

# canteen *fresh*

For more Fruit and Veg information, check out the F and V for ME internet site at [www.fandvforme.com.au](http://www.fandvforme.com.au)

Super snacks,  
quick lunch ideas  
and helpful  
information on fresh  
fruit and vegetables.  
Proudly brought to  
your school canteen by  
Sydney Markets.



## pizza for lunch

**Kids cannot resist pizza! Quick and easy to make, these healthy pizzas are great for lunch on cool days.**

Adding fresh vegetables to the pizza toppings is a great way for kids to eat vegetables. Vegetables retain their crispness, which makes them nutritious and crunchy to eat.

One large pizza provides six to eight serves. Alternatively, make individual pizzas using crumpets or muffins as pizza bases. Make pizzas in advance and keep them warm in a pie oven. Serve pizza wedges on paper napkins.

### **MUSHROOM & CHEESE PIZZA**

Lightly spread large pizza bases with tomato paste. Top with thinly sliced button mushrooms and shredded light mozzarella cheese. Bake in a very hot oven until the cheese melts.

### **TROPICAL PIZZA**

Spread large pizza bases with tomato pasta sauce. Sprinkle with chopped tomatoes, chopped bacon (trimmed of fat), diced fresh pineapple, finely sliced red capsicum and grated cheddar cheese. Bake in a very hot oven until the crust is crisp.



## inside

- ▶ GUIDE TO NEW APPLE VARIETIES
- ▶ ABOUT AVOCADOS
- ▶ ROASTED VEGETABLE IDEAS
- ▶ WHAT'S FRESH FROM MAY TO JULY

**HELP  
US WITH  
fresh IDEAS  
AND WIN!**  
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# know your apples

**It's peak time for apples! There's a bumper range of new-season apples to choose from, each delightfully different in appearance, taste and texture.**

Store apples in the fridge for up to 1 month (they lose their crispness when stored at room temperature). Wash apples under the tap before serving.

Apples are one of the healthiest snacks for kids. One good-sized apple provides a third of the day's requirement for vitamin C and is a good source of dietary fibre. Crunching on an apple can also help to prevent dental decay and stimulate healthy gums.

## tuity fruty salad



Plentiful in winter, all citrus fruit is a good source of vitamin C, beta-carotene (vitamin A) and dietary fibre. One medium orange contains 75 milligrams of Vitamin C – that's more than the recommended daily intake for kids!

Choose citrus fruit that is firm and heavy for its size. Store in a cool place for 1-2 weeks or store fruit for longer periods in the crisper section of the fridge.

Kids tend to prefer citrus fruit peeled (also remove the bitter white pith) and chopped so that it's easy to eat.

### TUITY FRUITY SALAD

Chill equal quantities of Navel oranges and Imperial mandarins overnight. Then peel, chop and place the fruit into a large bowl. Sprinkle with a little brown sugar and stir through some freshly-squeezed orange juice. Just before serving add a few halved white marshmallows.

Crunch into some new apple varieties:

### BONZA

Small to medium-size apple with firm, white flesh. Excellent for fresh-eating, it has a sweet, pleasant flavour. Available March to August.



### AUSTRALIAN FUJI

This Japanese variety is now grown in Australia. It's crisp and crunchy with honey-sweet flesh. Available from April to September.



### BRAEBURN

Crisp and juicy with delicious pale-cream flesh. Mildly sweet flavour with a hint of tartness. Available from late April to August.



### PINK LADY

A cross between the Golden Delicious and Lady William varieties this late-season apple has crisp, fine flesh and thin skin. A premium eating apple with excellent flavour. Available from late April to November.



### SUNDOWNER

Usually harvested in May, this apple's sugar level improves with storage. A good fresh-eating apple, at its best from mid to late winter.



# bananas make you nanas!

Bananas are many kids favourite fruit and they are extremely versatile. Even though they are great to simply peel and eat, here is another yummy way to serve bananas:

## BANANA HEALTH LOAF

*½ cup All Bran cereal, 1 cup low fat milk, 1 cup wholemeal SR flour, 1 teaspoon of bicarbonate of soda, ½ cup raw sugar, ½ cup chopped dried apricots, ½ cup sultanas, ½ cup desiccated coconut, ½ cup wheatgerm, 3 bananas, 2 eggs.*

Place All Bran in a small bowl, cover with milk and allow to stand 10-15 minutes. In a large bowl combine flour, bicarbonate of soda, sugar, dried apricots, sultanas, coconut and wheatgerm. Stir well. Mash bananas thoroughly, break in eggs and stir to combine. Add banana mixture and soaked All Bran mixture to dry ingredients. Mix well. Pour mixture into greased and lined loaf tin and bake at 170°C for approximately 1 hour or until skewer inserted in the centre comes out cleanly. Turn onto a cake cooler and allow to cool. Slice and butter if desired.



# easy-peasy roast vegetables

**Roasting vegetables is a no-fuss way of cooking. Pumpkin, potatoes, carrots and parsnips are excellent value in winter and they're perfect for roasting. Warm up busy kids at lunchtime with hearty roast vegetables.**

To roast vegetables: Peel and chop vegetables into even wedge-size pieces. Toss with a little vegetable oil (or spray with light olive oil), place onto a large baking tray in a single layer and bake, turning occasionally, at 200°C for about 45 minutes or until tender.

## 4 GREAT IDEAS FOR ROAST VEGETABLES:

- ▶ Make roast vegetable, tomato and cheese jaffles.
- ▶ Serve roast vegetable wedges with a small tub of savoury dip or hommus.
- ▶ Combine chopped roast vegetables and grated cheese for a pizza topping.
- ▶ Serve roughly chopped roast vegetables on sandwiches with cooked sausage.

# go for avocados

**Creamy mashed avocado is an easy to spread alternative to butters and margarine on sandwiches. Available all year round, avocados are plentiful from March to November.**

Rich in natural mono-unsaturated fat, avocados are a good source of Vitamin B, Vitamin C and E, potassium, iron, zinc and dietary fibre. The National Heart Foundation recommends them as heart healthy food.

Allow time for avocados to ripen. Firm avocados will take 4-7 days to ripen at room temperature. To speed up the process, place avocados into a paper bag with a banana



and keep at room temperature until they feel slightly soft at the stem end.

When mashing avocado add a squeeze of lemon juice to enhance flavour and prevent browning.

## AVOCADO & CHICKEN MELT

Spread whole grain bread with mashed avocado, top with shredded cooked chicken, cottage cheese and another slice of bread. Cook in a sandwich or jaffle maker until well browned.

# what's fresh

MAY TO JULY

Use this list of seasonal fruit and vegetables as a guide when purchasing. Buying fruit and vegetables in their natural peak season is your guarantee of freshness and good value. Provide your greengrocer with size and quality requirements when you place your order.

## VEGETABLES

BEANS

BROCCOLI (one of the most nutritious of all vegetables!)

BRUSSELS SPROUTS

CABBAGE (make coleslaw)

CARROTS

CAULIFLOWER

CELERIAC

CELERY (Finely slice and add to salad or chicken sandwiches)

CHOKO (Mix with a little apple)

LEEKS

ONIONS

PARSNIPS

POTATOES (Use King Edward, Russet Burbank, Pontiac, Bintje or Spunta for baking)

PUMPKIN (Butternut or Jap varieties are best for kids)

SILVERBEET

SPINACH (Add baby spinach leaves to sandwiches)

SWEDE

SWEET POTATO (Orange sweet potato is often called kumara)

TURNIPS

ZUCCHINI

## FRUIT

AVOCADO (Fuerte & Hass varieties)

APPLES (Bonza, Braeburn, Fuji, Red & Golden Delicious, Granny Smith, Pink Lady & Sundowner)

BANANAS

CUSTARD APPLES (add the flesh to fruit salads)

DATES (soft and fresh)

KIWIFRUIT (look for the delicious new gold variety)

MANDARINS

NASHI (extra juicy & crunchy)

ORANGES (Navel)

PEARS (Packham & Beurre Bosc)

RHUBARB

TANGELOS (from June)



## FRESH FRUIT ON THE COUNTER

A piece of fresh fruit is one of the healthiest snacks for children (and it is difficult to over consume fruit). Have fruit attractively displayed on the counter to attract attention. Fruit that is easy and quick to eat is best. This season, these fruits are ideal:

- ▶ Small Golden Delicious or Pink Lady apples
- ▶ Bananas
- ▶ Ripe Packham pears
- ▶ Imperial mandarins
- ▶ Tangelos (from June)

# meal

• DEALS •

## CAPTAIN CAPSICUM HERO MEAL

- Wedge of tropical pizza
- Tuity fruity salad



## SUMMA STRAWBERRY HOT DEAL

- Avocado and chicken melt
- Australian Fuji apple or a banana



## OSCAR ORANGE SPORTING FUEL

- Mushroom & cheese pizza
- Tuity fruty salad with frozen yoghurt



## MEGABITE APPLE BRAIN FOOD

- Roast vegetables with a tub of savoury dip
- Pink Lady apple or an Imperial mandarin



## TAMARA TOMATO TASTY MEAL

- Roast vegetable, tomato and cheese jaffle
- Slice of Banana Health Loaf



## HELP US WITH *fresh* IDEAS AND WIN!

Sydney Markets would like to offer you the opportunity to win \$50 of fresh produce for your school canteen.

Simply send in your super easy, super fresh snack ideas that you have tried and tested at your school canteen. Authors of published recipes will receive \$50 worth of fresh produce for your school canteen with compliments from Sydney Markets.

Please address recipes to: Fresh for Kids Program Manager, Sydney Markets, PO Box 2, Sydney Markets NSW 2129.

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