

# 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 tips on fresh fruit and vegetables.

Proudly brought to your school canteen by Sydney Markets.



## super *hot* lunches & *cool* fruit snacks

Want to add some excitement to your canteen menu? Then warm up kids with these fabulous hot lunches and serve delicious fruits in super cool snacks.

### MUSHROOM MACARONI CHEESE

Toss cooked macaroni pasta with grated cheddar cheese, light cream and thinly sliced button mushrooms. Spoon into a greased baking dish and cook until the cheese melts then serve.

### FRUITY-JELLY (pictured right)

Make a seasonal fruit salad using grapes, watermelon, chopped oranges, apples, kiwifruit and pears. Spoon chopped fruit into cups until about half full. Make low-joule jelly and pour the mixture over the fruit. Chill until set then serve.

### TEX MEX TORTILLAS

Mash avocados with light sour cream, salt and pepper and a little fresh lime juice. Spoon the mixture into the centre of tortillas or flat breads. Sprinkle with grated cheese and chopped tomatoes. Roll up to enclose the filling. Sprinkle with a little extra cheese and bake for about 15 minutes or until crisp.

### BANANA PANCAKES

Pancakes are fun and easy to make. Spread pancakes with lemon spread or peanut butter, if preferred. Place halved (lengthways) bananas in the centres. Roll up to enclose the banana and serve.



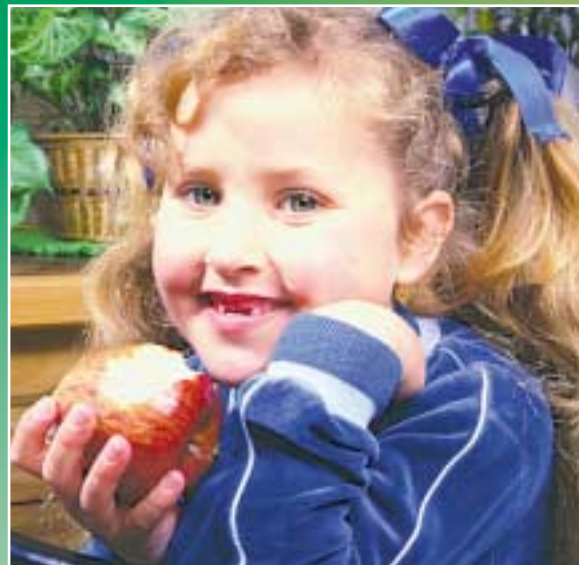
## inside

- ▶ WHAT'S IN SEASON FROM MAY TO JULY
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# crunch into apples & pears this season

It's peak time for freshly harvested apples and pears. Apples and pears are extremely popular with kids, easy to eat and brilliant value. In addition, they're a good source of dietary fibre, have no fat and provide energy-giving carbohydrates.



## ABOUT SOME VARIETIES...

This season pick **Royal Gala** and **Bonza apples**. Both varieties are smaller than the average apple which means they are the right size for little hands to hold.

Arriving to market early in the season, the **Royal Gala apple** is related to a Golden Delicious. It's slightly sweeter than a Red Delicious and its flesh is dense and crisp.



**Bonza apples** arrive mid-season. Bonzas have firm, white flesh and an appealing sweet flavour.



On the pear front, the **Packham** is excellent – it's juicy, sweet and extremely versatile. Allow 3-8 days for this pear to fully ripen at room temperature. Its skin will turn yellowish and the fruit will yield to gentle pressure when it's ready to eat.



**Beurre Bosc pears** are superb for cooking and children enjoy their rich flavour when eaten fresh. Their greenish-brown skin warms to dark cinnamon brown when ripe. Once peeled, use quickly or brush with lemon juice as the flesh rapidly discolours.

**Nashi** is a variety of pear which looks a little like an apple. Really crisp and juicy, its skin colour varies with variety. Select firm fruit that feels heavy for its size. Nashi are best kept in the refrigerator.

## QUICK APPLE & PEAR SERVING SUGGESTIONS

- ▶ Add an apple to a lunch bag with a wedge of cheddar cheese, a whole grain bread roll with ham and a peeled and sliced carrot.
- ▶ For an easy, healthy snack, serve halved and cored ripe pears or nashi topped with ricotta cheese and a sprinkle of cinnamon.
- ▶ Serve thinly sliced pear on sandwiches with sliced ham and fruit chutney.

# 5 top storage tips

- ▶ Store mandarins at room temperature in a well-ventilated place. The fruit is best eaten within 4 days of purchase. To extend storage for up to 1 week, store mandarins in the refrigerator.



- ▶ Dates freeze extremely well. Remove the seeds, place the fruit into airtight containers or freezer bags and freeze for up to 3 months.

- ▶ Ripen firm kiwifruit at room temperature until just soft. Then store in the refrigerator and use within 2 days.



- ▶ It's wise not to store leafy greens next to fruit in your refrigerator. Some fruits release a gas called 'ethylene' which causes greens to rapidly deteriorate.
- ▶ Store mushrooms in brown paper bags in the refrigerator. Mushrooms deteriorate quickly when stored in plastic bags and containers.

# special sandwiches

**Not much beats a freshly made sandwich! Sandwiches are on every school menu and are always a popular lunch choice.**



**TOP TIP:** Include one or two weekly sandwich 'specials' on your menu. 'Special' sandwich fillings offer a refreshing change to the usual sandwich choices and can include value-priced, fresh seasonal produce.

***Kids are sure to enjoy these super sandwich specials:***

## **BANANARAMA**

Spread sliced fruit bread with strawberry jam, light cream cheese and top with sliced banana. Excellent served fresh, warm or as a jaffle!

## **TOP DATE**

Use wholemeal bread and pile with chopped fresh dates, sliced chicken roll and Swiss cheese.

## **VEG-OUT**

A delicious filling of grated carrot, sliced button mushrooms, capsicum, lettuce and tomato and reduced-fat hommus.

## *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.

***Right now, these fruits are ideal:***

- ▶ small Golden Delicious, Royal Gala & Bonza apples
- ▶ bananas
- ▶ ripe Packham pears
- ▶ Imperial mandarins
- ▶ nashi
- ▶ tangelos (from June)
- ▶ Valencia oranges

# 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 fruit and vegetable retailer 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 (raw energy)

CAULIFLOWER

CELERIAC (like a potato with a celery taste)

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

CHOKO (mix with a little apple)

LEEKS

MUSHROOMS (little buttons are great)

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 sold as kumara)

TURNIPS

ZUCCHINI

## FRUIT

AVOCADO (Fuerte & Hass varieties)

APPLES (Bonza, Braeburn, Fuji, Red & Golden Delicious, Granny Smith, Pink Lady and Royal Gala)

BANANAS (the ultimate snack)

CUSTARD APPLES (add the flesh to fruit salads)

DATES (soft and fresh)

KIWIFRUIT (look for the delicious new gold variety)

MANDARINS (Imperial)

NASHI (extra juicy & crunchy)

ORANGES (Navel)

PEARS (Packham & Beurre Bosc)

RHUBARB

TANGELOS (from June)



# meal

• DEALS •

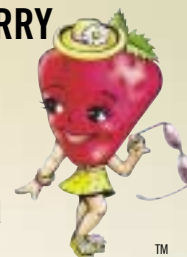
## CAPTAIN CAPSICUM HERO MEAL

- 'Veg-out' sandwich
- Halved pears topped with ricotta cheese



## SUMMA STRAWBERRY HOT DEAL

- 'Mushroom macaroni cheese'
- Strawberry fruit salad



## OSCAR ORANGE SPORTING FUEL

- 'Top date' sandwich
- Banana & lemon pancakes



## MEGABITE APPLE BRAIN FOOD

- Apple, ham bread roll & cheese lunch bag
- Seasonal fruit salad



## TAMARA TOMATO TASTY MEAL

- Super tomato salad & hommus roll
- 'Fruity jelly' & a natural yoghurt



## 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](mailto:freshforkids@sydneymarkets.com.au)

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