

canteen *fresh*

For more Fruit and Veg information, check out the F and V for ME internet site at www.fandvforme.com.au

Super snacks, quick lunch ideas and helpful tips on fresh fruit and vegetables.

Proudly brought to your school canteen by Sydney Markets.

it's a bumper time to go *fresh*!

In late summer there's an abundance of many delicious fruits such as sweet melons, mango's, late-season peaches and nectarines, plums, Valencia oranges, bananas, passionfruit and pineapples. Sweetcorn, tomatoes, capsicum and eggplant also abound.

Autumn sees the arrival of crisp apples, pears and nashi. Plump kiwifruit, limes and grapes are plentiful and excellent value. Leafy greens also flourish in the cooler weather.

It's the ideal time to include a range of healthy fresh fruit and vegetables on your school canteen menu.



lime time

Limes are plentiful in late summer and autumn – and that makes them excellent value! It also makes good sense to use limes instead of lemons as most lemons are imported and expensive at this time of year.

Grown in Australia, the tangy Tahitian lime is the most common variety. It's full of juice with few, if any, seeds.

Select glossy green, plump limes that feel heavy for their size. One plump lime will yield about 2 tablespoons or 40ml of juice. Harvested green, limes turn yellowish and become sweeter as they mature. Refrigerated, limes will keep for up to a month – representing great value.

TOP TIP: Toss fresh lime juice through fruit salads to prevent fruit like bananas, pears and apples from discolouring.



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quick *fresh* lunches

EXPRESS TOMATO PIZZA

Top pizza bases with sliced Roma (egg) tomatoes and grated mozzarella cheese. Sprinkle with chopped fresh oregano, if desired. Serve at room temperature or warm in a pie oven or grill. Serve pizza wedges on a folded sheet of greaseproof paper or paper napkin.



AVOCADO & CRUNCHY SALAD WRAPS

Spread flat breads with mashed avocado, top with cottage cheese, grated carrot, finely sliced red capsicum and Iceberg lettuce. Roll up to enclose the filling and serve these delicious wraps.

SUMMER FRESH FRUIT POPS

Thread paddlepop sticks with thickly sliced strawberries, pineapple and rockmelon wedges. Combine fresh orange juice with a little honey and mix to combine. Brush the orange mixture over the fruit pops and chill until ready to serve. If you have plenty of bananas, they can be substituted for the pineapple. Freeze leftover fruit pops and served frozen for a great alternative.

FIZZY GREEN FRUIT CUPS

Combine seedless Thompson grapes, diced honeydew melon and chopped kiwifruit in a large bowl. Spoon the fruit mixture into cups. Pour over a mixture of chilled soda water and lime cordial and serve immediately. (Note, the fruit mixture can be prepared ahead of serving time and chilled in an airtight container until required).

SIMPLE SWEETCORN ON THE COB

Insert a paddle-pop stick into each end of trimmed, husked and halved corn cobs. Cook several in a large pot of rapidly boiling water for 3-4 minutes or until the kernels are tender when tested with a fork. Drain well and serve.



5 top *fresh* purchasing tips

If you haven't already established a good relationship with your local independent fruit and vegetable retailer – now is the time to do so. Your retailer may be able to alert you to daily or weekly specials, suggest which produce may be plentiful next week (which should ensure lower prices), may be able to deliver to the Canteen and also may be able to offer discounts.

- ▶ Many retailers now label **avocados** as 'eat now' or 'eat later'. Use 'eat now' avocados immediately or store in the fridge for 1-2 days. Allow 3-7 days for 'eat later' avocados to fully ripen. Check with your fruit and vegetable retailer and ensure you are purchasing avocados to suit your needs.



- ▶ Choose late-season **peaches** and **nectarines** with well-developed colour around the stem. Fruit which is green around the stem is generally under-ripe and may lack flavour.

- ▶ Select a **pineapple** with a pleasant fragrance that feels heavy for its size. Skin colour or 'pulling a leaf from the top' is not a good indication of ripeness or quality. Skin colour varies with variety. The small, sweet rough-leaved or 'roughie' variety is excellent now.



- ▶ Order seedless **grapes** – they're best for kids. Thompson seedless (commonly known as 'sultana') and Ruby seedless grapes are plentiful from January to April.
- ▶ Purchase firm **sweetcorn** cobs with fresh-looking green husks. Pull back the husks and insert your fingernail into a kernel, it's ultra-fresh if it spurts a milky liquid.

creatively display your *fresh* fruit

Super healthy fresh fruit makes the ideal snack for busy kids. To bump up sales, ensure fresh fruit is attractively displayed on the canteen counter in clear view of your little customers. Another great idea is to dice an apple and offer them to kids as a taste test – this is a great way to remind kids how fantastic they taste.

COLOURFUL POTS

Colourful and cheap, painted terracotta pots are ideal for fruit displays. Use different sized pots to create height and interest. Parents or kids may help with the painting and colours can change with the seasons or Terms.

This is a fantastic idea to incorporate into a school or class promotion – you may like to hold a competition for Year 4 classes to design and decorate a pot. The winning class could win a prize pack containing give-aways such as stickers, erasers or a small fruit basket.

Old wooden trays or plastic crates lined with colourful tissue paper also look beautiful and hold fruit perfectly.

BLACKBOARD SPECIALS

Use a small blackboard to list (and price) daily 'fresh fruit & veg specials'. If there is space, provide a simple description of the fruit or vegetables like 'crunchy apples', 'juicy grapes without seeds' or 'crunchy carrots'. Make the fruit and vegetables sound appealing to kids!

kids love bananas



The ultimate fast food, bananas are easy to peel and eat. They are a great source of ready energy and good for potassium, Vitamin C, Vitamin B6 and dietary fibre.

The Cavendish variety is the most popular banana on the market. Most bananas are picked green and ripened under strict temperature controls.

Order even-sized bananas still in the bunch. Bananas weighing about 150g each are the perfect size for kids.

Ripen bananas at room temperature out of direct sunlight. Ripe bananas can be stored in the fridge but their skins will turn brown once chilled. This does not affect the flesh or flavour but brown-skinned bananas do not appeal to kids.

TOP TIP: It's best to purchase bananas at different stages of ripeness to avoid wastage.



ENSURE FRUIT IS READY TO EAT

- ▶ Remember to wash and thoroughly dry fruit before serving.
- ▶ Snip grapes into small bunches so they are ready to eat.
- ▶ Wash, dry and polish apples and pears.
- ▶ Orange skin can be peeled into 'snakes' so it's easy to remove.
- ▶ Provide a paper napkin for juicy fruit such as oranges and stone fruits.

The following fruits are excellent for eating fresh now:

- ▶ small Royal Gala, Jonagold or Jonathon apples
- ▶ Lady Finger and Cavendish bananas
- ▶ ripe Williams or Packham pears
- ▶ Autumn Giant and Ruby Red plums
- ▶ small bunches of Thompson or Ruby seedless grapes
- ▶ ripe nectarines and peaches (early in the term)
- ▶ Valencia oranges

Great ways to use very ripe and refrigerated bananas:

- ▶ Very ripe bananas are naturally sweet and their flesh mashes easily. Peel the bananas and mash the flesh with a little lemon or lime juice (to prevent browning) until smooth. Serve immediately in a cup or place into handy-sized airtight containers and freeze for up to 3 months.
- ▶ Mash bananas with vanilla fruché or low-fat custard, cinnamon and honey and serve in cups topped with crushed nuts. Or chill until almost frozen and serve.
- ▶ Add sliced banana to a jaffle with a spread of light cream cheese and a sprinkling of cinnamon.
- ▶ Have a banana smoothie canteen fun-day. Bananas blend perfectly with milk, natural yoghurt and honey.
- ▶ Add mashed banana to tea cake and muffin mixtures.



what's fresh

FEBRUARY TO APRIL

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 fruit and vegetable retailer with size and quality requirements when you place your order. Consider ripening time for fruits such as bananas, avocados, pears and stone fruit.

VEGETABLES

BEANS (Green, Snake & flat varieties)
BROCCOLI (from April)
CAPSICUM (the red variety is sweetest)
CORN
CUCUMBERS (Apple, Common, Lebanese & Telegraph varieties)
EGGPLANT
LETTUCE (all varieties)
MUSHROOMS (available all year)
PEAS (serve sweet sugar snap peas raw with a dip)
POTATOES (Coliban is a great all purpose potato)
PUMPKIN
SWEETCORN
SWEET POTATO
TOMATOES (serve at room temperature for best flavour)
ZUCCHINI

FRUIT

AVOCADOS (Reed & Shepard in February & Fuerte from March)
APPLES (choose Royal Gala, Jonathon & Red Delicious)

BANANAS
BERRIES (season ends mid March)
GRAPES (choose seedless varieties)
KIWIFRUIT
LIMES (see Lime Time in this issue)
MELONS (Casaba, Rockmelon, Honeydew & Watermelon)
NASHI
NECTARINES (February to mid March)
ORANGES (Valencia)
PASSIONFRUIT
PEACHES (February to mid March)
PEARS (Williams & Beurre Bosc)
PERSIMMON (is soft when ready to eat)
PINEAPPLE
PLUMS (Autumn Giant, President & Teague Blue)



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 or freshforkids@sydneymarkets.com.au

meal

• DEALS •

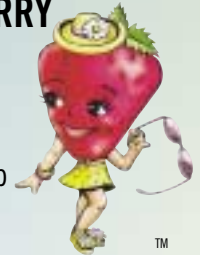
CAPTAIN CAPSICUM HERO MEAL

- Avocado & crunchy salad wrap
- Fruit salad with lime juice



SUMMA STRAWBERRY HOT DEAL

- Ham, tomato and lettuce sandwich
- Strawberry fruit kebab with yoghurt



OSCAR ORANGE SPORTING FUEL

- Sweetcorn on the cob
- Banana jaffle
- Peach smoothie



MEGABITE APPLE BRAIN FOOD

- Chicken, celery and cottage cheese sandwich
- Royal Gala apple and a fruché



TAMARA TOMATO TASTY MEAL

- Express tomato pizza wedge
- Fizzy green fruit cup



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