



















































Vegetable Guide



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www.brisbanemarkets.com.au

SHOP AT YOUR
Local Greengrocer

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

ARTICHOKE  Good source of vitamin C and thiamine, some dietary fibre, calcium, phosphorus, niacin and potassium. J F M A M J J A S O N D	ASPARAGUS  Very good source vitamin C and E; contains thiamine, dietary fibre, iron, riboflavin and niacin. J F M A M J J A S O N D	BEANS (GREEN/BROAD/FLAT)  Good source vitamin A, C and dietary fibre J F M A M J J A S O N D	BEETROOT  Good source dietary fibre and folic acid. J F M A M J J A S O N D	BROCCOFLOWER  Excellent source B group vitamins; good source vitamin C and folic acid. J F M A M J J A S O N D
BROCCOLI  Excellent source vitamins A and C. Very good source folacin and Vitamin E. J F M A M J J A S O N D	BRUSSELS SPROUTS  Excellent source of vitamin C. Moderate source of dietary fibre, iron, potassium and riboflavin. J F M A M J J A S O N D	CABBAGE  Excellent source vitamin C and dietary fibre J F M A M J J A S O N D	CAPSICUM  Excellent source vitamin C; good source B6, E and potassium. J F M A M J J A S O N D	CARROT  Excellent source of vitamin A; good source of dietary fibre. J F M A M J J A S O N D
CAULIFLOWER  Good source of vitamin C, potassium, folic acid. J F M A M J J A S O N D	CELERIAC  Very good source of dietary fibre; good source of vitamin C. J F M A M J J A S O N D	CELERY  Good source of vitamin A, calcium, phosphorus, sodium, potassium and dietary fibre. J F M A M J J A S O N D	CHINESE CABBAGE  Good source of vitamin C and dietary fibre. J F M A M J J A S O N D	CHINESE SPINACH  A good source of dietary fibre, vitamin A and folic acid; very low in sodium. J F M A M J J A S O N D
CHILLI  Excellent source of vitamin C and vitamin A. J F M A M J J A S O N D	CHOKO  An excellent source of vitamin C; good source of dietary fibre. J F M A M J J A S O N D	CUCUMBER  Good source of vitamin C and dietary fibre. J F M A M J J A S O N D	EGGPLANT  Good source of dietary fibre, contains some vitamin C and potassium. J F M A M J J A S O N D	ENDIVE  Good source of vitamin C, folic acid and potassium. J F M A M J J A S O N D
FENNEL  Good source of vitamin C and a moderate source of iron. J F M A M J J A S O N D	GARLIC  Good source of dietary fibre; some medicinal qualities: antiseptic and a cold/flu deterrent. J F M A M J J A S O N D	GINGER  Good source dietary fibre and vitamin B1. J F M A M J J A S O N D	KALE  Good source vitamin B1, B2, B3, C and dietary fibre. J F M A M J J A S O N D	LEEK  Excellent source vitamin C; good source dietary fibre and iron. J F M A M J J A S O N D
LETTUCE  Excellent source vitamin A (the darker the leaves, more vitamin A and iron). J F M A M J J A S O N D	LO BOK/DAIKON  Excellent source vitamin C dietary fibre. J F M A M J J A S O N D	MUSHROOM  Good source riboflavin, niacin; contains protein, folic acid, vitamin B12. J F M A M J J A S O N D	OKRA  Excellent source vitamin C and folic acid; good source dietary fibre J F M A M J J A S O N D	ONION (BROWN/RED/WHITE)  Good source vitamin C, B3 (niacin) and calcium. J F M A M J J A S O N D
ONION (SPRING/ESCHALLOT)  Some vitamin A, vitamin C, folate niacin and dietary fibre. J F M A M J J A S O N D	PARSNIP  Excellent source vitamin C; good source dietary fibre and folic acid. J F M A M J J A S O N D	PEAS  Excellent source vitamin C; good source dietary fibre, folic acid and thiamine. J F M A M J J A S O N D	POTATO  Excellent source vitamin C and dietary fibre J F M A M J J A S O N D	PUMPKIN (JAP/BUTTERNUT)  Excellent source vitamin A and C; good source dietary fibre. Contains some potassium, vitamin B6 and iron. J F M A M J J A S O N D
RADISH  Excellent source of vitamin C J F M A M J J A S O N D	RHUBARB  Good source dietary fibre, vitamin C; some thiamine and niacin. J F M A M J J A S O N D	SILVERBEET  Good source dietary fibre, folic acid, and vitamin C; contains vitamin B6, riboflavin, low in sodium. J F M A M J J A S O N D	SNOW PEAS  Excellent source dietary fibre; good source protein, vitamin B, B2, B3, C and folic acid. J F M A M J J A S O N D	SPINACH  Good source of dietary fibre, vitamin A and folic acid. Contains vitamin B2, B6; low in sodium. J F M A M J J A S O N D
SPROUTS  Good source dietary fibre, vitamin C. J F M A M J J A S O N D	SQUASH  Very good source vitamin C and A; low in sodium. J F M A M J J A S O N D	SWEET CORN  Excellent source vitamin C; good source of dietary fibre, folic acid and phosphorus, J F M A M J J A S O N D	SWEET POTATO  Excellent source of vitamin C, a good source of complex carbohydrate, folic acid, vitamins A & E, potassium and dietary fibre. J F M A M J J A S O N D	TARO  An excellent source of vitamin A and C; good source dietary fibre, complex carbohydrates. J F M A M J J A S O N D
TOMATO  Excellent source vitamin C; useful source vitamin E. J F M A M J J A S O N D	TURNIP/SWEDE  Excellent source vitamin C; good source dietary fibre. J F M A M J J A S O N D	WATERCRESS  Good source vitamin C, A, niacin, thiamine, riboflavin and iron J F M A M J J A S O N D	WITLOF  Excellent source vitamin C; good source dietary fibre. J F M A M J J A S O N D	ZUCCHINI  Excellent source vitamin C; low in sodium. J F M A M J J A S O N D

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

Your guide to fresh vegetables in Queensland

Herbs...

BASIL Good source of vitamin C and dietary fibre.

CORIANDER Good source of vitamin C.

PARSLEY Rich source of vitamins A, B and C; good source iron, calcium, magnesium and chlorophyll.

CHIVES A good source of vitamins C and A; some niacin and dietary fibre.

DILL, ROSEMARY, MINT, SAGE, THYME Good sources of vitamins A, C and folate.



Storing your fresh vegetables...

Produce tends to dehydrate in refrigerators, so it is a good idea for most leafy greens to be stored in containers to reduce moisture loss. Produce left to sit in water will decay quickly.

Certain fruits and vegetables should not be stored in the same container. Apples and pears, for example, produce a lot of ethylene gas (a naturally occurring ripening agent) and will give carrots a bitter after-taste.

Therefore, to gain the best storage life for your vegetables it is recommended that you separate fruit such as apples, pears, peaches, nectarines, kiwifruit, bananas and apricots from other produce.

BEANS can be eaten raw or cooked and like all vegetables should be washed prior to eating. Store in a plastic bag in refrigerator, consume within one-four days from purchase.

BROCCOLI must always be kept refrigerated. It has the shortest life of any vegetable and temperature control is critical, the closer to zero the better. Broccoli has a very short shelf-life if allowed to go above 5°C. Keep in fridge in a plastic bag/container.

CARROTS should be dry before refrigerating and kept inside a plastic bag. If left to lie in water they will develop soft rots. If allowed to dry out they become limp and may develop a brown surface discoloration. This is harmless and can be removed by peeling. Carrots can be stored for several weeks.

LEAFY VEGETABLES should be kept in the refrigerator in a plastic bag to prevent wilting. Avoid moisture in the bag as leaves and stems will quickly decay. They are best consumed within a few days of purchase.

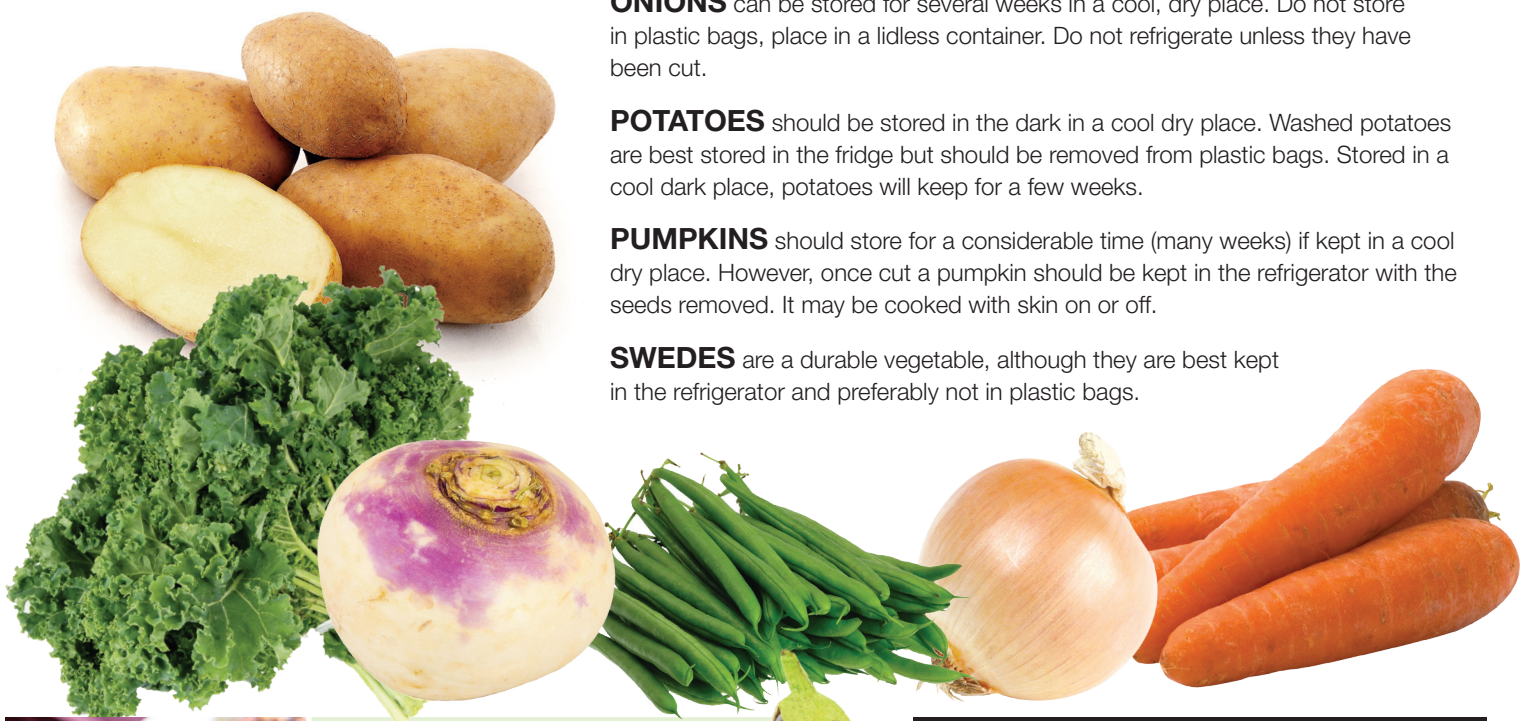
LETTUCES are extremely perishable and should be kept cold and handled gently. Store as close to 0 °C as possible. Keep in a moisture proof container.

ONIONS can be stored for several weeks in a cool, dry place. Do not store in plastic bags, place in a lidless container. Do not refrigerate unless they have been cut.

POTATOES should be stored in the dark in a cool dry place. Washed potatoes are best stored in the fridge but should be removed from plastic bags. Stored in a cool dark place, potatoes will keep for a few weeks.

PUMPKINS should store for a considerable time (many weeks) if kept in a cool dry place. However, once cut a pumpkin should be kept in the refrigerator with the seeds removed. It may be cooked with skin on or off.

SWEDES are a durable vegetable, although they are best kept in the refrigerator and preferably not in plastic bags.



Grilled Eggplant

- 1 eggplant
- 1/2 tsp (2 mL) salt
- 1/4 cup (50 mL) extra-virgin olive oil
- 2 tsp (10 mL) balsamic vinegar
- 1/2 tsp (2 mL) dried oregano
- 1 pinch salt
- 1 pinch pepper



Directions

1. Cut eggplant into 1/2-inch (1 cm) thick slices; sprinkle with salt. Let stand in colander until moisture seeps out, about 10 minutes. Pat dry with paper towel.
2. Whisk together olive oil, balsamic vinegar, oregano, salt and pepper.
3. Brush half over eggplant. Place on greased grill over medium heat; close lid and grill, turning once and brushing with remaining oil mixture, until tender, about 10 minutes.



Nan's Tomato Relish

- 1.5 kg tomatoes, chopped
- 500g of white onions, chopped
- 300mls malt vinegar
- 1 Tbsp of curry powder,
- 1 1/2 tsp of mustard mixed with 1/2 cup of malt vinegar.
- 500 grams of brown sugar
- 2-4 dried chillies (to taste)

Directions

1. Place tomatoes and white onions into a ceramic or glass bowl (non metal) and sprinkle with 1/2 tsp salt, cover and leave over night.
2. Next day strain off any liquid, place in a heavy bottomed pot and add the rest of the ingredients.
3. Bring to the boil, simmer un-covered until the desired thickness (usually) 2.5 hours. Stir occasionally.
4. Remove from heat and pour into sterilized jars or bottles and cap when cool.
5. Store in a cool, dark cupboard; serve with crackers, breads or meats.



Green Bean Potato Salad

Serve warm

- 1 kg medium red potatoes (about 12) unpeeled: scrubbed and cut into 5cm pieces
- 2 small red onions, sliced
- 1 tsp salt
- 1/4 tsp ground black pepper
- 3 Tbsp olive oil
- 500g green beans
- 2 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1/4 cup chopped walnuts for garnish (optional)

Directions

1. Preheat oven to 425°F. Place potatoes and onions in a large roasting pan and sprinkle with salt and pepper. Drizzle with 1 Tbsp olive oil and toss. Roast for 30 minutes.
2. Stir in green beans and roast, stirring occasionally, until all vegetables are tender. (about 15 minutes)
3. While vegetables are roasting, prepare dressing. In a large bowl, whisk together remaining 2 Tbsp olive oil, lemon juice and mustard. Add vegetables to dressing in bowl and toss to coat. Garnish with walnuts; serve warm.



Asian Prawn Salad with Bean Shoots

Serves 4

- Smart Sprouts bean shoots
- 1 bunch broccolini
- 150g cooked prawns
- Baby spinach leaves
- 1/3 cup coriander

Directions

1. Blanch the broccolini in boiling water then chill quickly in ice water. Drain well and toss with baby spinach, coriander and bean shoots in a large serving bowl.
2. Shell the prawns and toss with the salad.
3. Dress with your favourite Asian dressing.

Recipe supplied courtesy of Smart Sprouts www.smartsprouts.com.au

Recipes



Asparagus and Rocket Pesto

Makes 1 1/2 cups

- 2 bunches asparagus, cooked and chopped
- 3-4 garlic cloves
- 2 cups rocket leaves
- 3 Tbsp Extra Virgin olive oil
- 1/2 tsp salt
- Ground black pepper
- 3 Tbsp finely grated Parmesan or roasted cashew nuts

To serve

Baby carrots and Lebanese cucumbers
Grissini or fresh baguette

Directions

1. Using a blender or food mill, process the pesto ingredients until desired consistency.
2. Serve with baby carrots and lengths of Lebanese cucumber.

Recipe supplied courtesy of Australian Asparagus Council www.asparagus.com.au



Pumpkin Chocolate Chip Muffins

Makes about 36 muffins

- 4 eggs, room temperature
- 1 cup vegetable oil
- 2 cups brown sugar
- 3 cups plain flour
- 2 cups cooked pumpkin (finely mashed)
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 tsp salt
- 1 cup chocolate chips (milk or dark to taste)

Directions

1. Preheat oven to 350°F. Grease and prepare a muffin tin and set aside.
2. In a mixer combine the eggs, oil and sugar. Add the pumpkin and mix well. In a separate bowl mix the flour, soda, cinnamon and salt. Add this to the wet ingredients until combined. Stir in the chocolate chips with a wooden spoon.
3. Spoon the batter into the muffin cups until they are 2/3 full. Bake for 20-25 minutes, or until the tops spring back when touched. This recipe can also be made into a loaf or mini-muffins. Dust with icing sugar for a special treat.

