

A better choice!



FREE

ISSUE 7 | 2025

Modi™

every bite a
Masterpiece

A MODI APPLE STORY FROM FARM TO FAMILY

Inside the world of apple grower Shane Hall
12 years of growing Modi™ & His family's favorite
Vegan Modi™ Apple Muffins



From Farm to Fork:

Meet Australia's
Fresh Produce Growers

Cosy Up with Our Favourite Winter Recipes

33 recipes inside

What is 'A better choice!'?

Why your local fruit and veg shop is worth celebrating.

When you step into your local fruit and veg shop, you're doing more than just buying fresh produce. You're connecting to something bigger—something local, something personal, and something truly worth backing. That's where 'A better choice!' comes in.

Launched in 2018, 'A better choice!' is a national program dedicated to supporting and celebrating Australia's local, independent fresh fruit and veg shops – the vibrant, hardworking stores that bring fresh produce to your neighbourhood every day. From the corner greengrocer who knows your name, to the passionate retailer who hand-selects every piece of fruit on display, these local fruit & veg shops play a vital role in our food culture and our communities.

The program is a joint initiative between Fresh Markets Australia (FMA) and the Central Markets Association of Australia (CMAA) – the national bodies that represent the country's central wholesale produce markets and independent produce sector. Together, they created 'A better choice!' as a way to strengthen the connection between growers, wholesalers, retailers, and most importantly – you, the customer.

Why was 'A better choice!' created?

'A better choice!' was born from the belief that fresh produce deserves to be celebrated—and the best place to find it is your local independent fruit and veg shop.

These stores are part of a much bigger picture. Every apple, lettuce, mushroom or pumpkin you see on their shelves has a story. It's been grown by a farmer, traded at a Central Market, selected by your local retailer, and finally offered to you with knowledge and care.

By choosing to shop local, you're making 'A better choice!' for:

- **Freshness** – Produce is sourced daily and often picked just a day or two before it hits the shelves.
- **Variety** – Local shops often stock a range of seasonal or specialty produce
- **Support** – Your money stays in the community, helping local jobs thrive from local growers to small businesses.

At its core, 'A better choice!' is all about promotion, connection and education. We work behind the scenes to run national marketing campaigns, in-store activations, recipe inspiration, competitions and giveaways – all designed to draw attention to the value of shopping at local fruit and veg shops. We also share the incredible stories of the growers, wholesalers and retailers who make it all happen – many of whom are family-run businesses that have been part of the industry for generations.

You might have seen our signage in your local shop, followed us on Instagram, or spotted our Shop & Win campaign, which rewards everyday customers just for choosing to shop local.

Importantly, 'A better choice!' is not-for-profit and built by industry, for industry. Everything we do is about giving back – supporting the people who work hard to bring fresh food to Aussie households day in and day out.

Who's involved?

'A better choice!' supports local independent fruit and veg shops across the country. That includes everything from bustling city retail outlets to small suburban gems. All of them source their produce through Australia's central wholesale markets, which connect farmers and growers to local retailers. These shops are backed by state-based Central Markets, each working to ensure local shops stay competitive, visible, and valued.

And behind them all? You.

So why choose 'A better choice!' store members?

Because 'A better choice!' is more than just a brand or tagline. It's a program built on the idea that shopping local isn't a compromise – it's an upgrade. It's better for you, better for the community, and better for the people who work around the clock to grow, trade, and sell Australia's best produce.

We want to know where our food comes from, how it was grown, and who grew it. Shopping at your local independent store puts you face-to-face with that story, and helps ensure a future where fresh food is about more than just convenience – It's about community, culture, and care.

When you choose your local fruit and veg shop, you're not just making a better choice—you're making a meaningful one.

Nina Torkman

National Program Manager
'A better choice!'

www.abetterchoice.com.au

Find your closest local independent fruit and veg shops on 'A better choice!' website



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As the weather cools and we find ourselves reaching for woolly jumpers and heartier meals, there's comfort to be found in the everyday magic of fresh, seasonal produce. Whether it's a slow Sunday roast, a midweek bowl of something warm, or just the simple joy of citrus in season - this time of year is all about slowing down, staying in, and cooking with what's fresh.

In this issue, you'll find over 30 recipes to inspire your seasonal cooking. From Callum Hann's zesty Tuna and Apple Salad with Nahm Jim to the rich Miso Salmon with Kohlrabi & Fennel, every dish celebrates the fresh flavours and vibrant versatility of Aussie produce. You'll even find nostalgic treats like Treacy Pears and Creamy Oats and playful creations like Lammo NaNas – yes, it's as fun to eat as it is to say!

This edition is also packed with inspiration from across the country. We've spoken with growers, market operators and fresh thinkers – from around the country in NSW, VIC, QLD, SA and WA – who are the heart and soul of our food system. And at every step of the journey, our local independent fresh fruit and veg shops bring their passion to your plate.

We hope this issue gives you some new favourites and a little inspiration to try something different. Maybe it's a new way to cook with citrus, a simple recipe you can make with the kids, a grower story that sticks with you, or even just a reminder that good food doesn't have to be fancy – just fresh, seasonal and made with care. Whatever you take from these pages, we're glad you're here.

Thanks for making 'A better choice!' every time you shop local. We really mean that.

The 'A better choice!' team

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view online



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Raise a Fork to Seasonal Eating

Ever wonder why you crave a big, warm bowl of soup when winter rolls around or can't get enough fresh salads when the sun's out?

You're not the only one! It's actually pretty interesting when you think about it. As the seasons change, so do our food cravings. It's not just in your head—your body is sending you signals about what it needs.

When you buy in-season fruits and vegetables, you're getting produce that's naturally grown and harvested at its peak, meaning it's packed with flavour, nutrients and all the goodness that comes with being fresh and readily available during that time of year.

Peak Freshness, Maximum Nutrition

Eating in-season fruit isn't just about great taste—it's also about getting the most nutrition out of every bite. When fruit is harvested at its natural peak, it's richer in essential vitamins, minerals and antioxidants compared to out-of-season produce that's been stored or transported long distances. Freshly picked, sun-ripened fruit retains more of its vitamin C, fibre and phytonutrients, which supports overall health, boosts immunity and provides sustained energy.

A Win-Win for Busy Families: Nutritious and Budget-Friendly Choices

When produce is in season, there's plenty to go around—meaning more fresh fruit and vegetables for your family at better prices. An abundant supply keeps costs down because there's less need for long-distance transportation and expensive storage. Plus, in-season produce is grown by local growers right here in Australia, so you know you're getting fresher, tastier food while supporting the growers in your community. To help you buy wisely, shop at your local independent fruit and veg shop where you'll find the best quality produce at great value.



Fresh and In-Season, Bring the Best of Nature to Your Table

Treat the family with in-season fresh produce! There's nothing quite like the taste of fresh, ripe fruits and vegetables at their peak. When produce is in season, it's bursting with natural sweetness, vibrant colours, and rich flavours that can turn even the simplest meal into something special. Think of juicy, sun-ripened kiwifruit, crisp greens and perfectly ripe apples that add a burst of freshness to every bite.



In Season Produce by State



NSW

Apples
Artichokes
Avocados
Bananas
Carrots
Chillies
Citrus Fruits
Custard Apples
Kiwifruit
Nashi Pears



WA

Apples
Artichokes
Avocados
Bananas
Beans
Beetroot
Broccoli
Grapefruits
Kiwifruit
Nashi Pears



VIC

Apples
Avocados
Bananas
Beans
Citrus Fruits
Kiwifruit
Lemon
Olives
Pears
Persimmons



SA

Apples
Avocados
Citrus Fruits
Cumquats
Dates
Jujubes
Pear
Persimmon
Rhubarb
Strawberries



QLD

Avocados
Bananas
Beans
Beetroot
Cabbage
Custard Apples
Lemon and Lime
Strawberries
Sweet Potato
Zucchini




TAS

Apples
Avocados
Beans
Broccoli
Cabbages
Carrots
Citrus fruit
Lemon
Olives
Pears



Scan for store locations





"The first thing you'll notice is the rich red skin, the perfect crunch, and the hit of that beautifully sweet flavour"

THE LEGACY OF A GROWER

From generations to growth

Shane Hall's journey into apple growing was both unexpected and deeply personal.

Growing up on a family orchard, he was surrounded by the rhythms of fruit growing, but it wasn't until his father's passing during his university years that he felt the calling to continue the family legacy.

At just 20 years old, Shane took on the responsibility of running the business alongside his brothers. Now, years later, the tradition continues with his son Jordan also joining the farm.

"Fruit growing has been an incredibly rewarding industry, especially working alongside family. We push ourselves to improve every season," Shane shares.

What makes Modi™ apples special?

With their striking deep red hue and naturally sweet flavor, Modi™ apples stand out in a crowded market.

Shane recalls his first experience with Modi™ apples during a grower trip to Italy:

"The moment we saw them on the tree, such a full, deep red, we knew they were something special. Then we tasted them, and that sealed the deal. They're beautifully sweet, yet crisp."

Since planting his first Modi™ orchard in 2013, Shane has been passionate about delivering high-quality fruit to Australian consumers.

Innovation & Sustainability on the Farm

Modern apple growing is a blend of tradition and technology. Shane and his team use advanced irrigation systems to precisely manage water usage and deploy high-tech pest monitoring to maintain a balanced orchard ecosystem.

"We're growing fruit in a much more natural way now. Pest control is highly targeted, reducing unnecessary interventions and making the orchard healthier overall," Shane explains.

THE MODI™ EXPERIENCE CRUNCH, SWEETNESS & THE FUTURE OF APPLES

Modi
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For Shane, nothing beats a crisp, fresh Modi straight from the tree. "I'm old school—I love eating apples in my hand. But they also make a fantastic apple pie or crumble." And the first bite? "You'll notice the rich red skin, the perfect crunch, and then the hit of that beautifully sweet flavor that lingers."

Looking ahead:

Growing a sustainable apple industry

Shane believes the Australian apple industry needs to evolve to ensure sustainability. "We need more specialty retailers willing to champion top-quality fruit beyond just supermarkets. Consumers deserve better access to premium apples at fair prices, and growers need a larger share to make it viable". Despite industry challenges, Shane remains optimistic: "Apples have been loved for centuries. If we keep innovating and delivering great quality, they'll always have a place on the table".



Storage

Utmost shelf-life,
Stays crispy and
juicy for weeks at
room temperature



Flesh

Yellow, very firm,
crisp and juicy



Shape

Elongated conical
shape, medium-
large size (70-80
mm)



Colour

Bright purple
red, with yellow
splashes



Taste

Exceptionally
crunchy, juicy and
perfectly sweet



Shane's family favorite Modi™ apple vegan muffins

INGREDIENTS

2 1/3 cups gluten-free flour, 3/4 cup brown sugar, 3 tsp baking powder, 1 tsp cinnamon, 1/8 tsp salt (optional), 1 chopped Modi Apple, 1 cup dairy-free milk, 1/2 cup neutral oil, 1 tbsp apple cider vinegar (optional), 1 tsp vanilla extract (optional). Topping: 1/2 chopped Modi Apple, 2 tbsp raw sugar.

METHOD

Preheat oven to 180°C (350°F) and line a muffin tray. Mix dry ingredients, then add wet ingredients (except apples) and combine. Fold in chopped apple. Divide batter into muffin cups, top with extra apple and sugar. Bake for 20-25 minutes until a skewer comes out clean. Cool and enjoy!



Shane Hall
Dedicated Modi apple grower for 12 years

📍 Shepparton, Victoria

📷 [modiapple_au](https://www.instagram.com/modiapple_au)

Modi Powered by *Fresh*
ACTIVATIONS



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choice!

**FIND YOUR LOCAL
FRUIT AND VEG SHOP IN NSW**

Scan for store
locations



Cherry on Top for Merrylands Grocer

Trim's Fresh Merrylands isn't just a place to pick up your fruit and veg - it's a local institution, a friendly face in the community, and a go-to for the freshest produce around. Located in Stockland Merrylands, this independent greengrocer has built its reputation on top-quality products, exceptional service, and a genuine passion for fresh food.



New South
Wales

A love for fresh produce

Walk into the beautifully presented store, and you'll be greeted by vibrant displays of seasonal fruits and vegetables, all hand-picked with care by store owner Talal Khanafer and long-standing head buyer Phillip Rando, to ensure the best quality for customers. Whether it's crisp apples, juicy stone fruit, or the freshest greens, everything is selected with a focus on freshness and flavour. It's this dedication that keeps customers coming back, knowing they'll find the best of what's in season every time they visit.

"We pride ourselves on bringing the freshest produce straight to our customers," says Talal Khanafer. "We go to the markets every day to pick the best of the best - quality and freshness are non-negotiable for us."

But it's not just about the produce - Trim's Fresh is a full-service greengrocer. Alongside fruits and vegetables, you'll find dairy, eggs, smallgoods, and a selection of pantry staples, making it a convenient one-stop shop for fresh essentials.

More than a store

Trim's Fresh Merrylands genuinely cares about the people it serves. That community spirit was on full display at the 2024 Sydney Markets Cherry Auction, where Talal Khanafer won the prestigious title of "Cherry King" with a \$60,000 bid for a box of cherries - helping to raise a record-breaking \$165,000 for Little Wings Australia.

"We're not just about selling produce," Talal explains. "It's about being part of something bigger. Supporting charities like Little Wings is important to us because we want to give back to the community that supports us."

The impact of this generosity has been significant for Little Wings. "The incredible support from the Cherry Auction has allowed us to continue providing free, life-saving flights for seriously ill children and their families. We couldn't be more grateful to businesses like Trim's Fresh and the entire independent fresh produce sector for their generosity. It truly makes a difference," says Clare Pearson, Little Wings CEO.

Awards as well as titles



In 2024, Trim's Fresh was a finalist in the Fresh Awards for Best Extra-Large Greengrocer - a huge achievement in a competitive industry. While they didn't take home the top prize, it's clear that Trim's Fresh is among the best when it comes to independent grocers in New South Wales.

"Being a finalist in the Fresh Awards is an honour," Talal says. "It's a reflection of our hardworking team and the trust our customers have in us. We're always striving to improve and bring the best to our community."

For those who value the freshest, high-quality produce and love shopping local for products they really want, Trim's Fresh is the ideal place. Whether it's picking up ingredients for a big family meal or just stopping by for some of the season's best fruit and veg, the store offers warm welcome and produce that's second to none.

You can visit Think Trim's Think Fresh Merrylands at Stockland Mall Merrylands, 102 McFarlane Street Merrylands NSW 2016.

www.merrylandstrimfresh.com.au | Instagram: @trimfreshmerrylands

D Fresh Produce

Mangrove Mountain, NSW Damien, David and Jackson Lin

Grows: Shanghai Bok Choy, baby Bok Choy, Moon Bok, Gai Lam, Choy Sum, Radish, Shallots, plus Coriander, Parsley and Mint.



Tucked within the rolling green hills of Mangrove Mountain is a 50-acre farm pulsing with the energy of innovation, care and tradition. This is the home of D Fresh Produce, where brothers Damien, David and Jackson Lin are reimagining what it means to grow food from the ground up.

Their recent win as 2024 Produce Growers of the Year is more than just a nod to success; it's a recognition of a story rooted in family and resilience.



A Fresh Start, Built On Family

In 2003, the brothers' parents laid the groundwork for what would become a thriving family business. D Fresh Produce was a dream built from the soil up, rooted in long days, hard work and passion for fresh quality produce. Their focus was premium Asian vegetables - a niche they understood deeply and believed in passionately.

The brothers eventually made the decision to move their entire operation to Mangrove Mountain. With its rich soil and cleaner air, the location offered more than space - it offered possibility. On their new 50-acre farm, the brothers increased production tenfold, setting the stage for the innovation that would follow.





Streamlining Technology

At D Fresh Produce, you will find crisp bok choy, fragrant coriander, tender mint, parsley, white radish and shallots. Each plant is nurtured and harvest with care and sold through the Sydney Growers Market.

The real secret to their success lies in how they grow.

The Lin brothers have built a seamless blend of tradition and technology. Their farm uses both in-ground and hydroponic methods across indoor and outdoor spaces, depending on what each crop needs to thrive. And they've moved away from the days of back-breaking labour, introducing smart machinery to lighten the load and streamline harvesting.

"We always try to find a better way," Damien says. "It's about increasing productivity, yes - but also making sure we can manage quality every step of the way."

A Vision That Keeps Growing

The brothers always make it a point to stay connected with the people they grow for. The brothers are in constant communication with fruit shops and market vendors, actively asking what's working, what customers are loving and what they'd like to see more of. This open dialogue helps them respond to demand quickly and refine what they grow to meet evolving tastes.

"We want to give our customers the best. That means staying curious, staying flexible."

It's this forward-thinking mindset, paired with an unshakable work ethic, that earned them this year's top honours at the Sydney Markets Fresh Awards. But if you ask them, the real reward is the trust they've built with customers who keep coming back, knowing they'll always get something fresh, local and grown with heart.

GOOD MORNING TRIFLE

Get the day off to a great start with this delicious brekkie jar!

Tip

You can make this the night before, cover and keep in the fridge for breakfast.

Replace the muesli with other breakfast cereal such as Weetbix, Corn Flakes or Just Right.

When mango is not in season other fruit such as strawberries, grapes, apples or pears team well with banana.

Time 15 minutes
Serves 4

Ingredients

4 Bananas
500g Greek yoghurt
2 tbs honey
1½ cups toasted muesli
2 mangoes, peeled, sliced
4 tbs mixed seeds & nuts

1. Thickly slice the bananas. Press 4-6 slices of banana on the sides or 4 large glass jars. Top each with 2 tablespoons yoghurt. Drizzle each with 1 teaspoon honey. Top with ¼ cup muesli.
2. Top with more banana followed by mango. Repeat with more yoghurt, honey, muesli banana and mango. Finish with remaining banana and yoghurt. Sprinkle with seed and nut mix and final drizzle of honey. Serve.

Recipe supplied by Hort Innovation

Scan for recipe



TREACLY PEARS AND CREAMY OATS



Time 20 minutes
Serves 2

Ingredients

¼ cup steel cut oats
200ml oat milk
80ml Flora plant-based cream, or use regular cream
1 tbsp caster sugar
Pinch of salt
For the pear treacle
2 firm Packham pears diced (leave skin on)
3 tbsp treacle
3 tbsp water
Your choice of spices – cinnamon stick, star anise, cloves, ginger powder, turmeric, etc.

1. Place the oats in a dry pan and cook gently until golden, be careful not to burn. Add the milk and cook. This part is where you can choose your consistency. If you like a wetter porridge, try adding a little more milk or water to soften.
2. While the oats are cooking, place half the chopped Packham pears, the treacle, the water, salt and spices into a small pan and cook until nearly all the water has been cooked out and the pears have softened slightly. Then add in the rest of the chopped pears and stir all together.
3. To serve, place the cooked oats into a shallow bowl, pour the cream in the middle and then spoon the beautiful pears over the top.

Recipe supplied by Simon Toohey and Hort Innovation

Scan for recipe



Sunraysia Citrus Growers Inc.



Sunraysia Citrus Growers Inc. (SCG) is an agripolitical organization representing citrus growers in the Sunraysia region, which spans from the South Australian border to Boundary Bend in Victoria.

Established over 60 years ago, SCG advocates for the interests of its approximately 180 grower members, most of whom are located within a 100 km radius of Mildura, across both Victoria and New South Wales.



Verify me



Perfectly
Pink
Australian Grown
Cara Cara
Navel Oranges



Perfectly
Pink
Australian Grown
Cara Cara
Navel Oranges



Perfectly
Pink
Australian Grown
Cara Cara
Navel Oranges

Kisses



PAPAYA PANCAKES



Time 15 minutes
Serves 8

Ingredients

1 papaya
200g self raising flour
2 tbsp caster sugar
1 tsp baking powder
1 egg, lightly whisked
250ml milk of your choice
20g butter, melted

TO SERVE

Yoghurt, blueberries, chopped pistachios, honey, mint and remaining fresh papaya

1. Cut papaya in half lengthwise, scoop out seeds. Scoop out flesh from one half of the papaya and blend until smooth, set aside. Cut the remaining half papaya into cubes, removing the skin and set aside.
2. In a large bowl, mix flour, caster sugar and baking powder.
3. In a jug, mix egg, milk and butter and pour into flour mixture, whisk until smooth.
4. Heat a large non-stick frying pan over medium-low heat. Spray with oil. Pour 80ml (1/3 cup) of the batter into the pan. Cook for 2 minutes or until bubbles appear on the surface. Turn and cook for a further 1-2 minute or until golden. Repeat with the remaining batter to make 8 pancakes.
5. Serve pancakes stacked with yoghurt and papaya pieces, topped with papaya pieces, blueberries, honey, pistachio nuts and mint.

Recipe supplied by Simon Toohey and Hort Innovation



Scan for recipe



PAPAYA AND ALMOND PORRIDGE



Time 6 minutes
Serves 1

Ingredients

½ cup rolled oats (35g)
1 cup milk or water
¼ tsp cinnamon
1 cup diced papaya (150g)
1 tbsp sliced almonds (10g)
1 tbsp almond butter
2 tbsp natural yoghurt

1. Add oats, milk and cinnamon to a saucepan and bring to the boil. Reduce heat and simmer 3 – 4 minutes until thickened, then stir through half the diced papaya.
2. Spoon porridge into a serving bowl, top with almonds, almond butter, yoghurt and remaining papaya.

Tip

Different styles of oats require different amounts of liquid. If you prefer a thicker porridge, or aren't sure about the brand in your pantry, start with a bit less liquid then add more as it cooks.



Recipe supplied by Hort Innovation

Scan for recipe



Food for Thought:

How to Cut Costs Without Cutting Corners

Saving money when doing your weekly shopping doesn't have to mean sacrificing delicious, fresh fruit and vegetables! With a few clever tricks, you can stretch your dollar further without skimping on quality. These simple swaps and smart habits will help you make the most of your groceries while keeping more money in your pocket!

By making a few small changes, like visiting your local independent fruit and veg shop each week and buying what's fresh, you'll see big savings on your grocery bill—without sacrificing flavour, nutrition, or quality!





Money Saving Tips

1. **Choose “Imperfect” Produce** - Don't judge a fruit by its look! Many stores sell 'ugly' or imperfect fruits and vegetables at a discount - even though they taste just as good. Look out for bargain 'seconds' bags packed with perfectly edible but slightly misshapen produce.
2. **Use Every Bit of Your Vegetable** - Before tossing those stems, peels, or leaves, think again! You can sauté, blend, or roast nearly every part of a vegetable. Add these to stir-fries, curries, or soups, and if you're not ready to use them right away, freeze them to make a delicious homemade stock later.
3. **Store Smart, Waste Less** - Keep your fresh produce lasting longer with proper storage. Use airtight containers for leafy greens, freeze extra fruit (like bananas, berries, and mangoes) before they spoil, and store potatoes and onions separately to stop them from sprouting too soon. Less waste, more savings!
4. **Buy Loose, Not Pre-Packaged** - Skip the plastic-wrapped produce! Buying loose fruits and vegetables is often cheaper per kilo than pre-packaged options. Plus, you can pick exactly how much you need - no more paying for extra you won't use.
5. **Meal Prep Like a Pro** - Batch-prepping meals saves both time and money. Cook in bulk and freeze portions for later, so you always have a homemade meal ready to go - no pricey takeaway temptations!
6. **Go for Whole, Not Pre-Cut** - Pre-cut fruits and vegetables may be convenient, but they come with a higher price tag. Opt for whole produce and chop it yourself to save money and keep things fresher for longer.

Scan for store locations



Veggie & Chicken Lettuce Cups



Time 25 minutes
Serves 4

Ingredients

2 tbs olive oil
3 green onions (shallots), thinly sliced
2 garlic cloves, crushed
500g chicken breast mince
2 celery sticks, finely chopped
2 medium carrots, thickly shredded
2 tbs kecap manis or salt reduced soy sauce
2 baby cos lettuce, trimmed and leaves separated
1 cup crispy fried noodles

1. Heat oil in a medium frying pan over medium-high heat. Add green onions and cook, stirring, for 1 minute. Add garlic and chicken and cook, stirring to break up mince with a wooden spoon, for 3-4 minutes or until mince turns white.
2. Add celery and carrots to pan and cook, stirring often, for 2 minutes. Stir in kecap manis or soy sauce and toss to combine. Remove from heat and set aside to cool slightly. Serve chicken mixture with lettuce leaves and crispy noodles.

Recipe supplied by Sydney Markets Limited, NSW

Scan for recipe



Roasted Fennel, Asparagus and Salmon

Time 50 minutes
Serves 4

Ingredients

¼ cup extra virgin olive oil
1 garlic clove, crushed
2 tbs lemon juice
2 x 175g thick Atlantic salmon fillets (skin-on), pin-boned
2 small fennel bulbs, cut lengthways in 2cm-thick wedges, reserve fronds
1 lemon, quartered lengthways
1 large bunch thick-stemmed asparagus*, trimmed and base of stems peeled
1/3 cup Kalamata olives
Aioli and lemon wedges, to serve
*You'll need about 12 thick stems of asparagus.

1. Preheat oven to 200°C/180°C fan-forced. Combine oil, garlic and lemon juice in a bowl. Season with sea salt and pepper. Brush salmon with half of the oil mixture.
2. Place fennel, fennel fronds and lemon in a large baking pan lined with baking paper. Drizzle with remaining oil mixture. Toss to combine. Roast, turning once, for 20-25 minutes until almost tender.
3. Remove from oven, add asparagus and salmon, flesh-side up to the pan. Roast for 12-15 minutes or until salmon is just cooked through. Serve with aioli and lemon wedges.

Recipe supplied by Sydney Markets Limited, NSW

Scan for recipe



GOOD FOR YOU... FENNEL

A good source of dietary fibre, which helps the intestine function normally and also vitamin C, a vitamin that contributes to the function of the body's normal immune system.

Has virtually no fat and few kilojoules so is a useful food for those trying to control weight. A source of potassium.



TASTE THE SURPRISING SWEETNESS

Zespri™ SunGold™
Kiwifruit are an
irresistibly scoopable
snack - juicy, sweet
and heaps healthy,
serving up 100% of
your daily Vitamin C.



FIND OUT MORE AT
ZESPRI.COM

Zespri™
KIWIFRUIT

ZESPRI SUNGOLD KIWIFRUIT CHICKEN TACOS

Preparation time: 15 mins

Cooking time: 10 mins

Makes 8

Ingredients

1 Zespri™ SunGold™ Kiwifruit, peeled, roughly chopped

Juice of 1/2 lime

1 tsp smoked paprika

2 tsp dried oregano

Salt, to season

2 small chicken breast fillets, sliced into 1cm thick pieces

2 tsp extra virgin olive oil

8 mini flour tortillas, warmed

1/4 cup whole egg mayonnaise or aioli

3 cups shredded iceberg lettuce

Lime wedges, to serve

ZESPRI SALSA

2 Zespri™ SunGold™ Kiwifruit, peeled, finely diced

6 cherry tomatoes, finely diced

Juice of 1/2 lime

1 green shallot, thinly sliced

1 tsp coriander leaves, finely chopped

Salt and pepper, to season



1. Place Zespri™ SunGold™ Kiwifruit into a large bowl and mash with a fork. Stir in lime juice, paprika, oregano and a pinch of salt. Add chicken, toss to coat, cover with plastic wrap and then set aside for 20 minutes to marinate.
2. Remove chicken, discard marinade. Heat oil in a large non-stick frying pan over medium-high heat, add chicken and cook for about 8-10 minutes, turning occasionally or until golden brown and cooked through. Set aside on a plate covered with foil for 5 minutes.
3. Meanwhile, to make the Zespri™ SunGold™ Kiwifruit salsa, place all ingredients into a small bowl and stir to combine. Set aside.
4. Slice chicken into thin strips. Spread a little mayonnaise on each tortilla, then fill with lettuce, sliced chicken and top with salsa. Serve immediately with lime wedges on the side to squeeze over as desired.

ZESPRI TIP

If the kids aren't fans of coriander, simply leave it out of the salsa and serve it on the side for the adults to sprinkle on as desired.

Scan for recipe



ZESPRI SUNGOLD KIWIFRUIT PAVLOVA RECIPE



Scan for recipe



Preparation Time 95 minutes

Ingredients

6 egg whites
340g caster sugar
1 tbsp cornflour
1 tsp white wine vinegar
1 tsp vanilla extract
300ml whipping cream
1 tbsp icing sugar
4 – 5 Zespri™ SunGold™ Kiwifruit
2 passionfruit

1. Preheat the oven to 120°C. Line a baking tray with baking paper.
2. Using an electric mixer, beat the egg-whites in a mixing bowl until stiff peaks form. Add the caster sugar a spoonful at a time, beating all the while and continue to beat until all the sugar has dissolved and you have a stiff glossy meringue. Add the cornflour, vinegar and vanilla and beat for 1 minute more.
3. Spoon the mixture onto the baking sheet into a circle about the size of a small dinner plate, use a palette knife to shape it and working from top to bottom create ridges up the sides.
4. Bake for 1 hour 15 minutes or until firm. Allow to cool completely in the oven with the heat turned off. You can leave the door ajar if you are in a hurry.
5. Peel and slice the Zespri™ SunGold™ Kiwifruit and halve the passionfruit.
6. Using an electric mixer, beat the cream and icing sugar until soft peaks form. Place the pavlova on a plate. Spread with the cream mixture. Top with Zespri™ SunGold™ Kiwifruit slices and passionfruit pulp. Serve.

ZESPRI CHIA OAT PUDDINGS

Preparation time: 20 mins plus overnight chilling

Cooking time: NIL

Serves 4

Ingredients

400ml can coconut milk

100ml water

1 Tbsp runny honey

1/3 cup chia seeds

2 Tbsp rolled oats

4 Zespri™ SunGold™ Kiwifruit

1. Pour coconut milk and water into a large jug or bowl. Add honey and stir. Pour in chia seeds and oats, and stir well. Set aside for 10 minutes, then stir again. Cover and refrigerate for 8 hours or overnight, to allow chia seeds and oats to soften and mixture to thicken.
2. Cut off the tops from two kiwifruit. Cut each into 1cm thick slices. Use a 4cm star-shaped cookie cutter to cut out a star from 8 slices, reserving off cuts. Set stars aside on a plate.
3. Remove skin from offcuts if desired, or leave it on – it's absolutely safe and healthy to eat. Finely dice the offcuts and remaining kiwifruit, then set aside in a bowl.
4. Spoon half of the chia mixture into 4 serving cups or glasses. Press two stars onto the side of each glass, using the chia mixture to help hold them in place. Top with half of the diced kiwifruit, followed by the remaining chia mixture, and remaining diced kiwifruit, then serve.

ZESPRI TIP

These puddings can be made ahead of time, assembled in glasses the night before. Be sure to cover each with a little plastic wrap so they don't dry out or take on the smells of the fridge!

Scan for recipe



ZESPRI SUNGOLD KIWIFRUIT PUNCH

Serves 8

Preparation time: 15 mins

Cooking time: NIL

Ingredients

6 Zespri™ SunGold™ Kiwifruit, peeled

Juice of 1 lime

12 mint leaves

1 Tbsp caster sugar

Crushed ice, to serve

250ml-500ml sparkling mineral water, chilled

Paper or reusable straws, to serve

8 small mint sprigs, to garnish

ZESPRI TIP

If you'd like to make your punch into more of an icy slushy, simply add handfuls of ice to your Zespri™ SunGold™ Kiwifruit mixture and blitz in the blender until wonderfully icy cold and slushy. Don't add any mineral water.



1. Cut off the tops from two Zespri™ SunGold™ Kiwifruit. Cut each into 1cm thick slices. Use a 4cm heart-shaped cookie cutter to cut out a heart from 8 slices. Set hearts aside on a plate.
2. Place remaining 4 Zespri™ SunGold™ Kiwifruit in the jug of a high-speed blender. Add lime juice, mint leaves and sugar, then blend until smooth.
3. Half fill 8 serving glasses with crushed ice. Pour kiwifruit mixture over ice, then top up with a little sparkling mineral water to fill the glasses.
4. Serve with straws, garnish with mint sprigs and place Zespri™ SunGold™ Kiwifruit hearts on to the edge of the glasses to decorate.

Scan for recipe



Zespri™
KIWIFRUIT



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Kaeng Tay Poe

Time 30 minutes

Serves 2-3

Ingredients

200g pork belly, cut into bite size pieces

1.5 tbsp Mae Ploy red curry paste

200ml coconut milk

2 tsp palm sugar

3 tbsp tamarind concentrate

½ tsp sugar

1 tsp fish sauce

¼ tsp salt

4-5 kaffir lime leaves

100g water spinach, cut into bite size pieces

250ml water

Rice:

1 cup rice

2 cups water

1. Place the pork belly in a pot, add in half of the coconut milk and red curry paste, stir to combine. Cook until the pork is done. Then add in 250ml of water.
2. Cook for 15-20 minutes.
3. In the meantime, cook the rice in a rice cooker. Add 1 cup of rice with 2 cups of water.
4. Add in the rest of coconut milk and water spinach. Season with palm sugar, sugar, fish sauce, salt, tamarind concentrate, simmer for 15-20 minutes. When the oil starts to show up at the surface, it is done. Tear in kaffir lime leaves, remove from heat.
5. Serve hot with a plate of steamed white rice.

Recipe supplied by Gallofresh, QLD

Roasted Kent Pumpkin with Lemony Yoghurt Sauce



Time 45 minutes - 1 hour
Serves 6 as a side dish

Ingredients

½ medium-sized kent pumpkin, diced and peeled

Olive oil

1 tsp pepper

6 stalks thyme

2 cloves garlic, roughly chopped

1 ½ tsp sumac salt

1 cup greek yoghurt

1 garlic clove, crushed

2 tbsp olive oil

½ tsp salt

½ tsp pepper

3 tbsp lemon juice

4 tbsp pine nuts

A handful of coriander, chopped

1. Preheat oven to 180C.
2. Toss pumpkin in olive oil, pepper, thyme, garlic and sumac salt.
3. Place on a baking tray and roast for 35 minutes, or until it is cooked through and some pieces have a little char around the edges.
4. Heat a small frypan over medium-low heat and toast the pine nuts until they just start to colour. Don't walk away; they will burn quickly!
5. To make the sauce, combine yoghurt, garlic, olive oil, salt, pepper and lemon juice.
6. Pile pumpkin on a platter and drizzle over the lemon sauce.
7. Scatter over the pine nuts and finish with coriander.

We've used sumac salt in this recipe. The sumac gives the pumpkin a rich and lemony taste – they're a match made in heaven! Trust us, you need this in your pantry!

The pine nuts give this pumpkin dish a great soft creamy texture contrast with their little bit of crunch. This dish perfectly matches a roast lamb or roasted lamb shanks!

Recipe supplied by Top Shelf Fruits, VIC

Scan for recipe



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MAJESTY IS ALWAYS IN SEASON



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FRUIT AND VEG SHOP IN VIC**

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



Markets of Melbourne



Victoria

Which of these Markets of Melbourne have you visited?

-  Queen Victoria Market
-  Preston Market
-  South Melbourne Market
-  Dandenong Market
-  Prahran Market

Melbourne and its surrounds are home to terrific food markets with extensive fresh produce sections. Whether you are looking for the best value, highest quality or anything in between, Melbourne's Markets are bound to have what you are looking for.

'A better choice!' has member stands at many markets and often supports activities like cooking demonstrations with well-known chefs like Callum Hann and George Diakomichalis, host of It's All Greek to Me.

Why shop at a market?

- Source exotic or hard-to-find produce from speciality stand holders
- Multiple traders so you can shop around for the best price
- A vibrant atmosphere means fun for the family – why not make it a day out?



Patsuris Premium Produce

Werribee South, Victoria



Paul Patsuris

Grows: Cauliflower, Cabbage, Broccoli, Lettuce



A Century on the Farm

When Paul's grandfather first stepped onto the family's Werribee South property, the air was sweet with the scent of blossoming apricot trees. Today, those apricot trees have made way for rows of cauliflower, cabbage, broccoli, lettuce and the legacy of hard work passed down through four generations.

"I stayed in farming for the love of it," Paul says with a smile. "I've always been interested in making things grow. Farming – it's in your blood. You either love it or you don't." He laughs.

A Family Heritage

Paul is the 3rd generation of his family to work the land. He started young – just 15 years old – learning the skills of planting, harvesting, and tending to the soil his family had nourished for nearly a century. Today, his son Nick works alongside him, just as Paul once did with his father.

"Nick came on at 16," Paul says proudly. "He loves the marketing side of things. It's hard work and not easy on a young family, but he enjoys it."

The family connection runs deep. Paul's wife worked on the farm for many years, and his daughter, too, until she got married. "It's been very rewarding," Paul reflects. "There's a deep satisfaction in working the land together. You're building something meaningful."

Supporting Local, Staying Fresh

Paul is a firm believer in the role of local fruit and vegetable stores.

"What's harvested this morning, we try to have it in the local shops by that night or the next day," He explains. "Some fruiterers come every day, others every second day. They store produce carefully to make it stay fresh."

Paul lights up when he talks about the local farmers and grocers. "They care about quality. They rotate stock. They make sure everything looks good. This is more than just a job for them - it's a commitment."

Paul encourages shoppers to choose local whenever they can. "When you buy fresh and local, you help the farmer and the fruiterer. And we can guarantee - it's as fresh as you'll probably ever get."

Growing Smarter

Technology may have changed much about farming, but Paul knows that some things still lie in human hands.

"We plant nearly every week." He says. "And only what we think we can sell. We harvest every day, ensuring a continuous flow of veggies. That way, we don't lose too much."

Although some farms use harvest aids to cut their produce, all Paul's produce needs to be hand-picked to ensure quality. "Some crops, like broccoli, you just have to pick by hand."

He has also noticed the availability of fruits and veggies out of season. He remembers when cauliflowers used to be a winter vegetable, but now they are sold in summer too. People have found so many creative ways to use cauliflower all year round for example cauliflower rice, cauli steaks, salads etc.

"While it does reduce people looking forward to certain vegetables or fruits, it does give people a way to be more creative with their produce."



Looking Ahead

Paul is optimistic about the future of farming. "People have always got to eat," Paul says. "We still need food on the table. We've got the best, cleanest and safest produce in the world."

His hope is that Australians continue to back their farmers. "Whether it's beef, wheat or fruit and veggies, farmers need support. From our government and from everyday people."

After nearly 100 years, Paul's farm remains a living, growing testament to the strength of family, the richness of the soil and the enduring value of local food.



Hasselback Sweet Potatoes

Time 1 hour 25 minutes

Serves 6

Ingredients

6 x 200g Sweet Potatoes, scrubbed
6 sprigs fresh thyme, plus extra for serving
olive oil
1/4 tsp sea salt
1/3 cup finely grated parmesan

1. Preheat oven to 200°C/180°C. Carefully cut 3mm slices into the sweet potatoes, leaving 5mm intact at the bottom. Place on a baking-paper lined oven tray.
2. Strip the leaves from the thyme and tuck in between the fans of the sweet potatoes.
3. Drizzle with oil and sprinkle with salt. Sprinkle with salt and pepper, then drizzle with olive oil.
4. Bake for 1 hour - 1 hour 10 minutes until golden and soft in the middle, or when easily pierced with a knife. Serve sprinkled with parmesan.

Recipe supplied by Hort Innovation



Scan for recipe



Stand and Stuff Sweet Potatoes

Time 60 minutes

Serves 4

Ingredients

4 small Sweet Potatoes (about 200g each)

1 tbsp olive oil

1 cup shredded kale leaves

1 cup shredded red cabbage

1 small carrot, cut into matchsticks

2 green onions, sliced thinly

250g pulled pork

Chipotle aioli

1/2 cup aioli

2 chipotle chillies in adobo sauce

1. Preheat oven to 200C/180C fan-forced. Prick sweet potato all over with a small sharp knife. Place two sweet potatoes in a heatproof bowl. Cover with cling film and microwave for 4 minutes. Turn and cook for further 4 minutes. Repeat with remaining sweet potatoes.
2. Place sweet potatoes on a lined oven tray. Drizzle with oil and bake for 25-30 minutes until very tender and golden.
3. Combine kale, cabbage, carrot and onion in a bowl.
4. Split the sweet potatoes down the centre with a sharp knife and ease open. Divide slaw and pork between among potatoes. Blend or process aioli and chillies until smooth. Drizzle over pork.

Recipe supplied by Hort Innovation



Scan for recipe



Apple & Prosciutto Focaccia Sandwich

Time 5 minutes

Serves 2-4

Ingredients

1 loaf of focaccia bread
1/2 apple, thinly sliced
4 slices sharp cheddar cheese
6 slices prosciutto
A handful of rocket
2 tbsp mayonnaise
1 tbsp Dijon mustard
A handful of salted crisps
Salt & pepper, to taste

1. Begin by slicing the loaf of focaccia in half horizontally to create the top and bottom of your sandwich.
2. In a small bowl, combine the mayonnaise and mustard and stir until well combined.
3. Assemble the sandwich by spreading the mayo/mustard mix generously on the cut sides of the focaccia, making sure it's evenly coated.
4. Layer the prosciutto, cheese, rocket, and evenly scatter the slices of apple.
5. Finish with a handful of chips, then season to your liking with salt and freshly ground black pepper. Slice and enjoy!

An autumn-inspired focaccia sandwich highlighting apples, the star of the season! This sandwich was made for sharing using a whole loaf of focaccia, which you can carve up and pass around after assembling.

Thin slices of crisp apple are paired with sharp cheddar, peppery rocket, prosciutto and, for a fun twist, a handful of crispy potato crisps that add an irresistible crunch. Each bite offers a satisfying balance of sweet, savoury, and texture, making it the ultimate autumn treat.



Scan for recipe



Recipe supplied by Queen's Harvest in collaboration with Food for Everyone, VIC

THE POWER OF GREAT TASTE



Sweet and tangy with a juicy crunch



AUSTRALIAN GROWN





Winter Wellness Starts on Your Plate

As summer fades and the days get shorter, it's not just the sunshine we're missing. Our bodies also lose their easy supply of Vitamin D—the "Sunshine Vitamin"—which helps keep energy levels up and immune systems strong. And that's just one of the nutrients that needs a little extra attention when colder weather rolls in. With busy schedules, it's easy to overlook how seasonal shifts impact our well-being, but small changes in your family's meals can make a big difference in keeping everyone feeling their best all year round.

Don't let healthy habits fall by the wayside just because the colder months make comfort foods and cosy nights on the couch more tempting. It's easy to slip into a routine of heavier meals and less fresh produce, but staying mindful of nutrition is key to keeping energy levels up and immune systems strong. Simple swaps—like adding roasted root vegetables to dinner, blending citrus fruits into morning smoothies, or incorporating hearty soups packed with greens—can make all the difference.

The Best In-Season Fruits and Vegetables for Optimal Health

We've laid out a good fruit and veg guide for winter to provide you with some nutrient-packed recommendations on how to hit all your vitamin and mineral needs this winter. Winter produce is rich in essential nutrients that help support immunity, energy levels, and overall well-being. Here's a breakdown of key vitamins and minerals, along with the best in-season Australian fruits and vegetables to support your health during cooler months.

Best In-Season Fruit and Veg Key Nutrient Guide

Vitamin D	Helps with calcium absorption and bone health.	✓ Best winter sources: Mushrooms (especially sun-exposed varieties like shiitake and portobello), Spinach, Broccoli, and Kale.
Vitamin C	Supports immune function, helps with collagen production, and aids iron absorption.	✓ Best winter sources: Oranges, Mandarins, Lemons, Grapefruit, Kiwifruit, Strawberries, Capsicum, Brussels Sprouts, Broccoli.
Vitamin A	Important for skin health, vision, and immune defence.	✓ Best winter sources: Carrots, Pumpkin, Sweet Potatoes, Spinach.
Iron	Essential for oxygen transport and energy levels, especially in colder months.	✓ Best winter sources: Spinach, Kale, Silverbeet.
Folate (Vitamin B9)	Supports red blood cell production and energy metabolism.	✓ Best winter sources: Asparagus, Spinach, Brussels Sprouts.
Potassium	Helps regulate fluid balance and muscle function.	✓ Best winter sources: Oranges, Potatoes, Sweet Potatoes, Bananas.
Fiber	Aids digestion and helps keep you full and satisfied.	✓ Best winter sources: Apples, Pears, Pumpkin, Root Vegetables (Carrots, Parsnips, Turnips).

Boosting your winter nutrition doesn't have to be complicated!

Here are five simple ways to ensure you're getting the most out of in-season produce:

1 Start Your Day with Citrus

Add freshly squeezed orange or lemon juice to your morning routine for a natural Vitamin C boost.

2 Sneak in More Greens

Toss spinach or kale into soups, stir-fries, and smoothies for an easy nutrient upgrade.

3 Roast and Enjoy

Roast root vegetables like carrots, pumpkin, and sweet potatoes to enhance their natural sweetness and make mealtime more nutritious.

4 Snack Smart

Keep apples, pears, and nuts on hand for a fiber-rich, energy-sustaining snack.

5 Shop Local for Freshness

Visit your local independent fruit and veg shop for the freshest in-season produce, grown and harvested at its peak for maximum flavour and nutrition.

Scan for store locations



By making quick, easy swaps and choosing fresh, in-season winter fruit and vegetables, you don't need to ditch your summer healthy habits to continue providing nutrient-rich, delicious meals for your family.



Pear, Fennel, Herbs, and Poppy Seed Salad

Time 10 minutes

Serves 4

Ingredients

1 fennel bulb, thinly sliced
2 hard Packham pears, quartered and de-cored
100gm kale, massaged with a little salt – or your choice of leafy greens

For the dressing

½ lemon, juice and zest
½ cup plant-based yoghurt, or your choice of yoghurt
1 cup chopped mixed herbs – mint, parsley, chives/spring onions (either all; or choose just one; whatever's in your fridge)
3 tbsp extra virgin olive oil
3 tbsp poppy seeds
Salt and pepper to taste

1. Place the fennel in a bowl with the kale or leafy greens.
2. Add the pears to either a griddle pan or on a barbecue – or if you have neither, a normal pan will work. Rub the pears with a little oil and place on a smoking hot surface for 20 seconds on each side or when you see some char marks on the surface. Turn the pears to the other cut side and do the same. Remove and let cool.
3. Make the dressing by whisking together the lemon, yoghurt, olive oil, salt and pepper. Add your selection of chopped herbs and the poppy seeds and mix to combine.
4. Pour the dressing over the fennel and greens and toss. Place on a plate, top with the grilled pears and sprinkle with olive oil one more time.

Recipe supplied by Simon Toohey and Hort Innovation

Scan for recipe



Time 15 minutes

Serves 4

Ingredients

4 pieces of sourdough bread, lightly toasted
3 soft Packham pears, sliced
150g plant-based ricotta, whipped (or ricotta of your choosing blended till smooth)

For the Sweet and Sour pears

180ml white wine vinegar
100ml extra virgin olive oil
1tsp Smoked paprika
2 pears (1 cubed and 1 sliced for garnish)
60g pine nuts
dill sprigs, chopped handful

1. In a pan, heat the vinegar and olive oil and smoked paprika together so they are warm. Pour into a bowl with the pine nuts. Once cool add the chopped dill and cubed pears and mix all together
2. Smear the ricotta smoothly over the warm sourdough. On top of the toast, add the sliced pears and then gently pour the pear agrodolce over the top.

Recipe supplied by Simon Toohey and Hort Innovation



Sweet and Sour Pears on Creamy Ricotta and Toast



Scan for recipe



A decorative border on the left side of the image features a variety of fresh citrus fruits, including whole oranges, sliced grapefruit, and lime wedges, interspersed with green leaves.

A better[®] choice!

**FIND YOUR LOCAL
FRUIT AND VEG SHOP IN QLD**

Scan for store
locations



A woman is seen from behind, wearing an orange safety vest with reflective silver stripes. The vest has the text "A better choice!" in a large, bold, sans-serif font, with a small green leaf icon above the word "choice!". Below this, in smaller text, it says "Shop. Stay. Save." and "Shop here. Save time and money." She is standing in a warehouse or store aisle, with shelves of products visible in the background. To her left, another person wearing a red beanie and a yellow safety vest is partially visible. In the foreground, there are cardboard boxes, some of which are labeled "Premium Apples".

Queensland

Whether it is seasonal fruits, exotic vegetables, or organic options, Brisbane Markets' wholesalers provide an extensive variety, allowing independent retailers to offer something special for every customer. Steve Barnes of J E Tipper highlights, "variety is a key differentiator for independent retailers, and by supporting them with tailored produce options, we help them meet their customers' unique needs."

By choosing to shop at your local, independent 'A better choice!' store, you are not just picking up fresh, high-quality produce—you are supporting Australian farmers, small businesses, and your local community. It is a decision that goes beyond what's in your basket. Fresh, local and full of goodness is always 'A better choice!' So spread the word.

Luke Boulus of Westridge Fruit and Vegetables, an 'A better choice!' retailer, explains the importance of the Brisbane Markets. "A Central Market is vital to independent retailers, giving us access to a variety of fresh, Australian-grown produce to meet our customers' needs."

Phantom Produce

Bowen, QLD

Carl Walker

Grows: Capsicum, cucumber, tomatoes



**Carl Walker's Journey from
Adventure to Agriculture**

Carl Walker's journey into farming didn't follow the traditional path of growing up on a family farm. In 1979, at just 13 years old, Carl and his family left New Zealand, drawn to Australia by the promise of something new. What started as an adventure, turned into a lifelong calling. At 19, Carl planted his roots in farming, and for more than 30 years, he's worked the land in Bowen, growing capsicums, cucumbers and tomatoes.

Farming, as Carl sees it, is much more than a job. It's a way of life.

Farming Is a Job for Life

Carl, who now serves as President of Bowen Gumlu Growers Association, didn't inherit his farm. He built it. His story began with a cow and a caravan, and today, he cultivates a thriving 100 acre farm.

"You don't have to be born into a farm to be a farmer," he says. "Farming is a passion – you embrace the beauty and harsh reality of the Australian land. This is a job where you are rewarded for the sweat and hard work you put into it."

Carl has seen a shift over the years. More young people from the city are drawn to farming, realising that life on the land offers both purpose and opportunity. He welcomes them.

"To those thinking about farming - know this: you're at the very start of the food chain. Farmers play a vital role in sustaining life. Everyone needs food — from surgeons and teachers to truck drivers — and they all depend on the fruit and vegetables you harvest to stay healthy and keep doing their important work"

Farming is more than a livelihood; Carl believes that farming connects the whole world in a way few industries can.

Farm To Plate and Beyond

Carl strongly believes in the role of the Central Markets in assuring fresh, high-quality produce reaches people. The fruit goes straight into cold storage the minute it is picked and then delivered straight to the Central Markets. From his farm, Carl can get his vegetables to Central Markets within three to four days – guaranteeing freshness and flavour.

Carl also expresses his deep respect for small, family-owned businesses.

"The mum-and-dad shops – they know their customers. They keep people happy because they see them as family. When you buy from them, you're supporting a community".

Embracing Technology and Science

Farming isn't just sweat and soil anymore. Carl wholeheartedly believes in taking advantage of the emerging technology to make farming more efficient.

Gone are the days of backbreaking work, leveraging technology is key. "We need more tech savvy people." Carl admits. "The only way we can survive moving forward is by embracing technology and using it in our daily operations to improve efficiencies."

With fertile land disappearing to housing developments and resources running low, Carl believes the future of farming depends on embracing science and technology.

"There are things scientists can propagate in a petri dish today that wasn't possible before. We have to utilise science to minimise our resource use and lessen our footprint," he says.

At his farm, they use computer-controlled spray rigs, variable controllers for fertilisers and robotics and drones for spraying. They map the subsoil and analyse nutrient levels to optimise growth. Being so close to the Great Barrier Reef, he knows firsthand the importance of environmental responsibility.

Every advancement helps make operations smoother without losing the heart of farming. And for those who think farming is all dirt and hard labour, Carl has a message: "You don't have to get dirty to be a farmer. There's always a job for you in agriculture - whether it's working with technology, logistics or research. Farming is about learning, adapting and growing."

With that, he leans back, reflecting on his journey.

"Farming - it connects the whole world together."

Grower Tip

What would be a tip to keep tomatoes, cucumber, and capsicum longer?

- Leave tomatoes on the bench. Tomatoes will keep ripening and getting sweeter.
- Capsicum goes in the crisper. Did you know they are about 95% water and will spoil quicker if left on the bench?
- With cucumbers, sit them on the bench covered with a cloth. They will stay fresh for days and days.
- Wash bananas and wipe them down – this gets rid of the ripening agent. And if you wrap the stalk in a wet paper towel, that slows down the ripening process.





BBQ CAPSICUM RINGS WITH EGGS

Time 15 mins

Serves 4-6

Ingredients

2 large capsicums – red, yellow or green

4-6 eggs (depending on how many rings you make)

Olive oil or non-stick spray

Salt and pepper to taste

Optional: Chopped parsley, chives, grated cheese, chili flakes

1. **Prep the Capsicum Rings:** Slice the capsicums horizontally into 1.5–2cm thick rings. Remove any seeds or white pith inside each ring.
2. **Preheat the BBQ:** Get your BBQ hot and lightly oil the griddle plate or flat hotplate section.
3. **Cook the Rings:** Place the capsicum rings on the BBQ hotplate and let them soften slightly (about 1–2 mins per side). This helps seal the bottom so the egg doesn't leak out.
4. **Crack in the Eggs:** Carefully crack an egg into each capsicum ring. If it leaks a bit, just nudge the whites back in with a spatula. Lower the BBQ lid (if it has one) and cook until the egg whites are set but the yolks are still runny (about 5–8 mins). For firmer yolks, cook a bit longer.
5. **Season & Serve:** Sprinkle with salt, pepper, and any optional toppings like herbs or cheese. Serve hot on toast, as a side, or on their own with a dollop of relish or aioli.

Recipe supplied by Carl Walker, QLD

Scan for recipe





TROPICAL SURF & SIZZLE SALAD

Time 25 minutes

Serves 4

Ingredients

500g fresh cooked Bowen tiger prawns peeled

1 large ripe mango

3 full rashers of bacon

1 punnet of Bowen cherry tomatoes

1 head of cos lettuce

Scan for recipe



1. Slice the bacon rashers thinly and pan fry in their own fat until crispy, drain on paper towel and allow to cool a little.
2. Break up the cos lettuce and arrange in a bowl
3. Add halved cherry tomatoes and prawns
4. Hedgehog the mango cheeks and then use a spoon to scoop out the cubes over the salad (the juice is your dressing)
5. Sprinkle crispy bacon pieces on top and serve

The perfect combination of sweet mango, crispy bacon and delicious Bowen prawns

Recipe supplied by Carl Walker, QLD

Avocado, Prawn & Coriander Rice Paper Rolls

GOOD FOR YOU... AVOCADOS

Avocados are one of the few fruits that contain fat, but it's in the form of unsaturated fat.

A source of vitamin E, a vitamin that helps protect cells from damage due to free radicals.

A good source of vitamin C and also a source of folate (a B vitamin). Both these vitamins contribute to the normal functioning of the body's immune system.

Provides the B vitamins niacin (B3) and biotin, which both contribute to normal production of energy in the body.

Time 32 minutes
Serves 12

Ingredients

50g dried vermicelli noodles

12 x 22cm rice paper wrappers

1 cup coriander leaves

12 cooked king prawns, peeled, deveined and halved lengthways

1 large ripe avocado, halved lengthways, peeled and thinly sliced

1/2 cup sweet chilli sauce

6 small iceberg lettuce leaves, halved and trimmed

Peanut sweet chilli dipping sauce

1/3 cup roasted unsalted peanuts, chopped

1/3 cup sweet chilli sauce

Add mint leaves to the rolls for extra flavour.



1. Cook noodles in a saucepan of boiling water for 2 minutes or until tender. Drain, rinse in cold water. Using kitchen scissors, roughly chop noodles. Set aside.
2. Preparing one roll at a time, dip rice paper wrappers in a shallow dish of warm water. Place on a clean board. Place a coriander leaf in the centre of the wrapper. Top with 2 prawn halves, a slice of avocado and a heaped tablespoon of noodles. Drizzle with 1 tsp sweet chilli sauce. Top with half a lettuce leaf. Fold wrapper over filling, tuck in sides and roll up to enclose filling. Place on a plate, cover with damp paper towel. Repeat using remaining ingredients to make 12 rolls.
3. To make dipping sauce, combine peanuts and sweet chilli sauce in a bowl. Serve rolls with sauce.

Recipe supplied by Sydney Markets Limited, NSW

Scan for recipe





missile
apples

Little Apples...
Explosive Crunch!

Available in Independent Greengrocers Across Australia



Fresh for Days: Simple Hacks to Make Your Produce Last Longer

Australia wastes over 7.6 million tonnes of food each year, and a lot of that is produce that spoils too soon.



Picture this: You've planned a hearty roast dinner, only to find your carrots limp and your potatoes sprouting overnight. Not only does food waste drain your wallet, but it also means extra trips to the fruit and veg shop - wasting time, energy, and money.

The good news? With a few clever tricks, you can keep your fruits and vegetables fresher for longer and cut down on waste.

Let's dive into some easy, practical storage hacks!



Make These Hacks a Habit!

With just a few smart storage swaps, you'll keep your produce fresher for longer - saving money, reducing food waste, and making grocery trips less frequent. Try these tips and see how much longer your fruits and veggies last!

Scan for store locations



What Affects Freshness?

A little know-how goes a long way when it comes to making your groceries last. Here's what you need to keep in mind:

Temperature & Humidity – Leafy greens love high humidity, while root veggies prefer a drier environment. Storing them properly can add days (or even weeks!) to their lifespan.

The Right Storage Zone - Not all produce belongs in the fridge! Knowing what to keep in the fridge, freezer, or pantry can make a huge difference.

Even if your vegetables are looking a little worse for wear, all is not lost! Try these tricks:

Wilted greens? Soak them in ice water for 10–15 minutes to bring them back to life.

Soft carrots? Pop them in a bowl of water in the fridge to crisp them up.

Leftover herbs? Freeze them in olive oil using an ice cube tray for quick flavour boosts in cooking.

Did You Know?

- Onions stored with potatoes will spoil faster due to ethylene gas release. Keep them apart!
- Store fresh herbs like parsley and coriander in a glass of water, just like flowers.
- Keep apples and bananas separate if you want them to last longer!

How to Store This Season's Produce

Here's how to store some of this season's best fruits and vegetables so they stay fresh and delicious:

Fruits



Apples

Store in the fridge to keep them crisp for weeks. Keep them away from bananas to prevent over-ripening!



Figs

Super delicate! Keep them in the fridge and eat them within a few days.



Grapes

Store unwashed in the fridge in a breathable bag to prevent mould.



Pears, Peaches & Nectarines

Keep on the counter until ripe, then refrigerate to extend freshness.

Vegetables



Broccoli & Asparagus

Wrap in a damp paper towel and store in the fridge's crisper drawer.



Carrots & Beetroot

Remove the leafy tops (they steal moisture) and store in a breathable bag in the fridge.



Mushrooms

Keep in a paper bag in the fridge to prevent from becoming slimy.



Tomatoes

Store on the counter for better flavour! Refrigerate only if they start getting too ripe.



Potatoes, Onions & Pumpkins

Store in a cool, dark pantry - but keep onions and potatoes separate, or they'll spoil faster.

Tugun Fruit & Flowers Original Acai Bowl

Time 25 minutes

Serves 2

Ingredients

100-150mL of fresh watermelon & apple juice* or liquid of choice

2 100g frozen acai sachet

100-150g frozen banana

50g frozen mixed berries

Granola

Coconut flakes

Honey

Seasonal fruits and berries toppings; blueberries, strawberries, kiwifruit, orange, banana

Our secret recipe has been made probably thousands of times by us, however we don't make them one at a time anymore!



1. Add your base liquid to your blender jug.*
2. Partially defrost your acai sachets by running them under some water. Then break them up in the plastic so they're smaller pieces.
3. Remove the acai sachets from the plastic & add to the blender.
4. Add your chopped frozen banana & mixed berries.
5. Blend on low first for 10 seconds to break it all up. Use a spatula to dislodge any pieces stuck at the bottom of the blades.
6. Blend then continuously on medium to high until you get the paste consistency. You can add more liquid if it's too solid and add a bit more berries if it's too runny.

* We recommend juicing fresh watermelon & apple juice for the best flavour, (but coconut water works well too). You're going to need a strong blender to get all the frozen stuff blended so it keeps its ice cream consistency. A vitamix, ninja or thermomix would work.

Assembling The Bowl

1. Pop a small amount of granola on the bottom of your bowl, it's good to have some extra down the bottom at the end.
2. Scoop your acai out of the blender jug into the bowl, it should be scoopable and not pour out of the jug.
3. Place some granola on half of the top of your acai & some extra coconut flakes if you like them.
4. Then top the other half of your bowl with fresh seasonal fruit. We use freshly sliced strawberries, bananas, blueberries, kiwifruit. We love to pop a slice of orange on there too.
5. Drizzle over some honey.
6. And eat it quickly because you don't want it to melt!

Recipe supplied by: Tugun Fruit & Flowers, QLD

Scan for recipe



Easiest Pear Cake Ever



Scan for recipe

Time 40 minutes

Serves 12

Ingredients

5 soft Packham pears de-cored and roughly chopped
1 tbsp olive oil
2 tsp all spice mix + 1 tsp for the cake
2½ cups (300g) plain flour
1¼ cups (180g) caster sugar
¾ cup (180ml) soy milk
¾ cup (180ml) vegetable oil such as canola oil
1 tsp apple cider vinegar
1 tsp baking powder
1 tsp bicarbonate of soda

1. Preheat the oven to 180C.
2. In a pan on medium heat, place the oil and pears and cook until colour has started to appear on the pears. Add the spice mix and cook for an extra 30 seconds. Remove from the heat and let sit.
3. For the cake mixture – mix together the plain flour, baking powder, bicarb soda, caster sugar.
4. In a separate bowl, mix the soy milk, oil, vinegar.
5. Combine the wet into the dry and mix together. Add in three-quarters of the cooked spiced pears.
6. Pour the cake mix into either a 9-inch cake tin that has been buttered and lined with baking paper, or into a lined rectangular tin.
7. With the remaining spiced pears, set them on top of the cake – and feel free to add some fresh chopped pears chopped for a little contrast.
8. Cook for 25 minutes.
9. Lasts for a week – if you can save them that long!

Recipe supplied by Simon Toohey and Hort Innovation

The Ultimate Guide to Stress-Free and Nutritious School Lunchboxes

Packing your kid's lunch can feel like a daily showdown - one part nutrition, one part persuasion, and a whole lot of hoping it doesn't come back untouched. We get it - you want to tick all the healthy boxes without your kid turning their nose up at lunch.

If 2025 is the year you want to get organised with lunchbox prep, we've got some golden rules to help you get organised (and maybe even make it a little fun!).



Game Idea: Choice Jars



- Grab 4 empty jars or bowls
- Write your 3 or 4 choices on small pieces of paper, grouped into fruit, veggies, healthy snacks and mains
- Fruit choices go into one jar, the veggie options into another jar, healthy snacks into the third jar, and the mains into jar number four.
- Your kid can choose 1 or 2 items from each jar which become their selections for the weeks' lunchbox.



Scan for store locations



The Golden Rule: The Power of Five

Here are five essential elements every lunchbox should have:

Two Fruits: Strawberries and sliced apples provide natural sweetness and essential vitamins.

Three Veg: Mini cucumbers, cherry tomatoes, and carrot sticks add crunch, colour, and fibre.

Dairy, Protein, and Grains: A wholegrain high-fibre wrap filled with shredded chicken and cheese is a simple but nutritious choice.

A Fun Snack: Lunch should be enjoyable! Veggie chips, low-salt popcorn or baked pretzels add variety while still being a healthier alternative to processed snacks.

Get Your Kids Involved!

We all want to avoid those morning meltdowns, and the best way is by having your kids help with selecting their lunchbox contents for the week, giving them a sense of ownership over their meals.



5 Time-Saving Hacks for School Lunch Success



1. Freeze Sandwiches in Advance

Avoid last-minute panics by freezing sandwiches in advance. Just make sure to store them in airtight containers to avoid freezer burn.

2. Thermos Trick

Think beyond soup! Leftover pasta or meatballs will keep your kids warm and satisfied. A great way to sneak in some extra veggies for picky eaters!

3. Pre-Chop and Store

Slice fruits and veggies ahead of time and stash them in airtight containers – just grab and go!

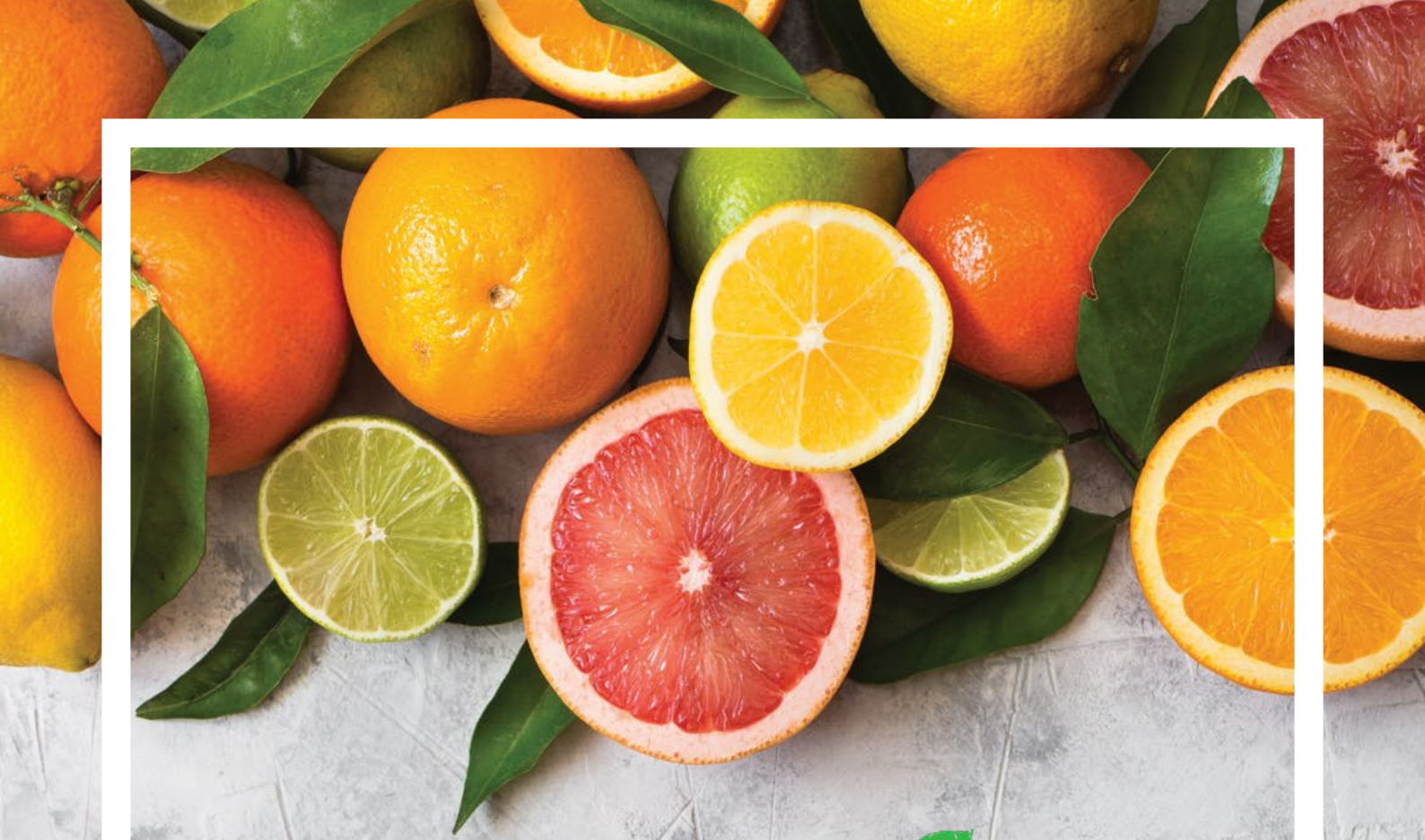
4. Bento Box Wins

Keep snacks separate, fresh, and fun to eat! This way you can add variety without the mess.

5. Snack Smart

Bite-sized foods - cheese cubes, mini muffins, veggie sticks - are easy to eat and stay intact until lunchtime.

Stick to these hacks, and you'll sail through lunchbox prep like a pro - no more scrambling or early morning snack negotiations!



A better
choice®!

**FIND YOUR LOCAL
FRUIT AND VEG SHOP IN SA**

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Fresh, Local, and Award-Winning

South
Australia

Chef Krish Dutt's Secret to Success

For award-winning chef Krish Dutt, the secret to unforgettable dishes is simple—fresh, locally sourced produce. As the mastermind behind Tunki, awarded “Best Restaurant in Australia” at the Australian Hotels Association National Awards for Excellence in 2025, Dutt insists that quality ingredients are the foundation of every meal he creates.

“At Tunki, we believe that great food starts with the freshest produce,” says Dutt. “That’s why we work closely with **Tony & Marks**, who source our fruit and vegetables fresh every day from the **South Australian Produce Market**.”

The **South Australian Produce Market** is the heart of the state’s fresh food supply chain, connecting local growers with retailers, wholesalers, and chefs who demand the best. By sourcing produce daily, **Tony & Marks** ensures that Tunki’s kitchen is always stocked with **the freshest, seasonal ingredients**, hand-selected for quality and flavour.

For Dutt, this direct connection to South Australian growers makes all the difference. “Knowing where our produce comes from, how it’s grown, and who’s behind it is incredibly important,” he says. “It means we can create dishes that celebrate local flavours while supporting our State’s growers and producers.”

Tunki’s menu is a reflection of South Australia’s rich agricultural landscape, showcasing vibrant, **seasonal ingredients** in every dish. From crisp greens to sun-ripened tomatoes and fragrant herbs, each element plays a crucial role in delivering the **bold, fresh flavours** that have made the restaurant a favourite among food lovers.

So, the next time you enjoy a meal at Tunki, remember—you’re not just tasting Dutt’s culinary expertise. You’re experiencing the best of South Australian produce, carefully selected and delivered fresh from **farm to fork**.



Fire Up Your Taste Buds



Scan for **salmon**
recipe



Scan for **salad**
recipe



Grilled Salmon with Ginger & Miso Magic!



Craving a show-stopping main course that's simple enough for a weeknight, yet impressive enough for a dinner party? Look no further! This grilled salmon recipe, infused with the vibrant flavours of ginger and miso, delivers maximum taste with minimum effort. And the best part? You can cook it on the grill or in your oven! This recipe serves 4 hungry adults.

The Star of the Show: Grilled Salmon with Ginger & Miso

Time 30 minutes
Serves 4

Ingredients

- 1 side of salmon (skin on or off, your choice!)
- 1 bottle of Miso & Ginger Marinade

Chef's Note: I recommend "Miso & Ginger By Krish" for that authentic yet unique taste!

- 1 bunch fresh coriander, roughly chopped

- Marinade Magic:** In a bowl, combine the Miso & Ginger Marinade with the chopped coriander. This is your flavour bomb! Reserve a portion of the marinade for serving.
- Salmon Soak:** Gently coat the salmon with the marinade. Let it sit at room temperature for 5-10 minutes while you prep the salad – this allows the flavors to really penetrate.
- Grill Master (or Oven Ace!):**
Grill: Place the salmon on a preheated grill over medium-high heat. Sear both sides to achieve a beautiful colour. Then, move the salmon to a cooler part of the grill to finish cooking and rest for 5 minutes.
Oven: Preheat your oven to 200°C. Place the salmon on a baking sheet lined with parchment paper. Bake for 10-15 minutes, or until the salmon is cooked through.
- Plate It Up:** Get ready to impress!

The Perfect Partner: Kohlrabi & Fennel Salad with Soy Caramel Drizzle

Time 15 minutes
Serves 4

Ingredients

- 1 whole kohlrabi, peeled
- 1 fennel bulb, thinly sliced
- 1 small carrot, julienned
- 1 green apple, julienned
- 50g pickled ginger, chopped
- 30g toasted peanuts, roughly chopped
- 1 Soy caramel dressing

Chef's Note: Again, "Soy Caramel Dressing by Krish" adds the perfect touch!

- Pickled Perfection:** Lightly pickle the thinly sliced fennel in a mixture of vinegar and sugar brine (equal parts vinegar and sugar, heated until dissolved). This adds a delightful tang!
- Salad Symphony:** Julienne the kohlrabi, carrot, and green apple. Combine all the salad ingredients in a bowl.
- Dressing Delight:** Drizzle generously with the Soy Caramel Dressing and toss gently to combine.



Why We Love It:

The salty, tangy, and subtly spicy miso-ginger salmon is beautifully balanced by the sweet and crunchy kohlrabi salad. The soy caramel dressing adds a touch of umami that ties everything together. It's a culinary masterpiece, and it's all thanks to the delicious "Cooking with Krish" sauces! Serve it to your friends and family, and get ready for the compliments to roll in. You'll feel like a restaurant chef, without all the restaurant hassle!



Rainbow Fresh:

Growing Quality, Freshness, and Tradition in Every Leaf

From humble beginnings to a trusted name in fresh produce, Rainbow Fresh has been delivering premium pre-packaged salads to Australian tables for decades.

The Giangregorio family have been primary producers in Lewiston, South Australia, since the 1970s when Joe and his wife Antonietta started growing loose leaf salads that were hand washed in make shift wash tubs. They have specialised in growing gourmet lettuces since the 1990s.



Fast forward to today and the next generation have joined the family business building it to a team of 30 dedicated staff, sophisticated on-farm washing and packing facilities, and a continued passion to grow fancy lettuce, rocket and baby spinach for their pre-packed salad bag varieties. Rainbow Fresh not only provides high-quality greens but also supports local jobs and sustainable farming practices.

The farm plants every week with the lifecycle of the lettuce taking 2.5 to 3 months from seed to plate. The growing region is a well-established and recognised horticultural zone offering rich growing soil, under ground water availability and a Mediterranean type climate that allows an extended growing season. It is an ideal location for producing a product that is high in flavour and nutrients.

All of Rainbow Fresh leafy greens are grown in open sunny paddocks which is the key in creating a reputable product that has contributed to their produce being recognised for its exceptional shelf life and robust flavour. With their own packing facility at the farm, they pride themselves on the ability to pick, pack and get to market produce within a 24 hour period allowing for maximum shelf life and freshness.



Rainbow Fresh's commitment to freshness means consumers can enjoy crisp, flavourful greens that stay fresher for longer—perfect for busy households looking for convenience without compromising on quality.

Rainbow Fresh sell to fruit and veg stores via the South Australian Produce Market in Pooraka, the wholesale market for produce in South Australia. Over the years they have built strong relationships with the store owners who stock their range of pre-packed salad bags and you will find their brand featured in many stores across both South Australia and across the country.

The brand has had a number of name changes throughout the year – the Rainbow Fresh name came from tales of Joe being mocked for his rainbow of lettuces he would take to market on his truck each morning. The new generation thought there was something in that and worked it to their advantage. Consumers can now find a photo of Joe and his hands, colloquially known as the lettuce man, on every pack. Symbolising his nurturance, hard work and his experience are all packaged in this bag!

Their plan for the future is to continue the model that they have, specialising in what they do particularly as pre-packaged greens are growing in popularity for consumers seeking convenience. The family remains committed to innovation—whether it's new salad blends, eco-friendly packaging, or expanding their reach to more households across Australia.





Shredded Chicken Tacos With Apple Slaw & Lime Yoghurt

Scan for recipe



Time 40 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
⅓ 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

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.

Recipe supplied by chef Callum Hann

Tuna & Apple Salad With Nahm Jim

Time 35 minutes
Serves 4

Ingredients

2x 150g tuna steaks
1 lebanese cucumber, deseeded and diced
1 punnet cherry tomatoes, halved
2 apples, julienned
3 spring onion, finely sliced on an angle
1 avocado, flesh removed, diced
1 bunch mint, leaves picked
Handful fresh coriander leaves, torn
1 tbsp olive oil

Nahm Jim:

1½ tbsp fish sauce
1 tbsp brown sugar
Juice of a lemon
1 garlic clove, finely grated
1 long green chilli, deseeded and finely sliced
Small handful coriander roots, stems and leaves, roughly chopped

Scan for recipe



1. To make the Nahm Jim, stir fish sauce, brown sugar and lemon juice together until sugar dissolves. Stir through garlic, chilli and coriander.
2. Pour about a third of the Nahm Jim over tuna and marinade briefly. Reserve remaining Nahm Jim for serving.
3. Combine cucumbers, cherry tomatoes, apples, spring onion, avocado, mint and coriander in a large bowl.
4. Heat a frying pan over high. Add olive oil then place tuna into the pan. Cook for 1 minute each side or until golden but still rare in the middle. Remove from pan and slice tuna thinly.
5. Divide salad between serving plates and top with sliced tuna pieces. Spoon remaining Nahm Jim over the top and serve.

Recipe supplied by chef Callum Hann



VANNELLA CHEESE
AVAILABLE AT YOUR LOCAL
INDEPENDENT GROCER



STRACCIATELLA & MORTADELLA TOASTS

BY VANNELLA CHEESE

MAKES 20 TOASTS | TAKES 15 MIN

WHAT DO I NEED?

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

HOW DO I MAKE IT?

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



ROCKET PESTO

Time 15 minutes

Makes 3 cups (750ml)

Ingredients

2 bags Rainbow Fresh Wild Rocket

100g roasted almonds

50g parmesan

1 medium garlic clove, peeled, left whole

½ tsp salt

Freshly cracked pepper, to taste

250ml olive oil

3 tbsp warm water

1. In a food processor, add almonds, parmesan, garlic, salt and pepper and process to a coarse crumb.
2. Add Rainbow Fresh Wild Rocket, olive oil and process until smooth. Add water if mixture is too thick.
3. Season to taste.
4. Pour mixture into sterilized jars or containers and pour enough olive oil to cover the top. This preserves the pesto. Keep in fridge.

Delicious as a sauce for your favourite pasta shape, or on your steak or chicken. Use as a base sauce for pizza.

Recipe supplied by Rainbow Fresh, SA

Scan for recipe





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FRUIT AND VEG SHOP IN WA**

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locations



WA's Cherry King Crowned at Sweetest Charity Auction Yet



What's more heartwarming than a box of fresh cherries at the start of summer? How about 17kg of them helping raise \$150,000 for sick kids?



In a WA tradition now 32 years strong, Perth Markets once again played host to the much-loved Cherry Auction—an annual highlight for the state's fresh produce industry and a fundraising powerhouse for the Perth Children's Hospital Foundation (PCHF).

This year's auction saw WA's finest cherries spark fierce bidding, with the ceremonial 5kg box—donated for the 19th consecutive year by Sweet Cherry Valley in Donnybrook—fetching an incredible \$85,000. The title of "Cherry King" went to Luciano Monte of Monte Farms, who led a generous nine-way bid alongside Tony Galati (Galati Group), EPT Produce, Grower Connect, Bogdanich Farms, Supafresh, Bullfrog International, Homestyle Salads.

A total of \$150,000 was raised on the day, bringing the event's all-time fundraising tally to a remarkable \$2 million for PCHF. Proceeds go directly to the Rare Care Centre at Perth Children's Hospital, which supports the 63,000 WA children living with rare and undiagnosed diseases.

Rod McPherson, Chief Executive of Market West, described the Cherry Auction as "part of the fabric of the markets and its people," celebrating the deep generosity of WA's fresh produce community.

And the cherries themselves? They were as beautiful as they were symbolic—presented in a handcrafted she-oak box made by Phil Staniford of the Donnybrook Men's Shed, topped with a gleaming brass plaque courtesy of Trophies West.

From humble fruit to hero cause, the Cherry Auction proves that when a community comes together, even the smallest things—like a box of cherries—can make a big difference.





Omega Walnuts

Omega Walnuts, a family owned business between the Williams and Foulds families, is located in the fertile areas of Manjimup and Nannup in Southern Forests and Valleys region of Western Australia.

The orchard in Nannup is where the Omega Walnuts story began for the David and Noellene Williams. The property served as an ideal country retreat and hobby farm for the Williams family. After extensively researching exactly what to grow on the property, David Williams came across walnuts and the studies that were being conducted on various health benefits associated with them. After realising the enormous potential of walnuts, they planted their first trees in 2002. Over the years they have expanded their knowledge, plantings, and land holdings (acquiring the Manjimup farm in 2009), slowly evolving the property into the beautiful green hilled orchard it is today.

With more than 20,000 trees on their Manjimup property alone,

Omega Walnuts is now one of the largest orchards and production centres in Australia, offering both organic and conventional walnuts grown in their 64-hectare orchards. With a strong commitment to quality and freshness, Omega-walnuts cultivates and processes walnuts of the highest standards. The harvesting process involves drying and sizing the nuts which are then cracked, packed, and stored in refrigerated cool rooms at their production centre, also in Manjimup. Their unique approach to walnut processing ensures the preservation of delicate omega oils, resulting in a truly fresh, crunchy, sweet, and creamy nut. Say goodbye to those rancid walnuts from California!



David and Noellene, possess a genuine passion for the environment. As the largest organic walnut orchard in the country, with 35 hectares across two properties, they hold certification from Australian Certified Organic Ltd., showcasing their unwavering dedication to producing organic walnuts. They are acutely aware of the impact their farming practices can have on the environment, and as such, they employ organic techniques that prioritise soil health and the



A Family-Owned Business Cultivating Premium Organic Walnuts In Western Australia

overall quality of the nuts. By maintaining this harmonious balance, Omega Walnuts successfully combines their commitment to environmental consciousness with the production of exceptional organic walnuts.

The favourable latitude of Manjimup and Nannup is comparable to renowned walnut-growing areas in the Northern Hemisphere, such as California, France, Italy, Iran, and Turkey.

Recognising the importance of nurturing the soil and employing meticulous tree husbandry, Omega Walnuts understands that the best quality walnuts can only be achieved through careful attention to detail. Regular leaf and soil tests are conducted to ensure that the correct inputs are provided to give their trees the nutrients they need for optimum health.

As one of the oldest foods known to mankind, walnuts possess exceptional nutritional properties, including excellent ratios of Omega-3 and Omega-6 oils. Omega Walnuts endeavours to preserve the protective pellicle of the kernel, which houses these delicate and beneficial oils, through their unique cracking process, aiming to minimize damage and retain the valuable oils. These Omega antioxidant oils have well-documented benefits for heart health, brain function, and overall well-being.

Omega Walnuts has garnered recognition for their commitment to excellence, having won the prestigious WA Delicious Award twice. This accolade is a testament to the exceptional quality and taste of their products.

In addition to their fresh walnut inshell and kernel offerings, Omega Walnuts produces walnut oil in both organic and conventional forms. This outstanding oil, cold-pressed to retain all of the important nutrients of the kernel, is great for cooking as well as salads. It's as adaptable as olive oil and less viscous, making for lighter dressings.

With the assistance of a state government grant, Omega Walnuts will be producing the oil in their processing centre on the orchard at Manjimup.

As a trusted source of premium walnuts, Omega Walnuts strives to enhance the well-being of their customers and continues to be a leader in the industry. If there's one take away Noellene would like customers to know, it's to store your walnuts in the fridge- you will preserve the goodness, keeping the health properties, taste, and freshness. Follow Omega Walnuts on Facebook and Instagram for more updates.



PARSLEY, WALNUT & LEMON PESTO

Time 20 minutes

Makes 2 cups

Ingredients

150g parsley, chopped
60ml lemon juice
1 clove garlic, finely chopped
100g walnuts, toasted Omega Walnuts
1 tsp salt
40g parmesan, grated
250ml olive oil
Black pepper

1. Combine all ingredients in a food processor and pulse until the pesto is your preferred texture.
2. Place in a clean jar and top with a little olive oil before storing in the fridge for up to a month.
3. Toasting the nuts improves the flavour and texture of the pesto.
4. For a Vegetarian and Dairy Free option replace the parmesan with nutritional yeast.

Recipe supplied by Kate Flower Food and Genuinely Southern Forests, WA

Gift it, throw it through pasta, add to dressings or crust your roast beef with it. This is the ultimate condiment to have stashed in the fridge for the season of sharing and entertaining. Choose Omega walnuts from Manjimup. The difference in flavour between these and imported nuts is hard to overstate.

Scan for recipe



Lammo NaNas

A delicious twist on a true Aussie classic. Forget the baking, simply dip banana pieces into chocolate and coconut to enjoy.



Tip

You can replace the coconut with hundreds and thousands or a mix of both.

Time 10 minutes
Serves 6

Ingredients

200g milk chocolate, chopped
4-5 bananas (Lady Finger or Cavendish)
1 ½ cups desiccated coconut

1. Place the chocolate in a clean, dry, heatproof bowl over a saucepan of simmering water. Stir with a metal spoon for 3-4 minutes or until the chocolate is melted and smooth.
2. Peel and cut bananas into 4cm-thick rounds. Spread coconut into a shallow dish.
3. Dip the banana pieces, one at a time in chocolate, turning to coat all sides. Allow excess to drain then roll in coconut to coat. Transfer to a tray lined with baking paper to set. Repeat with remaining banana, chocolate and coconut.

Scan for recipe



Recipe supplied by Hort Innovation

NEW!

Healthy Organic Stocks now available.



For recipes scan here



What you eat can change our world.
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Pear & Raspberry Dessert Cake

Time 1 hour 20 minutes

Serves 8

Ingredients

125g butter, softened
1 cup caster sugar
1 tsp vanilla extract
2 free range eggs; beaten
1½ cups self-raising flour
2 fresh pears, halved, cut small wedges
1 punnet fresh raspberries

1. Preheat oven to 160C.
2. Grease and line a 20cm cake tin with baking paper.
3. In a medium bowl combine butter, sugar and vanilla. Beat with an electric mixer until light and creamy.
4. Add the eggs and beat after each addition.
5. Fold in flour until combined. The batter will be quite thick.
6. Pour the mix into the prepared tin and top with your fruit.
7. Place in the oven and cook for one hour.

This cake is a must make when pear and apples are in abundance, and when stone fruit is in season in the summer time. We are so blessed to have peaches, nectarines and apricots all grown locally, so I interchange which fruit I use in this recipe. You can do the same with the berries; blueberries, raspberries or strawberries.

The final result is a classy looking "cafe style" cake that is super easy and is great for the budget and perfect for entertaining.

*Recipe supplied by
Arnold's Wodonga, VIC*



Scan for recipe



Pear 'weis' Bowl



Time 1 minute prep,
12 minutes freezing time
Serves as many as you like

Ingredients

2 pears, placed in the freezer overnight
Tub of your favourite vanilla (or any other flavour) ice cream
Top with your choice of treacle, agave, golden syrup, etc.

1. Scoop as much ice cream as you want into a bowl.
2. Using a Microplane, grate over the top as much as you like of the iced pear.

Tip: Simon Toohey normally adds 1/3 of a pear to ice cream.

3. The pour over a little syrup of your choosing.
ENJOY IT!

Recipe supplied by Simon Toohey and Hort Innovation

Scan for recipe





Banana & Cinnamon Porridge

The perfect way to feed the family in the morning and warm them from the inside out. This costs less than \$5 per serve.

Time 20 minutes
Serves 3-4

Ingredients

3 cups reduced-fat milk or water
1 ¼ cups traditional rolled oats
Pinch of salt
2 medium bananas sliced diagonally
1 tsp ground cinnamon
Drizzle of honey or maple syrup
Toasted almonds or seeds (optional)

1. Bring milk or water to a simmer in a large saucepan over medium heat. Stir in oats and with a pinch salt. Bring to the boil. Reduce heat to low to medium heat. Constantly stirring with a wooden spoon, cook for 5 minutes or until porridge thickens.
2. Remove from heat. Cover and stand for 5 minutes to thicken.
3. Serve into bowls. Top with slice banana, a dusting of cinnamon and a drizzle of maple syrup, sprinkle of brown sugar or honey. Sprinkle with nuts or seeds (optional).

Tips

- You can alternatively mash the banana and stir it through your porridge
- To cook in the microwave, place oats and 3 cups cold water in a large, microwave safe bowl. Microwave, uncovered for approximately 6 minutes or until cooked through.

Scan for recipe



Recipe developed by Megann Evans
Recipe supplied by Hort Innovation



Kids Corner



Spot the difference

Find all 12 differences



Pineapples
take up to
two years to
grow! 🍍 ⌚

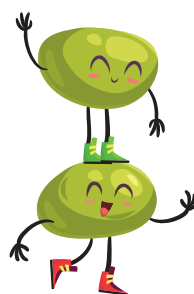


Fruit funnies

WHAT DO YOU CALL
BLUEBERRIES
PLAYING THE GUITAR?



A JAM SESSION



WHAT ARE TWINS
FAVOURITE FRUIT?

PEARS

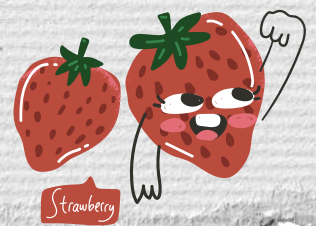
Fruit Find-A-Word



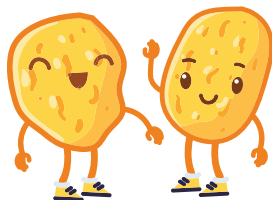
APPLE
 GRAPEFRUIT
 NECTARINE
 PLUM
 APRICOT
 GRAPES
 ORANGE
 POMEGRANATE
 BANANA
 KIWI
 PAPAYA
 RASPBERRY
 CHERRY
 LEMON
 PEACH
 STRAWBERRY
 COCONUT
 MANGO
 PEAR
 WATERMELON

P E S U T R A S P B E R R Y E
 I Z T B A N X E U M A T P U N
 E U R V O P I P A J S N E I E
 G R A P E F R U I T E P A T C
 T M W S Q U K I W I P B C N T
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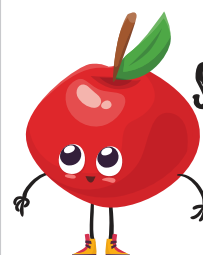
A cucumber is
 96% water! 🥒💧



WHEN POTATOES
 HAVE BABIES,
 WHAT ARE THEY CALLED?

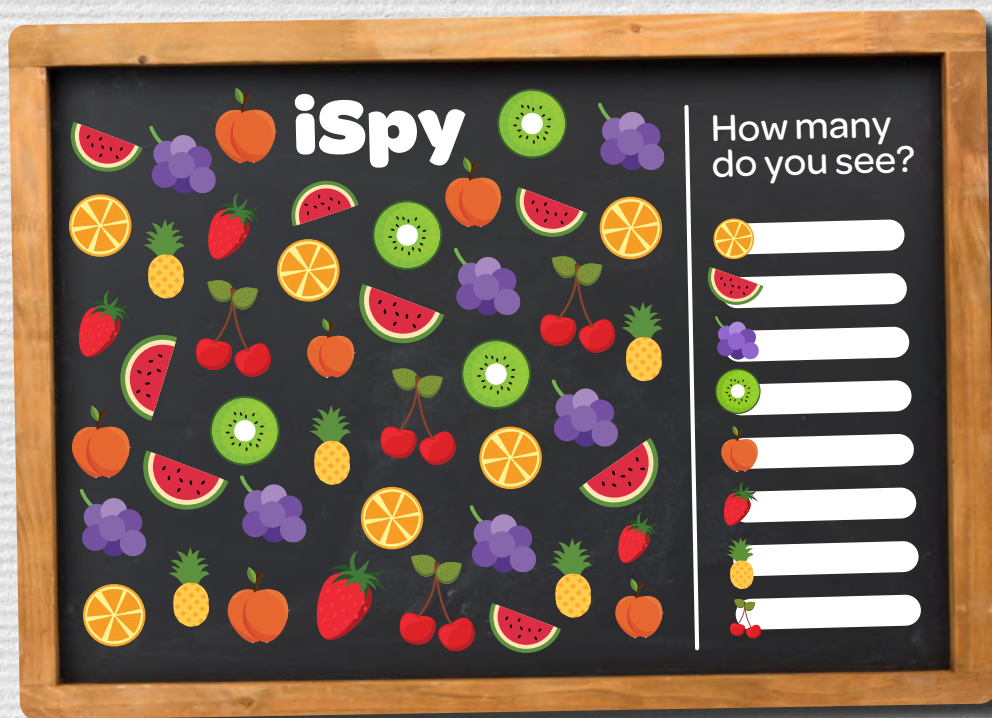


TATER TOTS



WHY DID THE APPLE
 STOP IN THE MIDDLE
 OF THE ROAD?

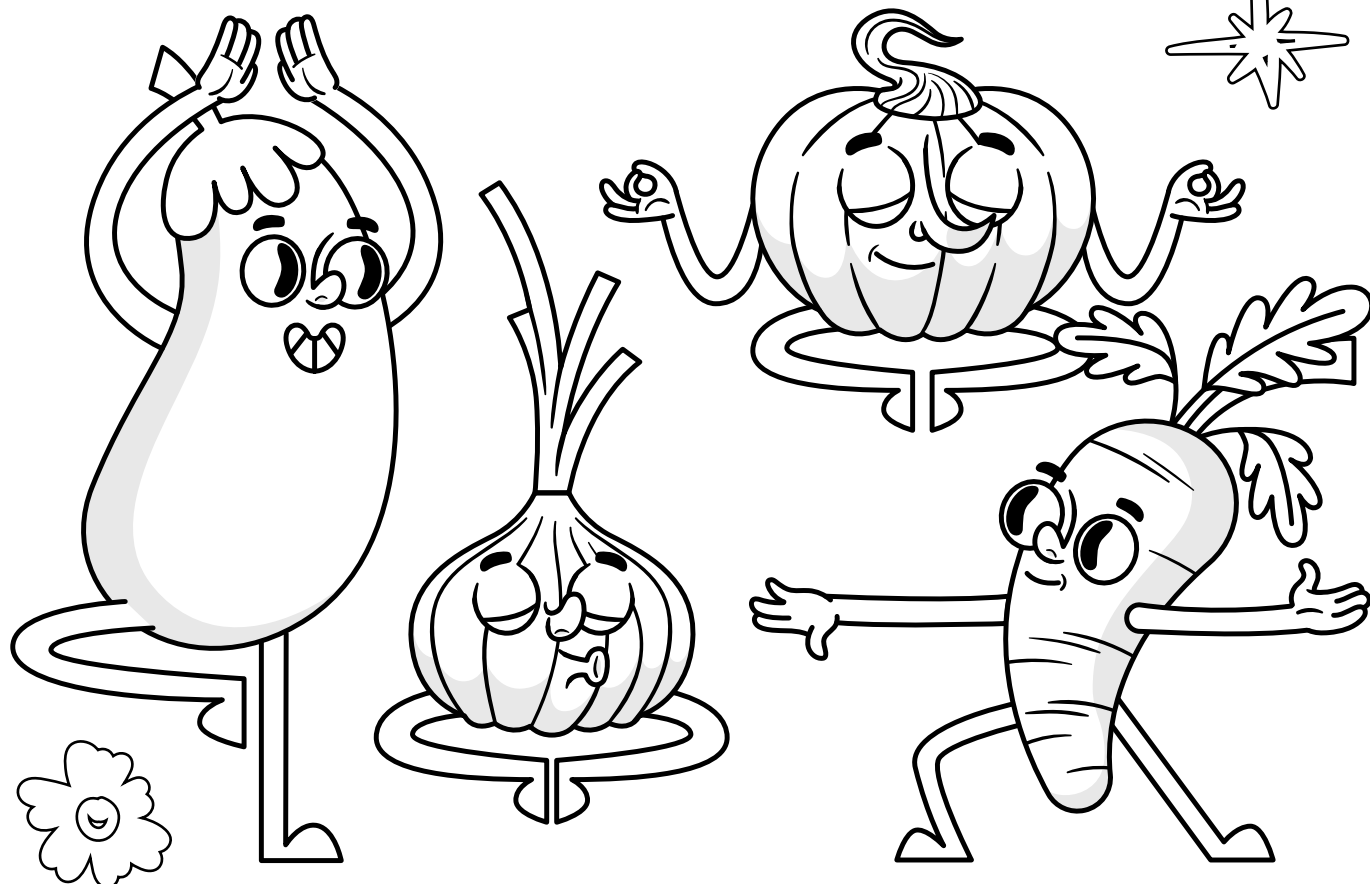
BECAUSE HE RAN OUT OF JUICE



Apples float
because
they're
25% air! 🍏🎈



Veggie Yoga colouring



Chocolate Dipped Frozen Bananas

**Time 16 minutes and
Chilling time
Serves 6**

Ingredients

3 just-ripe large bananas
250g pkt milk chocolate melts

For sprinkling – choose from:

Trail seed & nut mix
Yoghurt coated raisins
Shaved coconut
Chopped unsalted peanuts

1. Line a baking tray with baking paper and place in the freezer to chill. Peel and cut each banana in half. Insert a paddle-pop stick into the cut-end. Place bananas onto the tray and freeze for 1 hour.
2. Place melts into a heatproof bowl. Microwave on medium 50% power, in short bursts of 20-30 seconds and stirring with a metal spoon, until melted. Pour melted chocolate into a tall glass.
3. Dip each banana into the melted chocolate to coat. Place onto the chilled prepared tray. Sprinkle with your choice of toppings. Refrigerate until set and serve.

Note

Once the chocolate has set the bananas can be wrapped individually in plastic and frozen. Use within 2 weeks.


Recipe supplied by Sydney Markets Limited, NSW

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A better
choice!

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

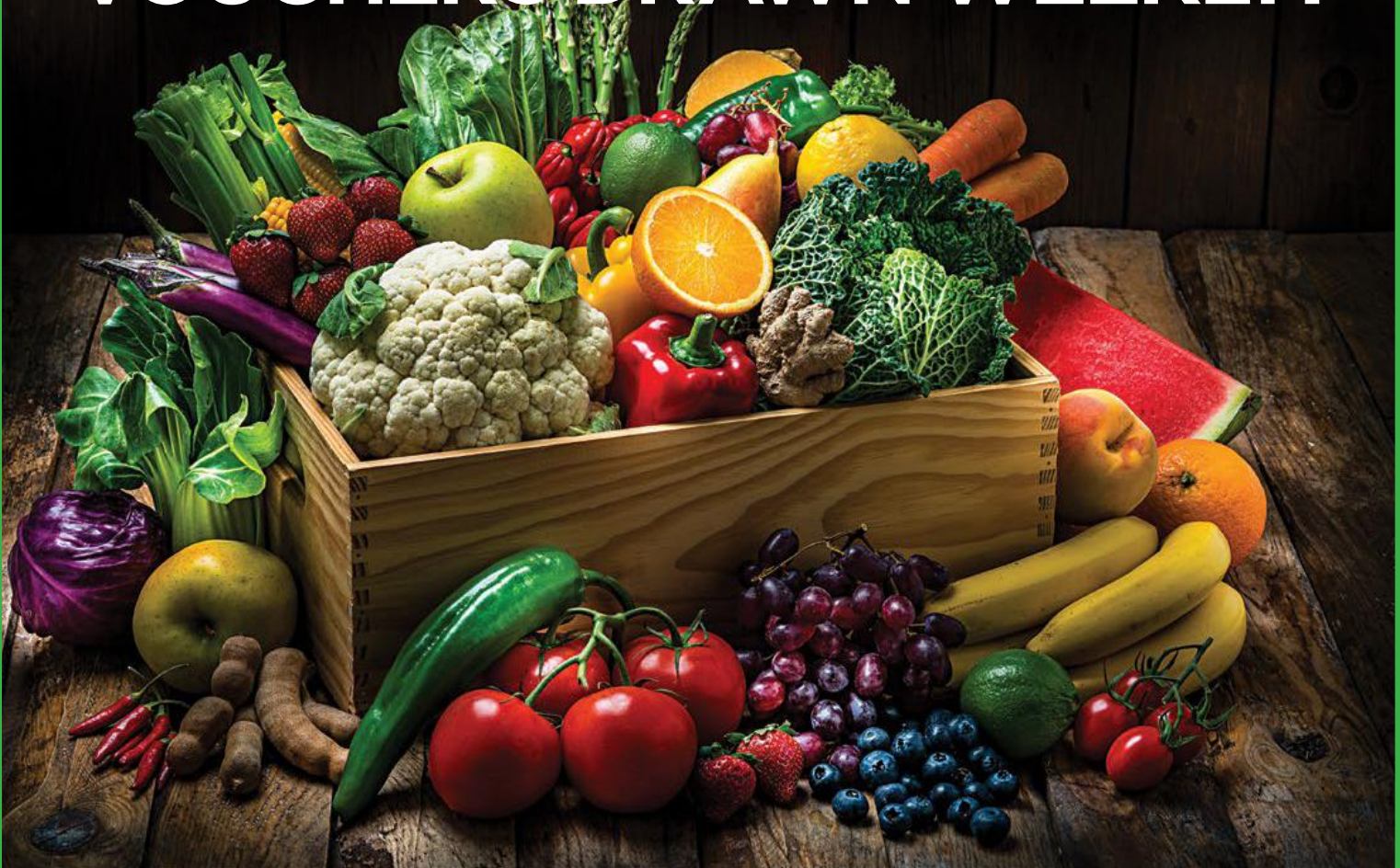
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choice!



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