

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

## Papaya and Papaw

**Australian papaya and papaw are an exotic, tropical fruit with juicy, sweet flesh.**

Bursting with goodness and great in smoothies, drinks, fruit salads or simply served with yoghurt, you can't go past this delicious fruit at this time of year.

### What's the difference between Papaya and Papaw?

**Papaya** has a vivid orange to rosy pink flesh. It's oval to pear shaped and smaller and sweeter than the papaw. **Papaw** has yellow flesh and is rounder and larger than papaya. It also has a distinct flavour.

Although not sold by variety, there are two main types of papaya for you to choose from when purchasing. The larger yellow papaya is rounded in shape with vibrant orange flesh. The other papaya is a variety called 'Solo'. It's smaller and pear-shaped with sweet, rosy pink flesh.

Available all year around, the season peaks in autumn and spring. The majority of papaya and papaw is grown in Queensland and northern New South Wales.

### When are they ripe and ready to eat?

Papaya and papaw continue to ripen once picked. Leave the fruit out of direct sunlight at room temperature for a few days for the skin to lose its greenish tinge. When ripe and ready to eat, the skin turns a golden yellow and the fruit will yield to gentle pressure around the stem. Once ripe they can be stored in the fridge for 1-2 days. Once cut, cover with plastic wrap and store in the fridge.

### Why are they good for you?

Very nutritious, both fruits are high in vitamin C (200g would provide 3-4 days supply) and are rich in antioxidants which help protect body tissues against some aspects of ageing.



### Top papaya and papaw and serving ideas

- > Blend peeled papaya or papaw with banana and reduced fat milk to make a healthy chilled drink. Thick, creamy and bursting with goodness, it's a terrific recess pick-me-up beverage.
- > Team peeled papaya or papaw wedges with mango or tropical yoghurt in serving cups.
- > Add peeled and chopped papaya or papaw to fresh fruit salads.
- > Team peeled and chopped papaya or papaw with pineapple, passionfruit pulp and oranges in a tropical fruit salad cup.

### 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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## BLACKBOARD SPECIAL

### Let Us (lettuce) Eat Egg sandwich

Team this sandwich with a banana for a nourishing Term 2 meal deal.

A traditional favourite, lettuce and egg makes a great filling for sandwiches and it's easy to prepare.

Iceberg, green oak leaf, cos and mignonette lettuce are good choices for kids as they're crisp and mild tasting. Trim base, separate the leaves and wash and dry before adding to the sandwich fillings. Cold lettuce will hold its crispness better than lettuce at room temperature.

Use nourishing wholemeal or wholegrain bread or bread rolls to hold the filling.

As an option, for teachers and seniors, team the mashed egg with rocket or baby spinach instead of lettuce.

#### Preparation

Mash boiled eggs with a little reduced fat mayonnaise and/or milk until it's the desired consistency. Place egg on bread (spread with mashed avocado, butter or margarine) and top with a few crisp lettuce leaves. Cover with remaining bread, cut in half and serve.

# Beaut salad burger

**Kids of all ages love burgers so why not schedule a burger day once a week in your school canteen as part of a 5-day menu plan?**

Make sure that you include fresh salad vegetables like crisp lettuce, cucumber, carrot and tomato and snow pea sprouts in burger fillings to make them nutritious and healthy.

Choose wholemeal, hi-fibre or wholegrain buns and rolls for the burgers and use mashed avocado as a spread instead of butter or margarine. Avocados are in peak supply.

#### Top tips for burger salad fillings

- > Choose from a variety of lettuce like iceberg, green oak leaf, baby cos and mignonette. Wash and dry the leaves then chill them in an airtight container in the fridge so they're ultra crisp before adding them to the burger filling.
- > Slice Lebanese cucumber lengthways using a vegetable peeler to make fine cucumber ribbons which kids enjoy more than standard slices which can easily slip out of burger fillings. The thin green skin is edible but it's best to discard the cucumber seed core.
- > Shred the carrot using a shredder available from Asian food stores or use a grater.
- > Remember to place the sliced tomato between fillings so the bread does not become soggy.
- > Snow pea sprouts require no preparation and add crunch and colour to the burger filling. Choose deep green sprouts with firm pale white stems and store in a container in the fridge.

#### Top salad burgers to include on your menus

##### CRUNCHY SALAD AND CHICKEN SCHNITZEL BURGER

Mixed salad with an oven-roasted crumbed chicken schnitzel or tenderloin (choose reduced fat ones) on a multigrain bread roll.



##### CRUNCHY SALAD AND BEEF BURGER

Mixed salad with a grilled lean beef patty on a hi-fibre flat bread roll.

##### CHEESE, AVOCADO & TOMATO BURGER

Sliced tomato wedged between sliced reduced fat tasty cheese on a wholegrain English muffin spread with mashed avocado.

##### BLT (BACON, LETTUCE AND TOMATO) BURGER

Grilled bacon (or shaved ham) with shredded lettuce and sliced tomato on a multigrain bun.

# Go for apples!

**Kids love crunching on a crisp apple! With a great range of Australian-grown apples now available, there's no better time to include apples on your canteen menus.**

Choose small to medium-sized apples to sell by the piece for lunch orders and over the counter. When buying boxed apples, select quantities of 130 or 150 – they're the perfect size for kids.

Apples are best stored in the fridge as it keeps them fresh for longer. If leaving at room temperature, store them in a cool, well ventilated place for 1 week. Do not store apples with cucumbers or salad greens as they will cause the greens to quickly deteriorate.

## **Why they are good for you**

A crunchy source of dietary fibre and containing natural sorbitol, apples help keep kids regular. They're a good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums. Apples also provide beneficial slow-release energy.

## **Favourite apple varieties**

**GALA:** A very popular apple with sweet, juicy flesh, Gala is a medium-sized apple with a red blush on a golden background.

**GRANNY SMITH:** Australia's own famous green apple, the Granny Smith has white, crisp flesh with a slightly tart flavour that some kids really enjoy eating out of hand. They're also terrific for cooking.

**JONATHON:** Available from February to mid June, these crisp, small-sized apples with dense white flesh are a favourite with kids.

**PINK LADY APPLES:** This very sweet apple is becoming increasingly popular. The Pink Lady is a rosy pink, medium to large-sized apple with juicy, firm flesh.



**FUJI:** Originating from Japan, the Fuji is now grown in Australia. It has dense, firm, crisp flesh and deep pink to red blushed skin.

**RED AND GOLDEN DELICIOUS:** Traditional favourites, both Red and Golden Delicious varieties are good to eat out of hand.

## **Displaying apples**

Bright and colourful apples look great when arranged attractively on the canteen counter. Choose a selection of apple varieties as each varies in skin colour. If necessary, buff the apples with a clean soft cloth to make them shine. Dull-skinned fruit, piled into a deep fruit bowl, has no appeal to kids.

A weekly 'special' apple, with a different variety sold each week during the term, can be fun too. It is also a great way for kids to learn about fresh produce!

# Choosing the best melons and pineapple

**Picked ripe, the best tasting melons and pineapples are pleasantly scented and feel heavy for their size.**

Smooth, creamy-skinned honeydew melon will continue to develop flavour after picking and is best left at room temperature until the skin turns a creamy-yellow colour. It's pale to mid-green flesh is sweet and succulent.

Orange-fleshed rockmelon with its netted-looking skin has deep orange flesh. A distinct tropical fragrance and golden skin under the netting is a sign that it's ready to eat.

Choose watermelon with vibrant pink flesh. Seedless varieties are ideal for kids. When selecting a whole watermelon, choose one that feels heavy for its size and sounds a little hollow when tapped.

Pulling a leaf on pineapples does not indicate ripeness. The skin colour does not indicate ripeness either as it depends

on the variety and can be golden, yellow or green-tinged. It's best to choose pineapples with a sweet aroma.

## **Quick and easy serving suggestions:**

- Simply serve wedges of melons and pineapple by the piece over the counter at recess and lunchtime.
- Wrap peeled rockmelon wedges in a slice of ham and serve in a disposable cup or with a napkin.
- Serve melon ball cups using a combination of colourful melons. Convenient melon ballers are available from kitchen shops.
- Make melon and pineapple skewers – thread bite-sized pieces onto paddlepop sticks or trimmed skewers.



# In focus – avocados



**Buying:** The most common varieties are Shepard, Hass, Reed and Fuerte.

Choose a selection of avocados at different stages of ripeness so they don't all ripen at the same time. Ripe avocados will yield to gentle pressure around the stem.

**Storing:** Firm avocados will take 2-4 days to ripen fully. Leave them at room temperature and out of direct sunlight to ripen. To speed the process, place avocados in a brown paper bag with a banana or an apple. Once they're ripe, store avocados in the fridge and use within 2 days.

**Preparation:** Using a sharp knife, cut an avocado lengthways, right around and through to the seed. Take the avocado in both hands and simply twist to separate the halves. Remove the seed and slice or mash the flesh.

Once cut, avocado will rapidly brown so brush or drizzle with lemon or lime juice to prevent this from occurring.

**Nutrition:** Avocados are the richest source of vitamin E among fruit and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around the body's cells in a healthy state.

They do contain fat, but its 'good' unsaturated fat that contains some essential fatty acids.

Avocados are also a good source of vitamin B6. This vitamin has many functions and helps the body use the amino acids from proteins in muscles.

## Avocados in your school canteen:

- > Use mashed avocado as a spread instead of butter or margarine
- > Add avocado to salad and wrap fillings.
- > Serve chopped avocado with rice crackers or reduced fat corn chips.
- > Spread multigrain or wholemeal English-style muffins with vegemite and mashed avocado – kids love this combination of flavours.
- > Team creamy avocado with grilled lean bacon (it can be served cold) and boiled egg on a wholemeal flat roll. Simply delicious!

## Meal Deals

### Tamara Tomato

#### TASTY MEAL

- Tomato, ham & cheese roll
- Papaya with yoghurt



### Summa Strawberry

#### HOT DEAL

- Avocado, bacon & lettuce sandwich
- Orange & strawberry cup



### Oscar Orange

#### SPORTING FUEL

- Crunchy salad & beef burger
- Orange quarters



### Megabite Apple

#### BRAIN FOOD

- Egg & lettuce sandwich
- Pink Lady apple



### Captain Capsicum

#### HERO MEAL

- Capsicum salad & chicken wrap
- Pear



### Bazza Banana

#### BREAK

- Cheese salad multigrain English muffin
- 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

Beans  
Beetroot  
Broccoli  
Cabbage  
Carrots  
Celery  
Mushrooms  
Onions  
Parsnips  
Potatoes  
Pumpkin  
Silverbeet  
Spinach  
Sweet potatoes  
Tomatoes  
Turnips  
Zucchini

#### BEST CHOICES IN FRUIT

Apples  
Avocados  
(See In Focus)  
Bananas  
Custard Apples  
Dates  
Kiwifruit  
Grapefruit

Lemons  
Mandarins  
Melons  
Nashi  
Oranges  
Pears  
Papaya  
Papaw  
Pineapples

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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