

For more Fruit and Veg information, check out the Fresh for Kids internet site at [www.freshforkids.com.au](http://www.freshforkids.com.au)

## Go tropical with luscious summer fruits

**As the weather warms luscious mangoes, pineapples, passionfruit and banana take centre stage on the fruit front.**

Naturally sweet and succulent, these fruits are top sources of beta carotene which the body converts to vitamin A (important for healthy skin and eyes). Half a mango will provide almost 20% of the vitamin E a child needs for the day. Bananas provide beneficial dietary fibre, potassium and magnesium as well as folate and vitamins C and B6. Pineapple and passionfruit are good sources of vitamin C, one of the vitamins involved in protecting us from infection. Passionfruit is a good source of dietary fibre.

### Mangoes

At their best in late spring and summer, choose firm mangoes with a pleasant aroma and leave at room temperature until golden and ripe.

Purchasing mangoes by the tray is most economical, and the fruit ripens perfectly in the protective trays.

### Pineapple

Picked ripe and ready to eat, use pineapple within 2–3 days of purchasing. Cut off and discard the top and remove the skin with a sharp knife. Cut into wedges or chop as desired.

### Bananas

The ideal 'fuel' food for active kids, bananas are fat free and a good source of carbohydrate. Purchase bananas at varying stages of ripeness so they don't all ripen at once. Cavendish and the wax tipped Eco bananas are popular, and the non-browning Gold Finger variety is very versatile. Once overripe use bananas in smoothies rather than throwing them away.



### Passionfruit

The tangy and refreshing flavour of passionfruit teams well with mango, pineapple and bananas. Select firm passionfruit that feels heavy for its size. The thick skin wrinkles with ripening. Leave passionfruit in a cool place out of direct sunlight for up to 4–5 days.

*Go tropo with these cool fruit canteen ideas:*

- Arrange chilled or frozen pineapple wedges in disposable cups and serve over the counter at lunchtime

- Combine chopped mango, pineapple, banana, strawberries and passionfruit pulp in a salad and serve with reduced fat tropical yoghurt in cups.
- Swirl passionfruit pulp through yoghurt and serve with some chopped strawberries.
- Brush peeled bananas with lemon juice, wedge onto paddlepop sticks, wrap in plastic wrap and freeze until firm.

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**Canteen Fresh...** helping canteen managers provide healthy and nutritious meal choices on their canteen menu – proudly brought to you by Sydney Markets!

## In focus – cherry tomatoes

### To buy

Select plump, bright red cherry tomatoes by the punnet. Check the underside of punnets to ensure that the tomatoes are undamaged and mould free.

### To store

Tomatoes will continue to ripen after harvesting. Leave cherry tomatoes in the punnet and store in a well-ventilated place out of direct sunlight for up to 5 days until rich red and ripe. Once fully ripe, store in the fridge. Bring to room temperature before serving.

### To prepare

Simply rinse in cold water before using.

### Nutrition

Half a punnet will provide a whole day's supply of vitamin C for a child. One of the many functions of vitamin C is to protect the body against infections.

The deeper the colour of the cherry tomatoes, the greater their content of beta carotene and many related carotenoids. These compounds are important for healthy eyes.



### Cherry tomatoes in your canteen

- Serve cherry tomatoes with reduced fat cheese wedges and carrot sticks in small cups – they make a very healthy snack food.
- Add cherry tomatoes to salads – chop the tomatoes so they don't squirt juice when eaten.
- Combine chopped cherry tomatoes with avocado and lime juice in a salsa and serve with corn chips or rice crackers.
- Use chopped cherry tomatoes in wrap and sandwich fillings.

# Succulent sweetcorn



**At its best and sweetest in warm weather, bright and colourful fresh sweetcorn is popular with kids of all ages. Sweet and juicy, it's easy to cook and serve.**

### Buying

Choose sweetcorn with pale green, fresh-looking husks. Kernels should look plump, bright yellow and glossy. When a kernel is pressed with your fingernail it should spurt a burst of milky juice – this is a good indication of freshness. The natural sugars in sweetcorn rapidly convert to starch after harvesting, so it's best cooked within 1 day of purchasing.

### Storing

Leave the husks attached as they're helpful in preventing the kernels from drying out. Place the unhusked corn in a loose plastic bag and store in the fridge. For maximum flavour, sweetcorn is best used as soon as possible.

### Preparation

Remove and discard the husks and white silk-like threads from the cobs. Cut into desired lengths or halve the cobs (usually half a corn cob is fine for a single snack-sized serve for kids).

### Cooking is easy

It's easiest to cook large quantities of sweetcorn in large saucepan of boiling water. Add the corn to the boiling water, cover and bring back to the boil, then cook for 3–4 minutes until tender. Drain and serve, wrap in greaseproof paper. Drizzle with a little extra virgin olive oil or melted butter to serve if preferred but it tastes great without added toppings.

Sweetcorn is quick and easy to cook in a microwave. This is ideal when you only need to cook a few cobs to use the kernels in salads, etc. Simply rinse the cob in cold water (do not dry) and wrap in plastic wrap. Place directly onto the microwave turntable and microwave on high for approximately 2–3 minutes (timing varies with microwave wattage and the number of cobs being cooked) until golden yellow and tender.

### To remove kernels from a cob

Once cooked, to remove the corn kernels from the cob, hold the cob upright on a chopping board and using a sharp knife, slice downwards close to the cob to remove the corn kernels.

### How good is it for you?

Sweetcorn is a good source of dietary fibre, and is low GI which means that it is digested slowly for maximum energy. It also provides vitamin C and niacin (vitamin B3) which is essential for the release of energy from proteins, fats and carbohydrates.

# SALAD ON THE GO...

Crisp and crunchy salads make a great change to everyday sandwiches on the menu. A tasty way to include those daily vegetables, salads can be made in advance and stored in the fridge.

Vegetables are low in fat, contain dietary fibre and important vitamins and minerals that our bodies need to stay healthy. At least 5 serves of vegetables should be eaten each day as part of a healthy diet.

Most kids don't eat vegetables at breakfast, so that leaves 2 meals and snacks to reach their daily vegetable intake target. By offering vegetable-packed salads on your menus, kids can enjoy some crunch at lunch and stay healthy too!

**How much is one vegetable serve?**  
1 cup salad vegetables equals 1 serve.

When buying and serving salad vegetables, include a variety of colours, tastes and textures so the flavours and colours appeal to kids.

#### Great salad vegetables to include:

- **Capsicums:** red, yellow and orange.
- **Tomatoes:** cherry tomatoes work well as well as yellow tear drops.
- **Lettuce:** a vast variety is available.



*Greek salad, instructions back page.*

- **Cucumber:** Lebanese cucumbers are always popular.
- **Carrots:** vibrant orange, colourful & crunchy.
- **Avocado:** creamy and delicious, drizzle with lemon juice.
- **Sprouts:** alfalfa, snow pea sprouts and mung bean sprouts.
- **Green onions (shallots):** add a subtle onion flavour to salads.
- **Celery:** adds crunch and colour.

#### Serving salads

Spoon the prepared salads into individual plastic containers or cardboard salad boxes to serve.

The salads can be packed in the containers or boxes and stored in the fridge prior to serving. Serve salad with a plastic spoon or fork and a napkin.

[See salad on the go ideas – back page >>>](#)



## BLACKBOARD SPECIAL

### Tuna & Cherry tomato salad roll

Refreshing and crunchy oak leaf lettuce, Lebanese cucumber and snow pea sprouts, rich red cherry tomatoes and flaked tuna make this roll perfect for a nutritious school lunch.

As an option, spread the roll with hummus or mashed avocado.

#### TO MAKE

Cut a long bread wholemeal or wholegrain roll lengthways along the top (see photograph) to hold the filling. Fill the roll with oak leaf lettuce leaves, snow pea sprouts, sliced Lebanese cucumber, a few chopped cherry tomatoes and flaked tuna. Drizzle with mayonnaise if requested.

#### NUTRITION SNAPSHOT

Lettuce is a good source of folate and contains some vitamin C, vitamin A and dietary fibre. Lebanese cucumbers are low in kilojoules and their high water content gives a cooling effect.

#### TOP MEAL DEAL

*Sell the roll with a banana and a bottle of water.*

## Top salad on the go ideas



### Soy & honey brown rice, ham & vegie salad

Toss cooked brown rice with diced red or yellow capsicum, finely diced celery, sliced green onions, cooked sweetcorn kernels and chopped sliced ham. Drizzle with Kikkoman honey & soy marinade & sauce or soy sauce to taste. Toss gently and serve.

### Greek salad

Toss diced celery, chopped tomatoes and Lebanese cucumber with diced feta cheese. Drizzle with olive oil and lemon juice. Toss together (add some pitted black olives if desired) and serve with a bread roll.

• **This salad is also good with some chickpeas added.**

### Tomato & tuna pasta salad

Toss cooked bow-tie pasta with diced Lebanese cucumber, chopped cherry tomatoes, grated carrot and flaked tuna. Sprinkle with some reduced fat shredded cheese. Toss to combine and serve.

*Best wishes for Christmas & Happy Holidays from everyone at Sydney Markets and the 'Fresh for Kids' program.*

## Meal Deals

### Tamara Tomato

#### TASTY MEAL

- Tuna and cherry tomato salad roll
- Pineapple & melon salad



### Summa Strawberry

#### HOT DEAL

- Chicken salad wrap
- Strawberry yoghurt cup



### Oscar Orange

#### SPORTING FUEL

- Avocado, turkey & lettuce roll
- Orange quarters



### Megabite Apple

#### BRAIN FOOD

- Honey & soy brown rice, ham & vegie salad
- Cheese wedge and an apple



### Captain Capsicum

#### HERO MEAL

- Tuna pasta salad
- Melon wedges



### Bazza Banana

#### BREAK

- Egg & lettuce sandwich
- Banana & carton yoghurt



## What's in season

### SEASONAL PRODUCE BUYING GUIDE (October to December)

Buy fresh fruit and vegetables in their natural season and be guaranteed of quality and value.

#### VEGETABLES

Asparagus  
Beans  
Capsicums  
Celery  
Cucumbers  
Lettuce

Onions – Green (shallots), Spring  
Peas  
Spinach  
Sweetcorn  
Tomatoes  
Watercress  
Zucchini

#### FRUITS

Apricots  
Avocados  
Bananas  
Berries  
Cherries  
Mangoes  
Melons

Nectarines  
Oranges – Valencia  
Papaya  
Pawpaw  
Peaches  
Pineapples

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