

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

## Valencia oranges

Considered one of the best oranges for juicing, Valencia oranges are available from October through to late May. A juicy orange that's quite easy to peel, the Valencia orange is a great one for kids.

### Greening skin

As the weather warms up in summer, Valencia orange skin can develop a green tinge. Like other sun-smart Australians, locally grown Valencia oranges apply their own natural sunscreen as a defence against the sun's ultra-violet rays and this natural process results in green skin. Known as re-greening, it's due to natural green pigmentation and can give the orange an 'unripe' appearance. Greening skin indicates that the orange is at its ripest and most delicious and it does not affect its flavour or quality.

### Buying oranges

Economically, it's best to buy Valencia oranges by the bag or box.

Choose firm-skinned oranges that feel heavy for their size for maximum juiciness.

### Storing oranges

Keep Valencia oranges in a cool ventilated place for up to one week. To extend storage, keep oranges in the fridge where they will keep for up to one month.

### Why they're good for you

Valencia oranges deserve their reputation as an excellent source of vitamin C – one orange has about two day's supply of this important vitamin. They're also provide beta carotene which helps keep the immune system healthy, dietary fibre and folic acid and have a low glycaemic index.

### Peel or chop so oranges are quick and easy to eat

Kids find oranges rather cumbersome and time consuming to peel especially when there's limited time to play and lunch is eaten in a rush. It's best to cut oranges into quarters or chop the fruit so it's quick and easy for kids to eat.

When chopping fruit, use a sharp knife to remove as much white pith as possible as it can be a little bitter. Add chopped oranges to fruit salads or serve with yoghurt.

### Top canteen menu ideas using Valencia oranges

#### FROZEN ORANGE QUARTERS

A simple idea and kids love them! Icy cold frozen orange quarters are terrific served over the counter at lunchtime on hot days. Pop two or three frozen orange quarters in a small bag so they're easy to hold and eat.

Oranges at room temperature take a few hours to freeze firm. Freeze the oranges early in the morning or leave them in the freezer overnight.

#### ORANGE CUPS

Serve chilled Valencia oranges, peeled and chopped in plastic disposable cups. Drizzle with a little strawberry topping to serve.

#### TROPICAL ORANGE SALAD

For a tropical fruit sensation, combine chopped Valencia oranges with chopped mango, rockmelon and pineapple. Drizzle with some passionfruit pulp and serve.

#### FRESHLY-SQUEEZED VALENCIA JUICE

Nothing beats fresh orange juice! Once a week in summer offer fresh orange juice as a blackboard special at recess – buy Valencia oranges by the box and save. Ultra juicy and one of the best oranges for juicing, one orange yields approximately ½ cup of juice.

### Canteen Fresh...

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

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# Getting kindy kids off to a fresh start

For those young boys and girls starting school, ordering from the canteen can be an exciting experience.

Help encourage the 'new kindy kids on the block' to enjoy fresh fruit and vegetables from the very beginning by providing a range of easy to eat and appealing menu choices specially designed for them.

## Ready to eat fruit

Nothing beats a fresh fruit salad – chopped and ready to eat. The fruit selection in the salad can be changed daily depending on availability. Many children starting school are used to having their fruit chopped at pre-school so a fruit salad cup is appealing to them.

Other popular fruit choices include melon wedges, small bananas and new season ripe Williams pears. Small bunches of seedless grapes and quartered Valencia oranges are also good fruits for kindy kids. Rockmelon, honeydew melon and watermelon are sweet and juicy, and great value right now.

## Simple sandwiches and wraps with vegetables

A limited choice of nutritious healthy sandwiches is advisable so the selection decision is not overwhelming. Include a fresh vegetable with all the filling options. Kids really enjoy avocado, grated carrot, crisp lettuce leaves and cucumber as well as crunchy snow pea sprouts, celery and tomatoes (especially bite-sized cherry tomatoes).

Use creamy mashed avocado as a spread instead of butter or margarine. It's a rich source of vitamin C and has important antioxidants. Avocados contain 'good' unsaturated fat that can assist the body to absorb some vitamins and other protective plant nutrients.

If adding tomato, wedge the sliced tomato between fillings so it doesn't come in contact with the bread and make it soggy.



Cut sandwiches for kindy kids into triangle quarters or fingers, so they're easy to hold and eat.

## Top kindy sandwiches and wrap fillings

- > ham, cheese and tomato with avocado
- > cheese and lettuce
- > tuna, celery and a little mayonnaise
- > egg and lettuce (with avocado)
- > grated carrot, cream cheese & sultanas

## BLACKBOARD SPECIAL

### Crunchy salad & chicken rice paper rolls

Light and summery, rice paper rolls are easy to prepare in your canteen. Don't be daunted by the fine rice paper. It's available from supermarkets and Asian food stores and is very easy to soak and roll. It's a great 'container' for crunchy fresh salad fillings. Use the large rice papers, about 22cm in diameter for these rolls.

This term 1 Blackboard Special includes shredded carrot and lettuce, shredded cooked chicken and snow pea sprouts. Cool and crunchy, it makes the perfect lunch for kids on a hot day and is a fun change from the everyday sandwiches on the menu.

#### A breeze to make

Wash and dry green oak or Iceberg lettuce leaves and snow pea sprouts, shred the carrot and have the cooked chicken shredded so it's ready to add to the rice paper filling.

Place a shallow dish (a little larger than the rice paper) of warm water on the bench next to the ingredients. Simply dip the rice paper into the water for 10-20 seconds to just soften then place onto a clean board. Add the filling down the centre of the rice paper, starting with a lettuce leaf and finishing with the chicken. Roll up as you would roll up a spring roll. Place in a single layer on a tray, cover with damp paper towel and refrigerate until ready to serve.

#### Senior and teacher's special

Add a drizzle of hoisin or sweet chilli sauce to the filling before rolling, or serve the rolls with a small container of sauce for dipping.



# Make the most of luscious summer fruits; peaches, nectarines, plums and mangoes

**Succulent summer fruits abound, and there's no better time to sweeten your menu with a range of stone fruits.**

White and yellow-fleshed nectarines, peaches and juicy mangoes will only be available until early autumn. Plums are in peak season so it makes sense to include them on your menus too. Late in the season you can pick up some bargain buys in stone fruits especially when buying the fruit by the tray.

Add colour to fruit salads with chopped stone fruit flesh or simply wash small to medium-sized pieces and offer the whole fruit with a napkin to catch the juice.

Plums are a particularly good recess fruit for kids because of their low glycaemic index (GI). This means they provide a good slow release of glucose into the blood stream for sustained energy.

## **Go for mango**

To 'honeycomb' mango cheeks, simply place the mango upright on a board and slice the flesh close to the stone to remove the cheeks.



Then cut the flesh almost to the skin crossways and lengthways. Push the skin to expose the flesh in small bite-sized squares.

Half a mango will provide a child's entire daily supply of vitamin C and almost 20% of their daily vitamin E needs. Mangoes are also a good source of beta carotene, which the body converts to vitamin A and is important for healthy skin and eyes.

# Ever so cool iced fruit drinks

**Naturally sweet blended iced fruit drinks and frappes are really popular with kids in hot weather.**

Counting as a fruit serve and with no added sugar, kids not only enjoy the drink, they like watching the whirl of the blender as the colourful fresh fruit is blended with ice.

Fresh fruit is perfect for blending and is brimming with natural goodness. Chop and chill the fruit for an hour or so before blending. Have the ice in the freezer and blenders plugged in and ready to go. You can whip up a few batches of iced drinks just prior to the recess or lunch bell so they're ready to pour and serve to thirsty kids.

## **Which fruits are best for blending?**

**WATERMELON** – Value-priced in late summer, watermelon is a refreshing fruit because of its high water content. It combines very well with ice in a frappe. Easy to drink and low in kilojoules, kids are attracted to its sweet flavour and rich pink colour.

Watermelon is picked ripe and ready to eat. Use seedless varieties for blending as the small white seeds mix into the drink and are edible.

Choose whole watermelons that feel firm and are heavy for their size with a pleasant aroma. If selecting cut watermelon, choose pieces with even-coloured, vibrant pink flesh.

**PINEAPPLE** – Golden-fleshed sweet pineapple teams brilliantly with unsweetened pineapple juice and ice. In abundance at this time of year, pineapple yields a thick and creamy drink which is rich in vitamin C. Always a popular choice for kids!

Like watermelon, pineapple is picked ripe and ready to eat and does

not ripen further after harvesting. Choose a pineapple that feels heavy for its size and gives off a sweet tropical aroma. Pulling a leaf does not indicate ripeness as many people believe.

**MANGO** – In late summer, mangoes are readily available by the tray. Easy to peel, the flesh can be sliced off close to the stone and diced for blending. The mango flesh can be frozen for extra iciness.

To make a refreshing summer fruit drink, blend Kensington Pride mango flesh with apple and mango juice for a taste sensation.



## In focus – capsicum



**Purchasing:** Red, yellow, green, orange and purple capsicums are available in summer months. The red, yellow and orange ones are the sweetest and best for kids. The sharper flavoured green capsicum is picked when mature but before it turns red or yellow. As it's not left on the vine to fully ripen and change colour, it's not as sweet as other capsicum and are best used for cooking.

Choose a capsicum that feels heavy for its size with firm, smooth, glossy skin.

**Storing:** Capsicum is best stored in a ventilated bag in the crisper in the fridge and used within 4-5 days of purchase.

**Preparation:** Trim capsicum and remove seeds and pith before using or cooking. Slice, dice or chop as required.

If roasting or char-grilling, cook the capsicum, turning often, until the skin blackens and blisters. Place in a plastic bag for 15 minutes to cool then peel. The sweating effect caused by the bag ensures the capsicum skin is easily removed.

**Nutrition:** A top source of vitamin C, a half an average-sized red capsicum supplies four times the recommended dietary intake of this anti-infection vitamin!

Also a good source of beta carotene, which the body converts to vitamin A and uses to fight many infections and provides niacin (vitamin B3), which the body's cells need when they are releasing energy from carbohydrates, fats and proteins. The natural

sweetness and bright colour makes raw red capsicums a popular choice with children.

### Adding capsicum to the canteen menu

- > Make a Greek salad with chopped ripe tomatoes, Lebanese cucumbers, red capsicums and feta cheese. Drizzle with extra virgin olive oil and serve with a wholegrain bread roll
- > Add chopped yellow and red capsicum to pizza toppings
- > Finely slice capsicum and include in salad wraps and rolls
- > Combine finely chopped capsicum with celery, tuna and mayonnaise in a sandwich filling.

## Meal Deals

### Tamara Tomato TASTY MEAL

- Tomato, ham & cheese roll
- Small bunch of grapes



### Summa Strawberry HOT DEAL

- Tuna, celery and mayonnaise sandwich
- Strawberry & orange cup & carton of yoghurt



### Oscar Orange SPORTING FUEL

- Avocado, cheese, ham & lettuce roll
- Orange cup with strawberry sauce



### Megabite Apple BRAIN FOOD

- Crunchy salad and rice paper wraps
- New season apple (like Royal Gala or Jonathon)



### Captain Capsicum HERO MEAL

- Greek salad with capsicum and a bread roll
- Tropical fresh fruit salad



### Bazza Banana BREAK

- Egg and lettuce sandwich
- Carton of milk and a banana



## What's in season

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

### BEST CHOICES IN VEGETABLES

Avocados  
Beans  
Broccoli  
Capsicum (see In Focus)  
Celery  
Cucumbers  
Eggplants  
Lettuce

Mushrooms  
Peas  
Potatoes  
Pumpkin  
Spinach  
Sweet corn  
Sweet potatoes  
Tomatoes  
Watercress  
Zucchini

### BEST CHOICES IN FRUIT

Apples  
Bananas  
Berries  
Grapes (See In Focus)  
Kiwifruit  
Limes  
Mangoes (until March)  
Melons  
Nashi

Nectarines (until March)  
Oranges, Valencia  
Papaya  
Passionfruit  
Papaw  
Peaches (until March)  
Pears  
Pineapples  
Plums

Canteen Fresh is produced by



PO Box 2 Sydney Markets NSW 2129  
Phone: (02) 9325 6830 Fax: (02) 9325 6288  
Email: freshforkids@sydneymarkets.com.au

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