are modest at first, around 15.5 grams a day. That may not sound huge, but in real life it means every small win counts. A tiny taste, a lick, a nibble, a couple of peas – it is all progress.

### **But should you hide the veg?**

If “hide” means blending or folding vegetables into foods your child already likes, the research says that is completely fine. Think spinach in smoothies, carrot in pasta sauce, pumpkin in mac and cheese or finely chopped zucchini in muffins. The key is to keep it honest. If they ask what is in dinner, tell them. Calm, everyday exposure builds trust; “gotcha” moments do not.

My advice? Do both. Keep serving vegetables in their whole form, and keep folding them into family favourites too. Pair new veg with foods your child already enjoys, skip the pressure, and aim for consistency over perfection. When vegetables feel normal rather than a battle, kids are much more likely to come around.

“  
**Vegetables don’t need to become a battle. Calm, repeated exposure helps children build familiarity, confidence and trust around food.**  
”





## GLUTEN FREE HOT HONEY

If you like a little heat with your sweet, this one is worth a spot in the pantry. The Fermentalists' Gluten Free Hot Honey brings just the right kick to dressings, roasted vegetables, pizza or avocado toast. It is an easy way to add a little punch to everyday meals. Available in quality fruit and veg stores, including Harris Farm.

[thefermentalists.com.au](http://thefermentalists.com.au)



# WHAT WE'RE



## MUSHIKI GYOZA

Busy weeknights are exactly where Mushiki Gyoza comes into its own. Handmade in Australia and ready in just minutes, these freezer-friendly dumplings make an easy dinner when time is short. The range covers crowd-pleasers like Free Range Pork & Shallot and Vegetable & Tofu, alongside bigger flavours like Duck & Plum and Wagyu Beef & Chilli.

[mushiki.com.au](http://mushiki.com.au)



## ZESPRI RUBYRED KIWIFRUIT

Available for a limited season, Zespri RubyRed Kiwifruit had its first introduction to Australia this year, standing out with its vibrant red centre and berry-like sweetness. Grown in New Zealand, they are a fresh addition to the fruit bowl and an easy snack when you feel like trying something a little different. Look out for them at your local fruit and veg store.

[zespri.com](http://zespri.com)



## LOGO LOVE

Loco Love has built a loyal following for good reason. Beautifully packaged and highly giftable, these chocolate treats are the kind you might buy for someone else, then decide to keep. Flavours like Hazelnut Butter Praline with Maca Root, Butter Caramel Pecan with Cinnamon Spice and Classic Chewy Caramel set them apart from the usual box of chocolates.

[locolove.com](http://locolove.com)



## FIX & FOGG PISTACHIO SPREAD

Pistachio spread is having a moment, and Fix & Fogg's version is easy to see the appeal of. Rich, smooth and deeply nutty, it is made in New Zealand from pistachios and cashews, with no palm oil and no fillers. Spoon it over ice cream, swirl it through yoghurt or serve it with fresh strawberries when you want an easy dessert that feels a little bit special. Available in Australia from selected fresh produce stores and speciality retailers. [fixandfogg.co.nz](http://fixandfogg.co.nz)

# LOVING

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



## BOBBY

For soft drink lovers after something a little different, Bobby is one to try. Made in Melbourne, the range includes flavours like Creamy Soda, Ginger Beer and Cola, with an all-natural prebiotic in the mix. The branding is fun, the flavours are big, and it is an easy one to chill for weekend drinks or an afternoon pick-me-up. Available at local fruit and veg shops across QLD, NSW, SA, VIC and WA. [drinkbobby.com](http://drinkbobby.com)



# LOW CARB POTATOES

# ROAST POTATO CAESAR SALAD



40min



4 as a side



Easy

## INGREDIENTS

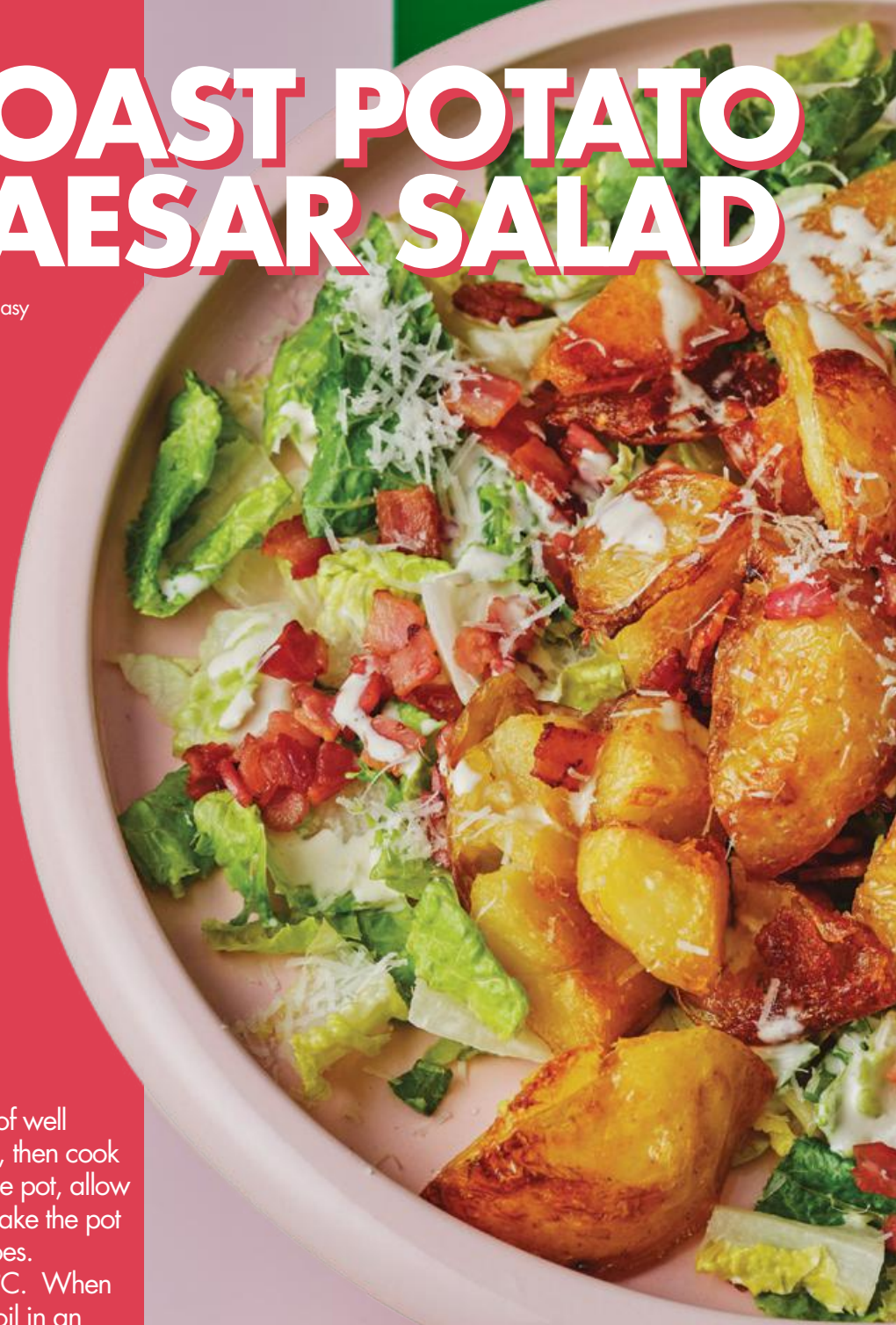
- 1kg Mitolo Family Farms Low Carb Potatoes, quartered
- ¼ cup vegetable oil
- 2 baby cos, roughly chopped
- 4 streaky bacon rashers, cooked and diced
- ¼ cup grated parmesan

## FOR DRESSING

- ½ cup mayonnaise
- ½ cup yoghurt
- 4 anchovy fillets
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1 garlic clove, mince
- ⅓ cup grated parmesan
- sea salt & cracked black pepper

## METHOD

1. Place the potatoes in a saucepan of well salted cold water. Bring to the boil, then cook until tender. Drain well, return to the pot, allow excess steam to evaporate then shake the pot to roughen the edges of the potatoes.
2. Meanwhile, preheat oven to 220°C. When the potatoes are ready, place the oil in an oven tray and place in the oven for 3 minutes to heat up.
3. Carefully remove the tray from the oven and place the potatoes onto the tray, turning to coat in the hot oil.
4. Roast for 20 minutes or until golden and crunchy.
5. Meanwhile, place all the dressing ingredients in a blender and blend until smooth.
6. To serve, toss cos lettuce with dressing and place onto a serving plate, sprinkle with bacon and parmesan, add potatoes and drizzle with more dressing.



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# Simple



## Eggs with Chickpeas and Spinach

*Spinach and chickpeas turn these eggs into a substantial breakfast, with plenty of flavour and nutrients for a satisfying start to the day.*

**Prep** 10 minutes

**Cook** 15 minutes

**Serves** 4

### Ingredients

- 1 tbsp olive oil
- 1 can chickpeas, drained and rinsed
- 1 French shallot, finely diced
- 1 clove garlic, crushed
- 2 cups baby spinach
- 4 eggs
- ¼ cup parmesan cheese, shaved (optional)
- ¼ tsp salt
- 1/8 tsp pepper
- low GI bread (optional)

1. In a non-stick frypan, add olive oil and bring to a medium heat. Add the French shallot & garlic, stirring regularly, cook for 2 minutes or until tender & fragrant. Add chickpeas and cook for approx 3 minutes.
2. Add spinach and cook for another 1-2 minutes, until just wilted.
3. Make a space in the mixture in the frypan and crack an egg inside of them. Cook for 3-5 more minutes or until egg whites are almost set. Cover, and cook for 1-2 minutes or until egg whites are set (yolks should still be runny).

### To serve

Serve chickpea mixture with an egg in a shallow bowl and sprinkle with salt, pepper and parmesan cheese shavings (optional) and a slice of low GI toast.

*Recipe credit: Megann Evans for GI Foundation*

# THE POWER OF GREAT TASTE



Sweet and tangy with a juicy crunch

AUSTRALIAN GROWN





## French Toast (Low GI)

*Topped with berries and drizzled with maple syrup or low GI honey, this French Toast has all the makings of a weekend favourite.*

**Prep** 10 minutes

**Cook** 15 minutes

**Serves** 4

### Ingredients

- 2 large eggs
- 1 cup low-fat milk (or milk of choice)
- ¼ tsp ground cinnamon
- 1 tsp vanilla bean paste
- 1 tsp orange zest
- olive oil spray

- 4 thick slices high fibre, low GI block loaf
- 125g raspberries/ strawberries
- pure maple syrup or low GI honey

1. Whisk the eggs, milk, vanilla, orange zest and cinnamon together in a shallow bowl until well-combined.
2. Heat a non-stick fry pan over medium heat and spray with oil spray.
3. Dip the bread in the egg mixture alternating both sides, allowing to soak into the middle of the bread. Cook for 2-3 minutes on each side until golden brown. Place on a plate and keep warm.
4. Serve the French toast immediately topped with berries and drizzle with maple syrup or low GI honey.

*Recipe credit: created by Megann Evans for GI Foundation*

## Feel Good Avocado Smoothie

*This quick smoothie is delicious for breakfast or an afternoon snack. Using avocado and spinach in your smoothies is a simple way to pack more veggies into your day.*

**Prep** 5 minutes

**Cook** 0 minutes

**Serves** 2

### Ingredients

- 1 avocado
- 1 ½ cups baby spinach
- 5 dates, pitted
- 3 tbsp peanut butter
- 1 ½ cups milk
- 1 cup ice

1. Add all ingredients to a blender and blitz until smooth. Enjoy!

*Recipe credit: created by Lyndi Cohen for Australian Avocados*

**Tip:** Swap peanut butter for sunflower butter or tahini to make this recipe nut-free.



## French Onion Soup

*Brown onions are the hero of this classic dish. Topped with a cheesy baguette, this soup is the ultimate winter warmer.*

**Prep** 10 minutes

**Cook** 70 minutes

**Serves** 6 small bowls

### Ingredients

- 6 large brown onions, peeled and thinly sliced
- 3 tbsp extra virgin olive oil
- 3 tbsp unsalted butter
- 1 tsp sugar
- Pinch salt
- 2 cloves garlic, minced
- 8 cups low sodium beef stock
- 2 dried bay leaves
- 3 sprigs fresh thyme leaves
- 6-8 slices French baguette
- 1 cup grated gruyere or other melting cheese i.e. mozzarella
- Thyme leaves to garnish

1. Heat the olive oil and butter in a large heavy bottomed pan over a medium heat.
2. Turn down the heat slightly then add the onions and cook for 30 minutes until soft, golden and lightly caramelised.
3. Turn the heat back up to medium- high then add the sugar, salt and garlic and cook for another 15 minutes until deeper brown and caramelised. Make sure to stir onions frequently to avoid them sticking too much on the bottom of the pan.
4. Add the stock, bay leaves and thyme and bring to the boil. Lower the heat and simmer for another 20 minutes. Season if required.
5. To make the cheese toast, brush the bread with olive oil on each side then toast under the grill. Top with cheese and grill until melted and bubbling.
6. Divide soup into bowls and top with cheesy toast.

*Recipe credit: by Lisa Holmen for Australian Onions*



**Tip:** For a healthier alternative, swap butter for olive oil and hold the gruyere! In this recipe wine has been omitted to make it family friendly.



## Citrus Salad with Quick Red Onion Pickle, Mint and Pistachio Nuts

*Bright, zesty and refreshing, this Citrus Salad with Red Onion Pickle makes the most of the season's standout produce.*

**Prep** 20 minutes

**Cook** 0 minutes

**Serves** 2-3

### Ingredients

- 4 navel oranges, thinly sliced and skin removed
- ½ fennel bulb, thinly sliced
- Fennel tips
- 1 handful of mint leaves
- ¼ cup pistachio nuts, roughly chopped

### Quick pickle

- 1 small red onion, thinly sliced
- 1 tbsp sherry vinegar
- ½ tsp caster sugar
- Juice of ½ orange
- ¼ cup parsley, finely chopped
- 1 tsp sumac

### To make the quick pickle:

1. Combine the sherry vinegar, orange juice and caster sugar into a bowl, stir until the sugar dissolves.
2. Add the thinly sliced red onion, parsley and sumac and stir through. Set aside while the onions pickle.

### To make the salad:

3. Add a layer of thinly sliced oranges to a serving platter, top with half of the sliced fennel and half of the mint leaves. Repeat the process with a second layer of oranges, fennel and mint leaves.
4. Add a good spoonful of the quick pickle over the top, followed by a drizzle of the juices for the dressing.
5. Garnish with fennel tips and serve with a generous sprinkle of chopped pistachio nuts.

*Recipe credit: by Bonnie Coumbe for Australian Onions*





**Tip:** Try replacing Pad Thai paste with Penang curry paste. For a vegetarian option, replace the chicken with firm tofu and fish sauce with a vegan soy like Kikkoman.





## Chicken Pad Thai

*Ready in just over half an hour, this Chicken Pad Thai delivers plenty of flavour fast.*

**Prep** 15 minutes

**Cook** 18 minutes

**Serves** 4

### Ingredients

- 200g packet dried pad Thai rice noodles
- 2 tbsp fish sauce
- 1 tbsp brown sugar
- 1 tbsp lemon juice
- 500g chicken breast fillets, trimmed, thinly sliced
- 2 tbsp peanut oil
- 2 red onions, peeled, halved, thinly sliced
- 2/3 cup pad Thai paste
- 1 large carrot, peeled, halved lengthways, thinly sliced
- 250g snow peas, trimmed, halved diagonally
- 2 eggs, lightly beaten
- ½ cup roasted salted peanuts, chopped
- Bean sprouts, thinly sliced
- red chilli, fresh coriander leaves and lemon wedges, to serve

1. Place noodles in a large heatproof bowl. Cover with boiling water. Stand for 5 minutes, or until just tender. Drain. Rinse under cold water. Drain. Rinse. Drain well again.
2. Combine the fish sauce, sugar and lemon juice in a jug. Set aside.
3. Meanwhile, toss chicken with half the oil. Heat a large wok over a high heat. Add one third of the chicken. Stir fry 2 minutes, or until just cooked. Remove to a clean bowl. Repeat in two batches with remaining chicken.
4. Reduce heat to medium. Add onions and remaining oil. Stir fry for 3 minutes, or until soft.
5. Add 2 tsp water, cover and cook 2 minutes. Remove the lid, stir in the pad Thai paste. Stir fry for 30 seconds. Add carrot and snow peas. Stir fry for 3 minutes, or until carrot is tender.
6. Push to one side of the wok. Add the eggs and allow to cook until slightly set. Use a wooden spoon to stir the egg until scrambled. Increase heat to high, add the noodles, chicken and fish sauce mixture. Stir-fry 1 minute until hot. Remove from heat.
7. Sprinkle with peanuts. Serve with bean sprouts, chilli, coriander and lemon wedges.

*Recipe credit: Australian Onions*



## Vegetarian Mushroom Gnocchi Bake

*A comforting vegetarian bake for cooler nights, this Mushroom Gnocchi Bake pairs Swiss Brown mushrooms with chargrilled capsicum for a rich, savoury dish with just a hint of sweetness.*

**Prep** 10 minutes  
**Cook** 38 minutes  
**Serves** 4

### Ingredients

- 500g gnocchetti
- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, thinly sliced
- 300g cup or Swiss Brown mushrooms, halved
- 250g chargrilled capsicum, drained, chopped
- 700g jar tomato passata
- ½ cup water
- 2 tsp sugar
- 1 tbsp balsamic vinegar
- 200g piece fresh ricotta
- Small fresh basil leaves, to serve, optional
- Dressed rocket, to serve

1. Preheat oven to 200°C fan-forced.
2. Cook the gnocchetti in a large pan of boiling salted water for 1 minute. Drain well.
3. Heat oil in a large frying pan over medium heat. Add onion. Cook, stirring, for 4 minutes or until soft. Increase heat to high, add garlic and mushrooms, cook, stirring, for 5 minutes until mushrooms soften. Add capsicum, passata, water, sugar and vinegar. Season. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 10 minutes until sauce thickens slightly.
4. Spoon sauce into 10-cup capacity ovenproof dish. Scatter gnocchetti over sauce. Break the ricotta into pieces and drop over the gnocchetti. Place onto a tray. Bake for 15 minutes or until gnocchetti is tender. Stand for 5 minutes.
5. Scatter over the basil. Serve with salad.

*Recipe credit: Australian Mushrooms*

## Flatbread with Pear, Ricotta, Hot Honey and Rocket

*Sweet pear slices contrast beautifully with creamy ricotta and peppery rocket, finished with a drizzle of hot honey for a sweet-spicy edge. Ideal for a fast weeknight meal.*

**Prep** 10 minutes

**Cook** 10 minutes

**Serves** 2

### Ingredients

- 2 large flatbreads or pizza bases
- 2 large pears, thinly sliced
- 1 cup spreadable, smooth ricotta cheese

### To Serve:

- Hot honey, for drizzling
- Handful of fresh rocket
- Sea salt and cracked black pepper

1. Preheat the oven to 200°C.
2. Spread ricotta over the flatbreads or pizza bases. Top with the sliced pears and place into the oven for 8-10 minutes or until the pears soften slightly and the edges of the flatbread are golden and crisp.
3. Remove from the oven and finish with rocket, a drizzle of hot honey, sea salt and cracked black pepper.
4. Slice and serve immediately.

*Recipe credit: Australian Pears*



**Tip:** Adjust sweetness by adding more or less brown sugar to taste. Add chilli as desired.





## Pork and Coconut Fried Rice

*Pork and coconut gives this fried rice extra flavour, making it as good for dinner as it is the next day.*

**Prep** 10 minutes

**Cook** 25 minutes

**Serves** 4

### Ingredients

- 1 ½ cups (300g) SunRice Medium Grain Brown Rice
- 3 cups water
- 1 tbsp olive oil
- 500g pork mince
- 1 stalks lemongrass, finely chopped
- 1 red onion, finely shaved
- 2 tbsp brown sugar
- 1 cup shredded coconut

- Juice of 1 lime
- 30ml fish sauce
- 2 tbsp hoisin
- Serve with chopped peanuts, coriander, Thai basil and lettuce cups.

1. Place the SunRice Medium Grain Brown Rice and water into a rice cooker and set to cook.
2. Once all the ingredients are prepped, heat a large wok over high heat.
3. Once hot, add the oil and the pork and use a wooden spatula to push the pork out to the edges and allow it to brown really well on one side.
4. Once golden underneath, add the lemon grass and onion to the top and then stir.
5. Cook for 5 minutes then add the brown sugar, coconut and cooked rice and mix well.
6. Pour in the lime juice, fish sauce and hoisin and continue to cook over high heat for 5 minutes stirring occasionally, until there are golden crispy bits and everything is combined.
7. Sprinkle with peanuts and serve immediately with fresh herbs and lettuce cups.

*Recipe credit: SunRice*



## Chai Spice and Caramel Sweet Potato Sundae

*This nostalgic sundae is reimagined with sweet potato adding extra sweetness and creamier texture.*

**Prep** 15 minutes

**Cook** 60 minutes

**Serves** 8-10

- To serve: chopped macadamias or other nuts of choice

### Ingredients

- 700g Australian Sweet Potatoes, cut in half lengthways
- 2 tsp coconut oil
- 1 ½ cups coconut milk
- ¼ cup maple syrup
- 2 tsp vanilla extract
- 1 tsp ground cinnamon
- ¼ tsp ground cardamom
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- pinch sea salt

### Caramel:

- 2 tbsp nut butter (peanut, almond, cashew or tahini for nut free)
- 1 tbsp maple syrup
- 2 tbsp coconut or almond milk

1. Preheat oven to 180°C and line a baking tray with greaseproof paper.
2. Rub sweet potatoes in coconut oil, place cut side down on tray and in the oven to cook 45 minutes. Test with a skewer and if not quite cooked leave in oven for a further 15-20 minutes then check again to ensure they are cooked through and soft.
3. Once sweet potatoes are cooked, peel away and discard the skin, then roughly chop sweet potato so it can cool.
4. Line a loaf tin with greaseproof paper as your ice cream tub, then blitz cooked sweet potatoes, coconut milk, maple syrup, vanilla, cinnamon, cardamom, nutmeg, cloves and sea salt in a blender until smooth.
5. Pour into lined loaf tin and place in freezer to set for 5-6 hours or overnight. When ready to serve, remove from freezer and allow to thaw for about 10 minutes.
6. Make the caramel by whisking together nut butter, maple syrup and nut milk in a bowl until smooth.
7. Pop pieces of chai spice sweet potato ice cream in blender and blitz to a creamy ice cream consistency.
8. Spoon chai spice sweet potato ice cream into small glasses, drizzle with caramel, sprinkle with chopped nuts if desired and serve.

*Recipe credit: Australian Sweet Potatoes*

## Persimmon, White Chocolate and Walnut Cookies

*Persimmon brings softness, sweetness and plenty of moisture to these lightly spiced cookies.*

**Prep** 15 minutes

**Cook** 15 minutes

**Serves** 24

### Ingredients

- ½ cup unsalted butter, softened
- ½ cup brown sugar, packed
- ⅓ cup white sugar
- 1 large egg, room temperature
- 1 tsp vanilla extract
- 1 cup plain flour
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp baking soda
- Pinch of salt
- 1 ½ cups rolled oats
- 1 cup diced firm fuyu persimmon
- ½ cup roughly chopped walnuts
- ½ cup white chocolate chips

1. Preheat the oven to 180°C. Line two large trays with baking paper.
2. Using an electric mixer, cream the butter and sugars together on a medium speed for 1-2 minutes or until light and fluffy. Add the egg and vanilla extract and beat until just combined.
3. Sift in the flour, cinnamon, nutmeg, baking soda and salt, then add the rolled oats and mix until just combined. Gently fold in the diced persimmon, walnuts and white chocolate chips.
4. Drop heaped tablespoons of the cookie dough onto the prepared baking trays, flattening them slightly into thick discs (these cookies don't spread out too much in the oven).
5. Bake for 15 minutes or until the cookies are lightly golden.
6. Remove from the oven and allow cookies to cool on the baking tray for 5 minutes before transferring to a wire rack to cool completely.

*Recipe credit: Persimmons Australia*





## Vanilla, Orange and Maple Poached Pears

*Spiced and delicately sweet, these poached pears make an elegant dessert centrepiece for the table.*

**Prep** 15 minutes

**Cook** 60 minutes

**Serves** 4

### Ingredients

- 8 small pears
- 1 vanilla bean, split
- 1 cup caster sugar
- ¼ cup maple syrup
- 2 cups water
- 1 litre (4 cups) orange juice
- shortbread & softly whipped cream, to serve

1. Scrape the seeds from the centre of vanilla bean halves. Combine the sugar, maple syrup, vanilla beans and seeds, water, orange juice in a deep, medium size saucepan over medium heat. Bring to a simmer, stirring to dissolve the sugar. Reduce heat to low.
2. Add the pears, bring the syrup back to a very gentle simmer. Press a sheet baking paper onto the surface of the pears. Cook, turning occasionally, for 40-45 minutes or until pears are tender. Remove pears and vanilla beans to a tray.
3. Increase heat to high, boil the syrup, uncovered, stirring occasionally, for 20 minutes or until thick and syrupy.
4. Place the pears on serving plates. Drizzle with syrup and serve with shortbread and cream or ice-cream.

*Recipe credit: Australian Pears*

## Pumpkin and Pecan Brownies

*Rich, fudgy and naturally sweet, these brownies prove just how well pumpkin and sweet potato work in baking.*

**Prep** 15 minutes

**Cook** 30 minutes

**Serves** 9

### Ingredients

- 200g dark chocolate
- 3 eggs
- ¼ cup olive oil
- ¼ cup honey, plus 1 tbsp extra
- 250g pumpkin, grated
- 1 ½ cups almond meal
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground all-spice
- pinch of salt (optional)
- ⅓ cup Dutch cocoa
- ¾ cup pecans, roughly chopped
- 1 orange, zested and juiced
- 6 dates, pitted and roughly chopped

1. Preheat oven to 160°C. Line a 20cm square baking pan.
2. Melt chocolate in a heatproof bowl over a saucepan of simmering water. Meanwhile in a separate bowl, whisk together eggs, olive oil and ¼ cup honey.
3. Remove melted chocolate from the heat and combine with the egg mixture. Fold in the pumpkin, almond meal, cinnamon, nutmeg, allspice, pinch of salt (if using), cocoa and ½ cup of pecans.
4. Pour batter into the lined tin. Bake for 25-30 minutes or until an inserted skewer comes out clean. Allow the brownies to cool slightly before turning out and cutting into 9 pieces.
5. Meanwhile, add orange juice, zest and 1 tbsp of honey into a small pot and bring to the boil. Reduce heat to a simmer and allow the juice to reduce by half. Set aside to cool.
6. In a small bowl, add dates and cooled orange syrup. Stir to combine.
7. Serve brownies topped with dates, orange syrup and remaining ¼ cup of chopped pecans.

*Recipe credit: created by Sprout for Nuts for Life*



# Apples

... 'tis the season!

Now is the perfect time of year to be cooking with apples.

**Prep** 15 minutes  
**Cook** 25 minutes  
**Serves** 4

## Ingredients

- 1 tbsp olive oil
- 4 chicken thighs, cut into cm cubes
- 1 brown onion, thinly sliced
- 4 garlic cloves, thinly sliced
- 1 tbsp smoked paprika
- 1 tbsp ground cumin
- 1 cup reduced-salt chicken stock
- 400g tin diced tomatoes
- ½ cup Greek yoghurt
- zest and juice of 1 lime
- pinch of salt
- ⅛ red cabbage, thinly shredded
- 1 granny smith apple, finely julienned or grated
- 2 spring onions, thinly sliced
- ¼ bunch of coriander, leaves picked
- 8 small tortillas

## Callum Hann's Shredded Chicken Tacos with Apple Slaw & Lime Yoghurt

1. Heat oil in a large frying pan over medium-high heat. Cook chicken and onion for 2-3 minutes or until starting to colour. Add garlic and cook for a further minute or until fragrant. Stir through paprika and cumin, followed by stock and diced tomatoes. Bring to the boil then reduce heat to medium-low and simmer for 10-15 minutes or until chicken is tender and cooked.
2. Meanwhile, combine yoghurt, lime zest and half the lime juice in a small bowl. Mix until combined, then season with a pinch of salt.
3. For the slaw, combine cabbage, apple, spring onions and coriander in a medium bowl. Squeeze over remaining half the lime juice and toss until evenly coated.
4. Once chicken is cooked remove from the pan and thinly slice or shred with two forks. If the sauce needs to be thickened and reduced further, do this now. Return chicken to the pan and stir through sauce to coat. Season with a good pinch of salt.
5. Warm tortillas if desired. Serve tortillas filled with shredded chicken, slaw and a dollop of lime yoghurt.



“  
**Don't think of apples as just for desserts or your kids lunchbox; many of my favourite apple recipes are savoury. They add freshness, great crunch and balance rich flavours.**  
”



## Zespri SunGold™ Kiwifruit yoghurt granola breakfast

**Prep** 10 minutes

**Cook** 0 minutes

**Serves** 2

### Ingredients

- 3 Zespri™ SunGold™ Kiwifruit peeled and diced
- 220g Greek yoghurt
- ¼ tsp lime zest
- 1 tbsp clear honey
- ¼ cup granola
- handful of blueberries

1. In a blender, puree half the diced SunGold™ Kiwifruit. Set aside.
2. In a small bowl, mix the Greek yoghurt, lime zest, and honey.
3. Fold the pureed SunGold™ Kiwifruit into the yoghurt mix.
4. Layer the yoghurt, granola and remaining diced SunGold™ Kiwifruit and blueberries in small glasses.
5. Serve immediately

## Chicken, cheese and Zespri™ SunGold™ Kiwifruit quesadillas

**Prep** 10 minutes

**Cook** 7 minutes

**Serves** 2

### Ingredients

- 2 Zespri™ SunGold™ Kiwifruit, ends removed
- 2 flour tortillas
- 3 tsp pizza paste
- 1/3 cup diced cooked chicken meat
- 1/4 cup shredded pizza cheese (a combo of mozzarella, cheddar and parmesan)
- Oil spray
- 2 cherry tomatoes, diced
- 1 green shallot, thinly sliced
- Mild tomato salsa and sour cream, to serve

1. Cut one Zespri™ SunGold™ Kiwifruit in half, finely dice, and set aside. Roughly dice the remaining Zespri™ SunGold™ Kiwifruit and set them aside in a small bowl for serving.
2. Place one tortilla on a flat surface. Spread half with half of the pizza paste. Scatter with half the chicken, half the finely diced Zespri and half the cheese. Fold the tortilla in half to cover the filling, and gently press down.
3. Repeat step 2 with the remaining tortilla and filling.
4. Place folded tortillas in the basket of an air fryer. Lightly spray with oil. Air fry at 180°C for 7 minutes, flipping halfway through until tortillas are golden and the cheese melted.
5. Add tomato and shallot to the roughly diced Zespri™ SunGold™ Kiwifruit and serve with quesadillas and tomato salsa and sour cream.



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## PEARS

*Ben Apted, Apteds Orchards, Victoria*

Ben Apted keeps things simple with pears in winter. At home, Bosc pears go into roasting trays with vegetables and meat, where they hold their shape and absorb all the rich flavour. They also feature in the family's pear crumble, baked with honey, cinnamon and a buttery oat topping. His pick is always Bosc: firm, gently sweet and ideal for winter cooking.



# MEET GROW



### *Linda's Chocolate Beetroot Cake*

*Combine and beat together:*

*2 cups sugar  
1½ cups canola or vegetable oil  
4 eggs*

*Add:*

*2 cups well drained finely  
grated raw beetroot  
2½ cups self-raising flour  
½ cup cocoa  
2 teaspoons baking soda  
2 teaspoons vanilla  
1 teaspoon salt*

*Bake in 9 or 10 inch tin in a  
moderate oven for 30 - 40 minutes.*

*Top with whipped cream  
and grated chocolate.*



## BEETROOT

*Greg Lerch, Lerch Farms,  
Queensland*

In Greg Lerch's family, beetroot is one of the most versatile vegetables in the kitchen. It appears in burgers, salads and relishes, but one recipe stands above the rest: Linda's Chocolate Beetroot Cake. Rich, moist and much loved, it is the kind of recipe that always makes an appearance at family gatherings.





## CITRUS

*Alf Sparacino, Sparacino Farms,  
New South Wales*

Alf Sparacino likes to keep winter citrus simple. His go-to is an orange and fennel salad, made with orange segments, sliced fennel, olive oil, red wine vinegar and a pinch of salt and pepper. Fresh, bright and full of flavour, it is the kind of dish that lets peak-season citrus speak for itself.



## MUSHROOMS

*Nat Femia, SA Mushrooms,  
South Australia*

At Nat Femia's place, mushrooms are an easy hero of everyday meals. One family favourite is blended mushroom burgers, made with finely chopped mushrooms, pork, beef and a little onion. Swiss Brown mushrooms are the preferred choice for their rich flavour and meaty texture. Nat also adds mushrooms to stir-fries for extra bulk and savouriness, making them a simple way to lift a midweek meal.



# THE GROWERS

**Few people know seasonal produce better than the growers themselves. We asked growers around Australia to share their family favourites – simple dishes that bring out the best in the produce they know so well.**



## CHILLI

*Frank Merenda, Galati Farms,  
Western Australia*

Chilli is Frank Merenda's shortcut to bold flavour. At home, it finds its way into everything from pasta vongole to scrambled eggs with Swiss Brown mushrooms and homemade chilli oil. That chilli oil is a family staple too, made with fresh chillies, garlic, salt and olive oil, then left to infuse until full of heat and flavour.



# STORAGE TIPS FROM THE MARKETS

Want your winter produce to last longer at home? We asked market experts around Australia to share their smartest storage tips for keeping seasonal favourites fresh, crisp and full of flavour.

## KEEP GARLIC AND ONIONS OUT OF THE FRIDGE

*Michael Granieri, Granieri's Fresh Produce, Victoria*



Whole garlic and onions are best kept out of the fridge. Cold conditions can soften them, encourage mould and speed up sprouting. Instead, store them in a cool, dark place such as the bottom of the pantry. Cut or peeled pieces are the exception and should be kept in an airtight container in the fridge.



## TREAT SOFT HERBS LIKE FLOWERS

*Nick Pesa, Merchant St Wholesalers, South Australia*



Soft herbs such as coriander and mint stay fresher with their stems trimmed and placed in a glass with a little water, loosely covered in the fridge. Woody herbs such as rosemary and thyme do best in a sealed container. Basil is the exception and prefers room temperature, as cold conditions can darken and damage the leaves. Wash herbs only just before use, and remove damaged leaves early to help the rest of the bunch last longer.



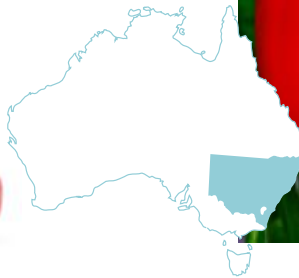
## STORE CAPSICUMS IN THE CRISPER

*Joe Barbara, Col Johnson, New South Wales*



Capsicums keep best in the fridge, ideally in the crisper or salad drawer. Joe Barbara says a little time out of the fridge

before serving can help bring out their flavour and texture. For the best result, take them out about 30 minutes before eating.



## DRY LEAFY GREENS WELL BEFORE STORING

*Vince Mailli, BG Brisbane, Queensland*



Leafy greens last longer with a little extra care. Keep them away from fruit, as ethylene can cause yellowing. After bringing them home, pat dry with paper towel, then wrap them loosely in a fresh sheet of paper towel before refrigerating to help prevent excess moisture and slimy leaves.



## KEEP APPLES COLD AND AWAY FROM OTHER FRUIT

*Rebecca Blackman, WA Markets Direct, Western Australia*



For delicious crisp apples, keep them cool. Pop them in the crisper as soon as possible, ideally at 1-4°C, to help keep them firm and acidic. Apples also release ethylene gas, so keep them away from bananas, avocados and stone fruit. Leave washing your apples until just before eating, as their natural coating helps protect them.



# missile apples



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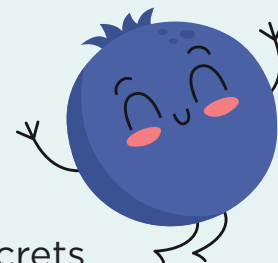
@missileapplesaustralia

# KIDS CORNER



**Tip:** slice the Kanzi® horizontally for a centre star pattern or slice vertically for a cute apple shape.

# FRUIT AND VEG DETECTIVE



Ready to crack the case? We're uncovering the juiciest secrets and crunchiest facts about your favourite fruit and veg.

**Carrots weren't always orange!** They used to be purple, yellow, and even white before Dutch farmers bred the orange kind we eat today.

**Potatoes were the first veggies grown in space!** Astronauts grew them on a space shuttle to see if future space travellers could farm their own food.

**Avocados are a fruit in disguise.** That's because they have a seed inside and grow on trees, just like fruit.

**Blueberries can bounce!** They'll roll and hop off hard surfaces.

**Pumpkins can grow to be huge.** A woman in WA recently broke the state record for the largest pumpkin, weighing 408 kg. That's the size of a cow or five grown-ups!

Case closed... for now! Stay tuned for next issue's fruity mysteries and veggie investigations.

## KANZI® Apple Pops

*They're a healthier spin on the classic toffee apple, and a fun way to squeeze some extra goodness into your day.*

**Prep** 10 minutes

**Cook** 0 minutes

### Ingredients

1-2 Kanzi apples  
Melted chocolate  
Shredded coconut  
Cacao nibs  
Caramel sauce

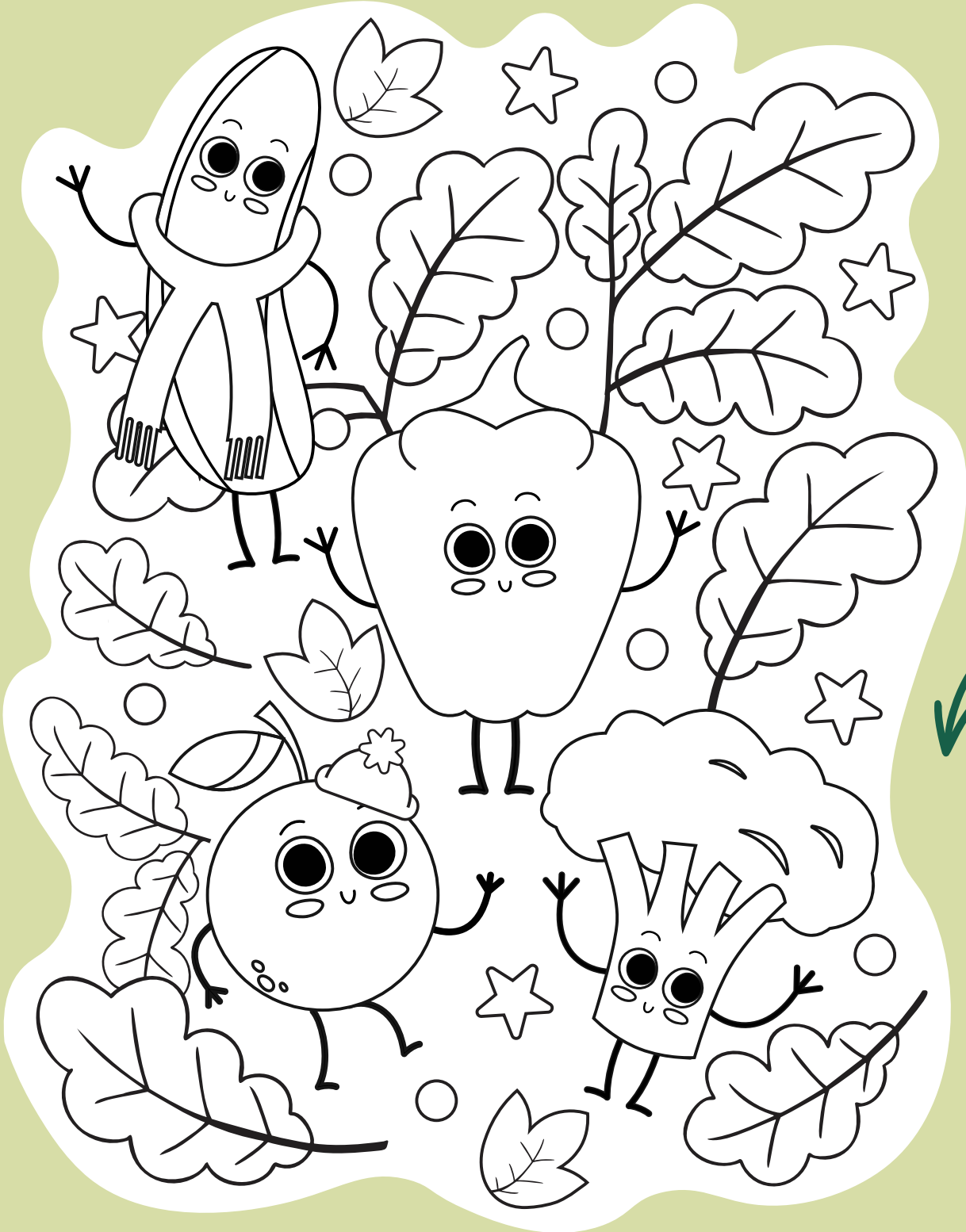
1. Slice up your Kanzi® apples and thread the pieces onto skewers to make the base of your apple pop.
2. Lay the Kanzi® apple pops out on a tray or some baking paper, and drizzle with caramel sauce. You can also use chocolate sauce or melted chocolate for the drizzle.
3. Sprinkle with shredded coconut and cacao nibs.

*Recipe credit: Kanzi® Apple Australia*



# COLOUR ME IN

Grab your brightest textas to give some colour to our yummy friends.



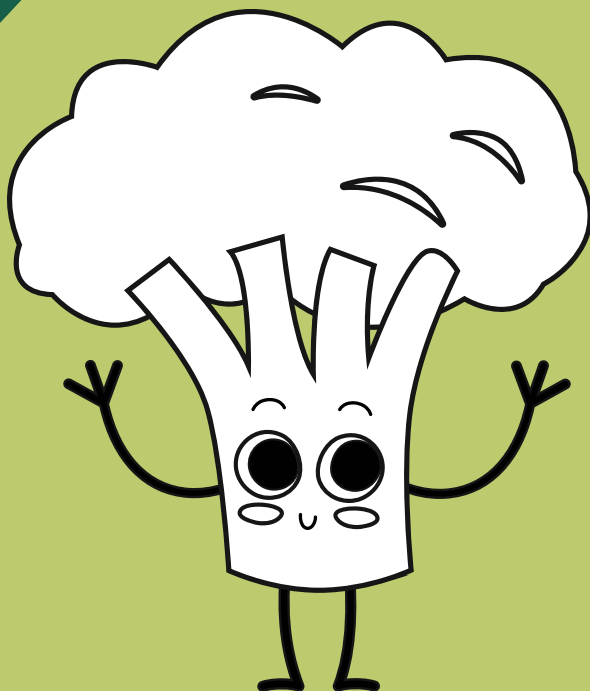


## COLOUR & WIN

Got a little artist at home?  
We'd love to see their masterpiece!

### How to enter

1. Colour in the competition page
2. Take a photo of the finished artwork
3. Click [here](#) and upload via the entry form



- 5 winners will be selected (1x in each state)
- Each winner will receive an 'A better choice!' kids prize pack PLUS a \$200 voucher to spend at the local fruit and veg shop where the magazine was picked up
- Entries must be submitted by 31 August 2026
- Open to all children aged under 18 years
- Click **HERE** to upload your entry

Terms and conditions apply. See entry form for full details.

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Feel Good  
Avocado Smoothie



# JAM-PACKED

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