
















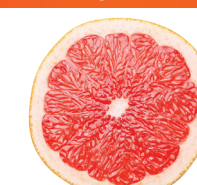
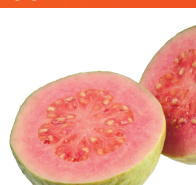


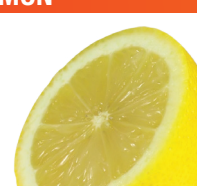
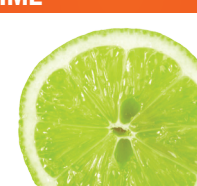





















Fruit Guide



Published by Brisbane Markets Limited.
www.brisbanemarkets.com.au

SHOP AT YOUR
Local Greengrocer

Use the calendar at the bottom of each item to check seasonal availability. Orange squares signify the month the fruit is available.

| | | | | |
|---|---|---|--|--|
| APPLE (RED)  A good source of dietary fibre, vitamin C and the mineral potassium. J F M A M J J A S O N D | APPLE (GREEN)  A good source of dietary fibre, vitamin C and the mineral potassium. J F M A M J J A S O N D | APRICOT  A good source of vitamins A, C and dietary fibre. J F M A M J J A S O N D | AVOCADO  A good source of vitamins B6, E and folic acid and a useful source of vitamin C and potassium. J F M A M J J A S O N D | BANANA  A good source of potassium and fibre with some vitamin C, folate, and vitamin B6. J F M A M J J A S O N D |
| BLACKBERRY  A good source of vitamin A, B and B2, and contains some calcium, phosphorus and iron. J F M A M J J A S O N D | BLUEBERRY  A good source of antioxidants, with some Vitamin A and C. J F M A M J J A S O N D | BREADFRUIT  A good source of fibre and vitamin C with some starch making it a good staple. J F M A M J J A S O N D | CHERRY  A good source of vitamin C and a useful source of potassium and dietary fibre. J F M A M J J A S O N D | COCONUT  A good source of vitamins B1, B2, B3, C, E and some saturated fat. J F M A M J J A S O N D |
| CUMQUAT  A good source of vitamin C and a good source of dietary fibre. J F M A M J J A S O N D | CUSTARD APPLE  A good source of vitamin C, B6, dietary fibre, magnesium and potassium. J F M A M J J A S O N D | DATE  A good source of iron and fibre, with some vitamin C. J F M A M J J A S O N D | FIG  A good source of dietary fibre, a good source of vitamin C and also contains some potassium. J F M A M J J A S O N D | GOOSEBERRY  A good source of vitamin C and dietary fibre. J F M A M J J A S O N D |
| GRAPES (RED)*  A good source of vitamin C and dietary fibre with some vitamin B6 and potassium. J F M A M J J A S O N D | GRAPES (GREEN)*  A good source of vitamin C and dietary fibre with some vitamin B6 and potassium. J F M A M J J A S O N D | GRAPEFRUIT  A good source of vitamins B5 and C, a good source of dietary fibre and potassium. J F M A M J J A S O N D | GUAVA  A good source of potassium and vitamin C. J F M A M J J A S O N D | HONEYDEW  A good source of vitamin C and potassium. Small amounts of thiamine, riboflavin, niacin, iron, magnesium and calcium. J F M A M J J A S O N D |
| KIWIFRUIT  A very good source of vitamin C and a good source of potassium and dietary fibre. J F M A M J J A S O N D | LEMON  A good source of vitamin C, B6 and dietary fibre. J F M A M J J A S O N D | LIME  A good source of vitamin C. J F M A M J J A S O N D | LOGANBERRY  A good source of vitamins A, B1, B2, calcium, phosphorus and iron. J F M A M J J A S O N D | LYCHEE  A good source of vitamin C and dietary fibre. J F M A M J J A S O N D |
| MANDARIN  A good source of vitamin C and a useful source of dietary fibre. J F M A M J J A S O N D | MANGO  A great source of vitamins A and C, with dietary fibre and some vitamins B1, B6 and potassium. J F M A M J J A S O N D | NECTARINE  A good source of vitamins A and C with some vitamin B3, potassium and dietary fibre. J F M A M J J A S O N D | OLIVES  A good source of dietary fibre, potassium and vitamin A. J F M A M J J A S O N D | ORANGE  A good source of vitamin C and a useful source of folic acid and dietary fibre. J F M A M J J A S O N D |
| PASSIONFRUIT  A good source of dietary fibre, a good source of vitamin C and contains some vitamin B3. J F M A M J J A S O N D | PAW PAW  A good source of vitamins A and C, dietary fibre, potassium and contains some vitamin B1. J F M A M J J A S O N D | PEACH  A good source of vitamins A and C and contain some vitamin B3, potassium and dietary fibre. J F M A M J J A S O N D | PEAR  A good source of vitamins C and A with some dietary fibre. J F M A M J J A S O N D | PERSIMMON  A good source of vitamin C with some vitamin A and dietary fibre. J F M A M J J A S O N D |
| PINEAPPLE  A good source of vitamin C and a useful source of potassium. J F M A M J J A S O N D | PLUM  A good source of potassium and dietary fibre with some vitamins A and C, calcium, phosphorus, riboflavin and niacin. J F M A M J J A S O N D | POMEGRANATE  A good of potassium, antioxidants, vitamins B and C with some fibre. J F M A M J J A S O N D | RASPBERRY  A good source of dietary fibre and vitamin C with some vitamins A, B, B2, calcium, phosphorus magnesium and iron. J F M A M J J A S O N D | ROCKMELON  A good source of vitamins A and C. Small amounts of thiamine, riboflavin, niacin, iron, magnesium and calcium. J F M A M J J A S O N D |
| ROSELLA  A good source of vitamin C and dietary fibre, a useful source of calcium, iron, vitamins B2 and B3. J F M A M J J A S O N D | STRAWBERRY  A very good source of vitamin C and a good source of folic acid and dietary fibre. J F M A M J J A S O N D | TAMARILLO  A good source of vitamin C and dietary fibre, with some vitamin A and potassium. J F M A M J J A S O N D | TANGELO  A good source of vitamin C with dietary fibre, and some vitamin A and folic acid. J F M A M J J A S O N D | WATERMELON  A good source of vitamin C, a good source of folic acid with some potassium and dietary fibre. J F M A M J J A S O N D |
| CARAMBOLA  A good source of vitamin C, with some potassium. J F M A M J J A S O N D | DRAGON FRUIT  A great source of antioxidants and vitamin C with minerals, especially calcium and phosphorus. J F M A M J J A S O N D | MANGOSTEEN  A good source of fibre and a moderate source of vitamin C. J F M A M J J A S O N D | QUINCE  A good source of vitamin C, dietary fibre, and potassium. J F M A M J J A S O N D | RAMBUTAN  A good source of vitamin C and dietary fibre. J F M A M J J A S O N D |

This chart features some of the fruit available to greengrocers from the Brisbane Produce Market in Queensland. Nutritional values information source: Brismark. The availability of the above fruit is based on traditional seasons but this information is subject to weather and growing conditions. Fruit can be available at other times but the months indicated are the best availability times and the best value buying.

Your guide to fresh fruit in Queensland

Apples...

Here are some of the common varieties of apples available at your local greengrocer.

- RED DELICIOUS** Sweet, juicy, highly aromatic.
- ROYAL GALA** Slightly sweeter than Red Delicious.
- JONATHAN** Aromatic, fairly juicy, sweet flavour.
- BONZA** Sweet flavour.
- GOLDEN DELICIOUS** Sweet, good aromatics.
- GRANNY SMITH** Hard, crisp, tart flavour.
- FUJI** Firm, crisp, juicy with a distinct sweet flavour.

- BRAEBURN** Good, sweet, sub-acid and very juicy.
- PINK LADY** Sweet-tart flavour with crunchy texture.
- SUNDOWNER** Storage improves sugar level - sweet and flavorsome.
- LADY WILLIAMS** Tart to taste early in season, develops sweet flavor.
- JAZZ** Flesh is juicy, crisp and dense.



Storage guide

If you're not eating your fruit straight away here are some tips on the best way to store it to enjoy another day!

Remember when keeping fruit in the refrigerator it is best to store away from vegetables.

APRICOTS should be stored at room temperature. When ripe, store apricots in the refrigerator in a sealed bag, for up to two days.

AVOCADOS should be left to ripen at room temperature for one to two days. The fruit is ready to slice and serve when it yields to gentle pressure.

BLUEBERRIES should be stored in a covered container in the refrigerator for a week.

BLACKBERRIES may be refrigerated for two to three days. Wash and freeze berries in a plastic bag removing as much air as possible. The berries will keep for several months in the freezer.

BANANAS are best kept at room temperature (avoid refrigerating). They should last for about one week.

CHERRIES can be kept in the refrigerator for up to one week or frozen for up to a year. Wash cherries before eating or cooking and keep in a covered container.

GRAPES are best stored in the refrigerator in a sealed bag for up to one week.

GRAPEFRUITS should be firm, yet slightly springy when gentle pressure is applied. Grapefruit can be kept at room temperature and should have a subtly sweet aroma.

KIWIFRUIT are ready to eat once they yield to gentle pressure. To hasten ripening, place in a paper bag with an apple or banana or store in the refrigerator for two-three weeks.

LEMONS will stay fresh at room temperature for one week. You can also store lemons in the refrigerator for about four weeks.

LIMES may be kept out at room temperature for up

to one week. Also store in the refrigerator, in a loosely sealed plastic bag, (will remain fresh for about 10-14 days). They will keep longer, but may start to lose flavour after two weeks.

MANDARINS should be stored in a cool place for one-two weeks. Refrigerate mandarins that are not used within that time.

MANGOES (GREEN SKIN) should be stored at room temperature for up to five days until they give slightly with gentle pressure. Colour will brighten and be fragrant to smell. Store in refrigerator up to four days.

HONEYDEW MELONS should be nearly spherical and can be stored in refrigerator for up to two weeks.

NECTARINES ripen in cool, dark places. Store unripe nectarines in a paper bag for up to two days. When ripe, store nectarines in a refrigerator up to five days.

PEACHES ripen in cool, dark places. Store unripe peaches in a paper bag for up to two days and when ripe refrigerate for up to five days.

PEARS (GREEN SKINNED) store at room temperature for three-seven days to ripen. When ripe, store in a plastic bag in the fridge for up to three days.

PLUMS when ripe may be stored in a refrigerator up to five days.

RASPBERRIES perish quickly therefore it is best to purchase one or two days prior to use. Choose berries that are firm, plump and deep in colour.

STRAWBERRIES are best refrigerated for two to three days (leaving them at room temperature causes them to spoil quickly).



Directions

1. Toast muffin halves.
2. Cover each half with slice of bacon or ham, 1 egg, and 1/4 of an avocado, sliced.
3. Top each half with 2-3 Tbsp hollandaise sauce.
4. Serve immediately.

Avocados Eggs Benedict

Serves 4

- 4 English muffins, split
- 8 slices bacon or ham, grilled
- 8 eggs, poached
- 2 Avocados
- 2 cups hollandaise sauce



Recipes



Aussie Mandarin Thai Beef Salad

Serves 4

- 1 Aussie mandarin zest and segment
- 3 tsp olive oil (reserve 1 tsp for the pan)
- 2 tsp Gourmet Garden Thai blend
- 500g beef strips

Directions

1. Take 1 tsp Aussie mandarin zest and 2 tsp of juice from the Aussie mandarin. Place any remaining segments aside.
2. Whisk Aussie mandarin zest, juice, 2 tsp olive oil and Thai blend together.
3. In a wok or frying pan heat 1 tsp oil and add beef. Stir fry ingredients until the beef has browned.
4. Pour Aussie mandarin and Thai sauce over the browned beef and mix together until evenly coated.

Plating

Serve on a bed of rice or mesclun of mixed salad leaves, drizzled with remaining juices and topped with mandarin segments.

Recipe supplied courtesy of Aussie Mandarins www.aussiemandarins.com.au



Persimmon & Herb Chicken Salad

Serves 4

- 2 persimmons (Fuyu variety)
- 4 chicken breasts, char grilled or barbecued
- 1 cup flat leaf parsley leaves
- ½ cup mint leaves
- ⅓ cup toasted macadamias, roughly chopped
- Cracked pepper to serve

Dressing

- ½ cup Greek yoghurt
- 1 Tbsp lemon juice
- 1 Tbsp water
- ½ tsp rosemary, finely chopped
- ½ tsp thyme leaves, chopped

Directions

1. Cut persimmons in half and thinly slice. Slice chicken breasts.
2. In a large bowl toss together persimmon, parsley and mint.
3. Divide salad between 4 plates and top with sliced chicken.
4. In a small bowl combine all dressing ingredients. Spoon over salad, season with cracked pepper and serve.

Recipe supplied courtesy of Persimmons Australia www.persimmonsaustralia.com.au



Fruit Smoothie

Serves 2

- 2 kiwifruit, peeled and halved
- 3 mint leaves
- ½ ripe banana, peeled
- ½ cup cubed rockmelon
- ½ cup light coconut cream
- ⅓ cup natural fat free yoghurt
- ½ cup apple juice

Directions

1. Place all ingredients in a blender or processor. Blend until smooth
2. Adjust consistency with extra apple juice
3. Drink immediately

For this recipe other fruit options include: strawberries, mangoes, peaches etc. For a less creamy drink substitute the coconut cream and yoghurt with ice cubes.



Mango and Sesame Coleslaw

Serves 8

- 4 mangoes
- 2 Tbsp sesame seeds
- 2 large carrots, peeled, grated
- 6 green onions, thinly sliced
- 1/4 small green cabbage, finely shredded

Orange Tahini Dressing

- 1/2 cup olive oil
- 1/4 cup fresh orange juice
- 2 tsp caster sugar
- 1 tsp Dijon mustard
- 1 Tbsp tahini

Directions

1. Cook sesame seeds in a frying pan over high heat, stirring, for 4 minutes or until golden. Cool.
2. To make the dressing, combine all ingredients, and salt and pepper in a screw-top jar. Shake well.
3. Prepare mangoes by slicing off each cheek and cutting a lattice pattern in the flesh of each cheek, without cutting through the skin. Turn cheeks inside out, remove mango cubes and place in a bowl.
4. Add carrots, onions, cabbage, sesame seeds and dressing to mangoes.
5. Toss gently. Serve.



Recipe supplied courtesy of Australian Mango Industry Association www.mangoes.net.au

Sweet Cherry Barbecue Sauce

- 2 cups pitted and halved fresh sweet cherries
- 2 Tbsp orange juice
- 2 Tbsp sherry
- 1 Tbsp sugar
- 1 Tbsp grated orange peel
- 3/4 tsp Dijon style mustard
- 1/4 tsp salt
- 1 Tbsp cold water
- 2 tsp cornflour

Directions

1. Combine cherries, orange juice, sugar, orange peel, mustard, and salt. Cover and simmer gently 5 minutes.
2. Combine water and cornflour; stir into cherry mixture. Cook and stir until thickened and clear. Sauce may be stored up to a week in the refrigerator.
3. Serve with barbecued poultry, ham or your favourite specialty sausages.

