ISSUE 10 | 2026

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BEST VALUE

EASY ENTERTAINING

COOL TREATS

IN SEASON

MID-WEEK DINNERS



Serving up Summer freshness



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A little more summer at the table

There's something lovely about a summer meal that starts with what looks good at the fruit and veg shop. A punnet of berries, fragrant peaches, tomatoes full of flavour. Before you know it, dinner has taken a different direction.

That sense of possibility is what we wanted to bring to this edition. There are ideas for the days when you're feeding a crowd, and others for when you'd rather spend less time in the kitchen. Think grilled peaches and prawns, a colourful salad to pass around, or pineapple and ginger granita waiting in the freezer.

One of my favourite parts of this issue is hearing how growers enjoy their own produce at home.

We also hear from wholesalers across Australia's central wholesale markets, sharing what's looking good and what to look out for. Together with our growers and local independent fresh fruit and veg shops, they bring a wealth of care and knowledge to the food we enjoy every day. I love that we can share that with you.

Thank you for picking up this magazine and supporting your local shop. I hope these pages give you something delicious to try, useful tips, and a reason to linger a little longer around the table.

I'd love to hear what you think. Scan the QR code on the back cover to share your feedback for a chance to win a $50 gift card. Enjoy every juicy, colourful bite of summer.

Warmly,
Nina Torkman
Editor & National Program Manager – 'A better choice!'

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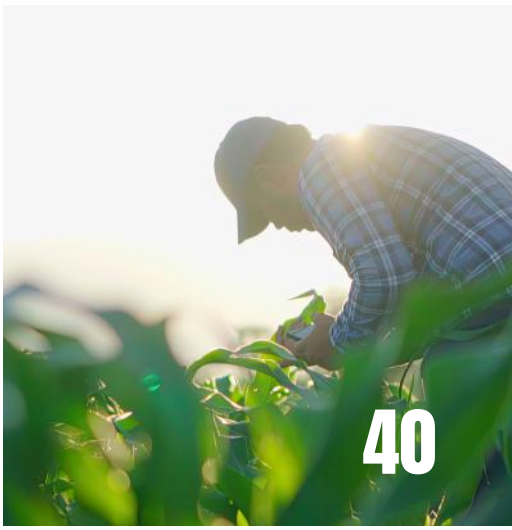
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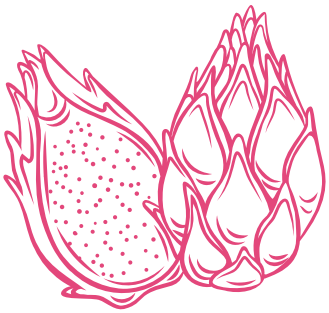
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Fresh FOCUS





We're shining a spotlight on some of the tastiest produce at its peak right now. From sweet, juicy fruit to vibrant veggies, here's what's worth grabbing this week.

SWEET AND STRIKING

Meet the fruit that steals the show before you've even taken a bite. With its vivid pink skin and white or pink flesh (depending on the variety), dragon fruit has a subtly sweet flavour. Enjoy it fresh by slicing it in half and scooping the flesh straight from the skin. Add it to a fruit salad, blend it into a smoothie, or slice it for a striking drink garnish.

How to store: Dragon fruit ripens at room temperature and keeps in the fridge for a few days once ripe. Best eaten well-chilled.





THE VERSATILE VEG

Eggplant is the ultimate add-to-everything vegetable and an easy, affordable way to bulk out your favourite recipes. Its mild flavour makes it a natural at soaking up the flavours of whatever you're cooking with, whether that's tomato and garlic in a parmigiana, spices in a curry or the charred smokiness of the barbecue.

BBQ tip: Slice into rounds (two centimetres thick), brush with oil and grill over medium-high heat for a few minutes each side, until just tender. For baby eggplant, cut it in half lengthways instead.





MIX UP YOUR MELONS

Honeydew is the milder, more subtle member of the melon family. Its pale green flesh is sweet and refreshing, and its high water content makes it one of the most hydrating fruits around. For the sweetest bite, look for the white-skinned variety and let it shine in a simple summer starter with mint, lime or a wrap of prosciutto.

Serving suggestion: Whip up an easy salsa by combining finely diced honeydew with diced red onion, chopped coriander, a squeeze of lime juice and a pinch of chilli. Serve with fresh fish tacos or corn chips.

IT'S LIME TIME

Tangy and sweet, Tahitian limes are the perfect way to add a touch of tropical flavour to your seasonal dishes. They are picked green and, as they ripen, they turn yellow and become juicier and sweeter. Use lime juice to cure seafood or marinate chicken, squeeze it into curries and stir-fries, or add slices to summer drinks.

Kitchen tip: Roll a lime firmly on the bench before cutting to get the most juice.





BOUNTIFUL BEANS

There's a great range of beans on offer right now, from classic green beans to sweet butter beans and slender snake beans. Beans are the perfect way to add colour and crunch to a dish. Slice them into stir-fries, blanch and toss through a salad or simply serve them as a side. A favourite way to serve them is lightly blanched with a squeeze of lemon juice and a drizzle of extra virgin olive oil, then seasoned and tossed with crumbled feta.

Freshness check: A good bean should snap cleanly when bent. If it just folds, it's past its best.

THE STAR OF THE SHOW

Looking for something unique to try this season? Star fruit, also known as carambola, is one to reach for. This tropical fruit has a crisp, juicy texture and a delicate citrus-like flavour. With no peeling required, simply slice crossways to reveal its stunning star shape.

Serving suggestion: Enjoy it on its own or use it to decorate a cheese board, fruit salad or your favourite dessert.





SUMMER LYCHEES

Lychees are delicious eaten straight from the shell, but they're just as good put to work in a summer recipe. Try them on a cheese platter for a clever match with a sharp cheddar, or toss a few through a zingy salad with mint, ginger, lime and chilli. For a refreshing drink, crush a few with fresh mint and top with mineral water.

How to store: Keep lychees fresher for longer by storing them in a sealed bag or container in the fridge.



PASSIONFRUIT PERFECTION

Deliciously tangy passionfruit is a simple way to add a burst of flavour to a dish. Spoon it straight from the skin, drizzle over yoghurt or ice cream, or stir it through sparkling water for a tasty drink. It's also the must-have topping for a festive pavlova.

How to choose: Look for passionfruit that feels heavy for its size. A slightly wrinkled skin is a sign of ripeness and often means the fruit is ready to enjoy.



Health and WELLBEING

FEELING BERRY GOOD

Eating more strawberries, blueberries, apples and oranges could come with a feel-good bonus. A new study, examining the diets of 40,000 women for almost two decades, found eating more flavonoid-rich foods was associated with a greater likelihood of staying happy and optimistic over time.

Flavonoids are naturally occurring plant compounds found in fruit, vegetables, tea and cocoa, with around three daily servings of flavonoid-rich foods associated with the improvements in psychological wellbeing. The relationship appears to work both ways: people who feel happier also seem more likely to maintain a healthier diet. The effects were modest, but it's another reason to keep a colourful mix of fruit on the menu.

Reference: Thompson AS et al. Clinical Nutrition, 2026.



SNACKING FOR BRAIN HEALTH

Could eating a handful of nuts a day help protect your brain?

A large international study, following more than 17,000 adults, found those eating just one to five grams of nuts (that's one to four almonds) had a 20 per cent lower risk of developing dementia, than those who didn't eat any nuts.

The biggest benefit was seen among people eating at least five grams of nuts a day, with their risk of developing dementia falling by 24 per cent. Researchers believe nuts may help protect the brain because they are rich in nutrients that help to keep the brain cells healthy, including omega-3, vitamin E, magnesium and antioxidants.

Reference: Tang, S. et al. Journal of Functional Foods, 2026.





TWO TOMATOES A DAY

Eating tomatoes may be doing more for your heart than you realise. A 2026 comprehensive review of research on tomatoes found lycopene, the antioxidant that gives tomatoes their red colour, was linked with lower blood pressure. The best part? Just one to two raw tomatoes a day was enough to see the benefit.

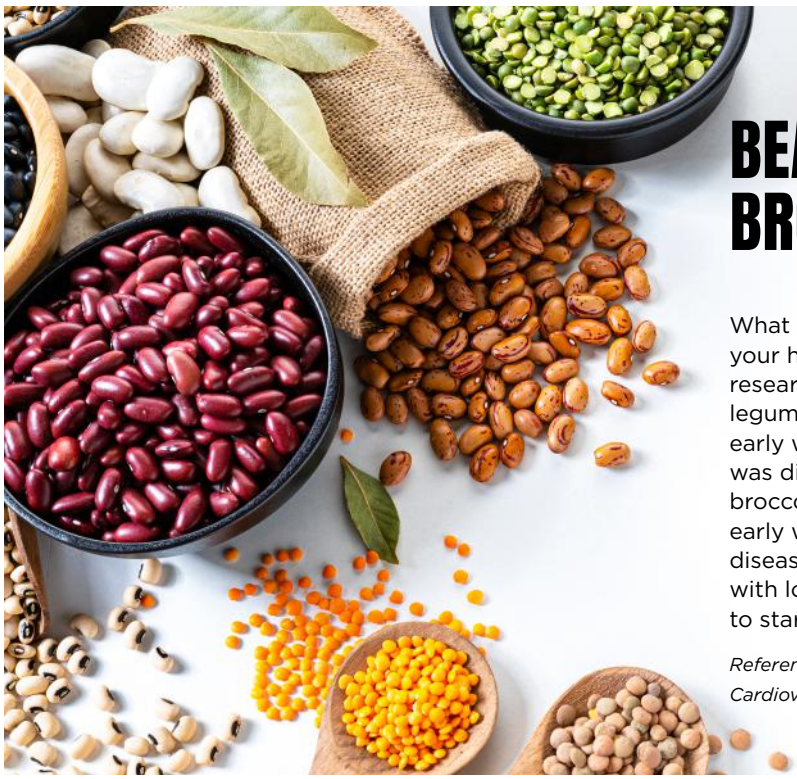
Reference: Nam, Y. et al. Food & Function, 2026.

TURN BACK THE CLOCK

Could you eat your way to a younger biological age? A new University of Sydney study found changing your diet, even in your seventies, could help to slow ageing in just a month.

The researchers tracked Australians, aged 65–75 years, and placed them on four different diets. Those who reduced either dietary fat or animal protein showed improvements in their biological-age score after four weeks. Unlike the number of candles on your birthday cake, biological age reflects how your body is ageing based on a range of health markers and is a potential indicator of longevity.

Reference: Andrews C et al. Aging Cell 2026.



BEANS FOR BLOKES, BROCCOLI FOR THE LADIES

What you eat in your twenties could help shape your heart health for years to come. New Australian research found that young men who ate more legumes, such as beans, lentils and peas, had fewer early warning signs of heart disease. The mix of foods was different for women, with those who ate more broccoli, cauliflower and cabbage showing fewer early warning signs linked to diabetes and heart disease. Even one extra serve a day was associated with lower health risks, suggesting it's never too early to start building better eating habits.

Reference: McNamara N et al. Nutrition, Metabolism and Cardiovascular Diseases 2026.

THE CHERRY ON TOP

Three science-backed reasons to enjoy sweet cherries

Professor Karen Charlton, Advanced Accredited Practising Dietitian, University of Newcastle

Australian sweet cherries are more than just a delicious summer treat. These vibrant fruits are packed with fibre, vitamin C, potassium and powerful plant compounds that support good health. In a recent review of the scientific evidence, my colleagues and I found that the benefits of cherries may extend beyond basic nutrition to areas such as sleep and even brain function.

So, what makes cherries so special?

1. Antioxidant Rich

Sweet cherries are loaded with antioxidants, containing more than 20 different types. These natural compounds help protect the body's cells from damage caused by oxidative stress, a process linked to ageing and chronic disease.

Research suggests that eating around a couple of handfuls of cherries each day (about 20 to 25 cherries) may help reduce markers of inflammation and oxidative stress, supporting overall health and wellbeing.

2. Natural Vitamin C

A serving of cherries (one cup or 10 to 12 cherries) provides around 30% of your daily vitamin C needs. This hardworking nutrient plays an important role throughout the body.

Vitamin C helps support a healthy immune system, contributes to collagen production for healthy skin, and improves the absorption of iron from foods eaten at the same meal. It also supports normal brain and nervous system function and may contribute to positive mental wellbeing.

3. Better Sleep Quality

Looking for a natural way to improve sleep? Cherries may help.

In one study, people who ate about 200g of fresh cherries twice a day for three days slept for longer and experienced less waking during the night. Researchers reported increases in sleep time of up to 23%.

One reason may be that cherries naturally contain melatonin, a hormone that helps regulate the body's sleep-wake cycle.

The Bottom Line

Whether eaten fresh as a snack, added to a fruit salad or enjoyed as part of breakfast, sweet cherries offer more than great flavour. With benefits linked to antioxidant protection, immune health and better sleep, they really are a nutritious little package.





ONDINE FLAT PEACHES AND FLAT NECTARINES

The sweet and juicy flat peaches, which you've seen people enjoy on their Euro-summer trips, are now grown in Australia and they are in season! Ondine flat peaches and flat nectarines are full of flavour and deliciously sweet, whether eaten crunchy or soft. Their naturally flat shape makes them easy to pack and snack on-the-go. They are also great for little hands and a true lunchbox hit. You'll find them at fruit and veg shops in WA, SA, VIC, NSW and QLD from December to March.
Instagram: ondine_fruit_au



WHAT WE'RE



DRIZZY PEANUT BUTTER

Give your morning toast a playful twist with Drizzy Peanut Butter. Made in Australia and packaged in a squeezable bottle, it's designed for drizzling straight over anything from apple slices to porridge to pancakes. It's a simple, mess-free way to add peanut butter to any meal. Available at select fruit and veg shops in WA, VIC, QLD and NSW.
au.getdrizzy.co



TIO TITO

Spice up taco night with Tio Tito's collection of Mexican-inspired salsas and sauces. The line-up includes Smokey Mo-leh with Black Beans, Taco Sauce with Paprika, Mild Salsa with Lime and Sea Salt, and Hot Salsa with Habanero Chilli. Load up your tacos with your favourite toppings, and whip up a fresh guacamole with avo, lime and coriander, for a tasty mid-week dinner. Available at selected fruit and veg shops, IGA and Harris Farm.
tiotito.com.au





GELATISSIMO BAMBINO

A sweet and petite treat for little hands (or anyone craving a smaller snack), Gelatissimo Bambino is a range of mini ice cream and sorbet cones with a crunchy top. There's something to tempt every sweet tooth, with Mango, Raspberry, Salted Caramel and Macadamias, Vanilla Bean and Roasted Nuts, and Chocolate. Look out for them at your local fruit and veg shop.



UDDER DELIGHTS

Summer entertaining calls for a good cheese board and Udder Delights has three new cheddars to add to the spread. There's rich Vintage Cheddar, smooth and sophisticated Smoked Cheddar, and Wildfire Cheddar with chilli, garlic and basil, for those who like a little heat. Serve with fresh summer fruit, your favourite chutney and crackers for an easy cheese board ready for sharing. Keep an eye out for these new cheeses at your local fruit and veg shop.

udderdelights.com.au

LOVING

These are the products on our radar that'll give your fridge, freezer or pantry a boost this season.

HI FRESH SALAD BOWLS

Take the fuss out of salad prep with Hi Fresh Salad Bowls. Packed with fresh South Australian produce, choose from six ready-to-eat varieties including Greek Salad, Crunchy Asian Salad and Kaleslaw. They are ideal for an easy lunch, the perfect barbecue side, or a quick dinner on a hot summer's night when you can't be bothered cooking. Available at select fruit and veg shops.

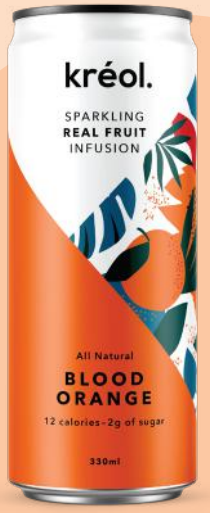
hifresh.com.au



KREOL

When the weather heats up, Kreol offers a fruity sparkling sip with a little something extra. Made with real Australian fruit, each bottle contains 30mg of vitamin C from organic Barbados cherries. Choose from Sparkling Blood Orange, Sparkling Passionfruit and Orange, or Sparkling Ginger Lime for a bright, zesty addition to the summer fridge.

kreol.com.au






RECIPES



Berry Breakfast Danishes

Turn a packet of puff pastry into something special with these easy berry danishes. On the table in just 25 minutes, they're a simple way to make breakfast feel a little more indulgent.

Prep 10 minutes
Cook 15 minutes
Serves 8

Ingredients

- 200g cream cheese
- 2 tbsp icing sugar
- 1 tsp lemon zest
- 1 tsp pure vanilla extract
- 2 sheets frozen puff pastry, just thawed
- 1 punnet fresh blackberries
- 1 punnet fresh raspberries
- 1 egg, lightly beaten
- 3 tbsp granulated sugar

1. Preheat the oven to 200°C and line a large baking tray with baking paper.
2. In a large mixing bowl, add the cream cheese with the icing sugar, lemon zest and vanilla extract. Beat with a stand or hand mixer until smooth.
3. Using a large round cookie cutter (approximately 10cm), cut out four circles from each sheet of puff pastry. Transfer the circles to the prepared baking tray, at least 2cm apart.
4. Using a slightly smaller round cookie cutter (approximately 8cm) or a knife, gently print a circular border in the centre of each circle, leaving a border about 1cm from the edges. Use a fork to evenly prick the centre of each circle.
5. Spread about 1 tbsp of the cream cheese mixture inside the border of each pastry then top with fresh blackberries and raspberries.
6. Brush the edges of the pastries with the beaten egg then sprinkle evenly with granulated sugar. Bake for 15 minutes, or until they're golden and puffed.
7. Remove the pastries from the oven and allow to cool for 5 minutes on the baking tray before transferring them to a cooling rack to cool completely.
8. Top with fresh raspberries and blackberries to serve.

Recipe credit: Marie Duong for Fresh Aussie Berries

Summer Veggie Frittata

This budget-friendly Summer Veggie Frittata is full of goodness. Whip it up for a lazy weekend brunch, a quick dinner or an on-the-go lunch.

Prep 10 minutes
Cook 50–55 minutes
Serves 4

Ingredients

- 1 medium sweet potato, peeled, thinly sliced
- 1 zucchini, thickly sliced into 1cm rounds
- 1 red onion, sliced into 1cm-thick wedges
- 1 red capsicum, diced
- Pinch of salt and pepper
- 2 tbsp olive oil
- 12 eggs
- 2 handfuls basil leaves, half finely sliced
- 6 bocconcini balls, torn

1. Preheat the oven to 220°C.
2. Combine the vegetables in a bowl with a little salt and pepper and the olive oil. Toss well to coat.
3. Place them onto a lined baking tray and roast for 15 minutes to cook.
4. Meanwhile, whisk together the eggs, a little salt, pepper and the sliced basil.
5. Lay half the roast vegetables over a baking dish with half the torn bocconcini and pour over the egg mixture. Top with the remaining veggies and bocconcini, then cook in the oven for 35–40 minutes, until the centre is set.
6. Serve hot or allow to cool to room temperature.

Recipe credit: Chef Tom Walton for GI Foundation





Truss Tomato Galette Tart

Crispy, buttery and bursting with fresh flavour, this truss tomato galette is a family favourite. With its pops of colour, it makes an ideal centrepiece for festive occasions.

Prep 15 minutes
Cook 30 minutes
Serves 4

Ingredients

- 4–5 truss tomatoes
- 1 sheet frozen puff pastry, thawed
- 2 red onions
- 1 tbsp brown sugar
- 1 tbsp balsamic vinegar
- Knob of butter
- 2 tsp dried oregano
- Sesame seeds
- Black nigella seeds (optional)
- Dash of milk
- Pinch of sea salt

Herb sauce

- ⅓ bunch mint leaves
- ⅓ bunch parsley leaves and stalks
- 3–4 tbsp olive oil
- 1 tbsp sherry vinegar (or lemon juice)
- Pinch of sea salt

To serve

- 1 tbsp toasted pine nuts
- 1–2 burrata cheese balls
- 1 tbsp fresh oregano leaves
- Cracked pepper

1. Preheat the oven to 180°C. Line a rectangle baking tray with baking paper and place the puff pastry sheet on top.
2. Warm up a heavy-based fry pan. Thinly slice the red onions into half-moons. Add a knob of butter to the heated fry pan. Allow it to melt before adding the red onions. Stir with a spatula while sweating the onions down. Once the onions become transparent, add the brown sugar and balsamic vinegar and stir through. Once the onions and balsamic vinegar are caramelised, remove from heat.
3. Spoon the caramelised onions over the puff pastry leaving a 5cm border around the edge.
4. Thinly slice the truss tomatoes and layer them over the onions followed by the dried oregano and sea salt.
5. Fold the puff pastry border inwards over the top of the tomatoes. Using a pastry brush, brush the pastry with a dash of milk and sprinkle over the sesame and nigella seeds. Bake in the oven for 25–30 minutes or until golden and crisp.
6. While the tart is baking, the herb sauce can be made: combine all of the herb sauce ingredients in a small food processor. Blitz until it comes together into a smooth consistency. Add further olive oil or lemon juice if it is needed.
7. Once the tart is cooked to golden and crispy, remove from the oven.
8. Serve straight away with the burrata cheese torn apart with a drizzle of olive oil over the top and a good pinch of cracked pepper.
9. Spoon the herb sauce over the top along with a sprinkle of toasted pine nuts and fresh oregano leaves.

Recipe credit: Australian Truss Tomatoes

MUSHROOMS

Turn up the taste

Versatile, satisfying, and brilliant at soaking up spice, mushrooms bring serious depth to these two delicious dinners from Callum Hann.

Callum Hann's Mushroom Dan Dan Noodles with Asian Greens



Prep 30 minutes
Cook 15 minutes
Serves 4

Ingredients

- 2 tbsp olive oil
- 400g mixed mushrooms, cut into bite-sized pieces
- 4 garlic cloves, finely grated
- 2 tsp Sichuan peppercorns, toasted and ground
- 2 tsp Chinese five spice
- ¼ cup salt-reduced soy sauce
- 2 tbsp tahini
- 2 tbsp honey
- 1 cup vegetable stock (or water)
- 150g firm tofu, cut into 2cm pieces
- 2 bunches choy sum, cut into 5cm lengths (or substitute any leafy green vegetable)
- 1 tbsp sesame oil
- 200g dry egg noodles
- ¼ bunch coriander, leaves picked
- 3 spring onions, thinly sliced

1. Heat 1 tbsp oil in a large frying pan over medium-high heat. Cook mushrooms for 3–4 minutes or until browned. Add garlic, peppercorns and Chinese five spice and cook for a further minute or until fragrant. Stir through soy sauce, tahini, honey, stock, tofu and choy sum. Simmer for 1–2 minutes or until choy sum is tender and sauce has slightly reduced. Stir through sesame oil.
2. Bring a large saucepan of water to the boil. Boil egg noodles for 3–4 minutes or until tender. Drain and set aside.
3. Divide noodles between four serving bowls. Top with mushroom mixture and the sauce, then finish with spring onion and coriander leaves.





Callum Hann's Mushroom Chorizo Ragu with Wilted Greens and Polenta

Prep 30 minutes
Cook 15 minutes
Serves 4

Ingredients

- 2 cups reduced-salt chicken stock
- ½ cup instant polenta
- 20g parmesan, finely grated
- 1 tbsp olive oil, plus 2 tbsp extra
- 1 chorizo, halved and thinly sliced
- 400g mixed mushrooms, sliced
- 1 rosemary sprig, leaves picked
- 2 tbsp hazelnuts, roughly chopped
- 4 garlic cloves, thinly sliced
- ½ bunch chard or spinach, roughly chopped
- 1 lemon

1. Line a 20cm x 10cm dish with baking paper. Bring stock to the boil in a small saucepan over high heat. Gradually add polenta in a steady stream, whisking constantly until well combined. Reduce heat to medium and cook, continuing to whisk constantly, for 4–5 minutes or until thick and smooth. Stir in parmesan. Pour polenta into the prepared dish and smooth the surface. Refrigerate for 30 minutes or until set.
2. Meanwhile, heat 1 tbsp oil in a large frying pan over medium heat. Cook chorizo for 3–4 minutes or until golden and fat has rendered. Add mushrooms and cook for a further 3–4 minutes or until golden brown all over. Add rosemary and hazelnuts and cook for 1 minute or until fragrant. Remove from pan and keep warm.
3. Wipe out pan if necessary and return to medium-high heat. Add 1 tbsp oil and garlic and cook for 1 minute or until fragrant. Add chard and cook for 2–3 minutes or until wilted. Squeeze over lemon juice.
4. Turn polenta out onto a chopping board and cut into 4 pieces. Heat 1 tbsp oil in a large frying pan over high heat. Cook polenta for 1–2 minutes each side or until warmed through. Serve polenta topped with ragu and wilted greens.



BBQ Papaya

A few minutes on the grill is all it takes to bring out papaya's natural sweetness and caramelised edges. Add your favourite toppings and it's ready in minutes, perfect for a fresh start to the day.

Prep 10 minutes
Cook 6 minutes
Serves 2-4

Ingredients

- 1 papaya, halved, seeds removed
- Oil spray, for cooking
- Yoghurt, cherries, blackberries and granola clusters, to serve

1. Scoop out some of the papaya flesh and cut into cubes and set aside.
2. Lightly spray the cut sides of the papaya with oil to prevent sticking.
3. Place cut-side down on a grill pan or barbecue over medium-high heat and cook for 2 minutes, or until lightly caramelised. Turn over and cook for a further 2–4 minutes.
4. Serve with your favourite yoghurt and toppings: cherries, blackberries, granola clusters and the extra pieces of papaya.

Recipe credit: Australian Papaya



Grown in Australia



AUSTRALIAN BANANAS™
Make your body sing!

Whatever your thing
Make your body sing





Mushroom and Zoodle Salad

A fast and fresh salad, complete with a homemade dressing full of punchy flavour. Easy to enjoy on its own or as a delicious side dish.

Prep 15 minutes
Cook 15 minutes
Serves 4

Ingredients

- ⅓ cup extra virgin olive oil
- 2 tbsp white wine vinegar
- 1 tsp raw sugar
- 4 zucchini, trimmed
- 250g button mushrooms, halved
- 1 punnet cherry tomatoes, halved
- 1 cup basil leaves
- 1 tbsp capers in brine, drained
- ½ cup Sicilian olives, bruised with a knife, pits removed
- Salt and pepper, to season

1. Preheat the oven to 220°C. Whisk 2 tbsp of the oil with the vinegar, sugar, salt and pepper in a large bowl until the sugar dissolves. Using a spiraliser or julienne peeler, cut the zucchini into noodles and add to the bowl, tossing well to combine. Set aside to soften.
2. Combine the mushrooms, cherry tomatoes and capers on a large baking tray lined with baking paper. Drizzle with the remaining oil, season with salt and pepper and toss well to combine.
3. Roast in oven for 15 minutes, or until the mushrooms are cooked and the tomato skins have burst. Remove from the oven and add the mixture to the bowl with the zoodles, including any pan juices and toss well to combine. Add the basil and olives and serve.

Recipe credit: Australian Mushrooms


CLEARED YOUR INBOX?
IT'S MANGO TIME
AUSTRALIAN MANGOES



Summer Green Goddess Avocado Salad

Elevate your summer gatherings with this bright, fresh and seasonal salad. Easy to whip up, it makes the perfect festive salad for entertaining or for taking along to summer barbecues.

Prep 20 minutes
Cook 10-12 minutes
Serves 4

Ingredients

- 2–3 corn cobs
- 3 baby cos lettuces or baby gems, quartered
- 2 Delcado avocados, sliced
- 4 radishes, cut into wedges
- 300g hot-smoked trout, pulled into large pieces
- Extra basil and lemon wedges, to serve

Dressing

- 1½ Delcado avocados
- 1 handful mixed herbs (basil, mint and parsley)
- Zest and juice of 1 lemon
- Good pinch of salt and pepper
- ½ cup Greek-style yoghurt
- ¼ cup water
- Olive oil, for drizzling

1. For the green goddess dressing, combine the ingredients in a blender, blend to a smooth consistency and season to taste.
2. Preheat a grill plate or barbecue and cook the corn over medium-high heat for approximately 10–12 minutes, or until nicely charred, cool, then cut off the cob.
3. Arrange the lettuce wedges over a large platter, place over the sliced avocado, corn, trout and radishes. Drizzle with a little olive oil and season with salt and pepper.
4. Scatter with the basil and spoon over a desired amount of the green goddess dressing, serving the rest on the side with lemon wedges.

Recipe credit: Chef Tom Walton for Delcado Avocados



Mexican Baked Rice

This one-pot low GI recipe is a go-to for weeknight dinners and easily doubles as a dish to serve guests at your next gathering. Minimal washing up, maximum flavour.

Prep 15 minutes
Cook 35-40 minutes
Serves 4

Ingredients

- 5 tbsp olive oil
- 1 red onion, diced
- 1 red capsicum, sliced
- 1 green capsicum, sliced
- 2 garlic cloves, roughly chopped
- Pinch of salt
- 2 tbsp Mexican spice mix
- 2 tbsp tomato paste
- 1½ cups basmati rice
- 600ml vegetable stock
- 4–5 large cup mushrooms
- 2 vine-ripened tomatoes, diced
- 400g tin kidney beans, drained and rinsed
- 1 large handful coriander, roughly chopped
- 1 lime, juiced
- 1 avocado, cut into wedges
- Natural yoghurt, to serve

1. Preheat the oven to 210°C. Place a large shallow French oven pan or ovenproof frying pan over a medium-high heat and add 3 tbsp of the olive oil, onion, capsicums, garlic, and a good pinch of salt.
2. Stirring often, cook for 4 minutes then add spice mix, tomato paste and rice and stir everything through, cooking for a further minute.
3. Add stock, bring to a simmer stirring so everything is evenly mixed then nestle in the mushrooms, cup-side up, season with salt and pepper and drizzle the remaining 2 tbsp of olive oil over mushrooms. Cover with a lid and bake for 25–30 minutes.
4. Combine tomatoes and kidney beans with a little chopped coriander. Season to taste and add a squeeze of lime juice. When rice and mushrooms are cooked, remove from the oven and allow to rest, covered, for 5 minutes.
5. To serve, scatter the kidney bean mixture and avocado over the rice and top with the yoghurt.

Recipe credit: Chef Tom Walton for GI Foundation

Salmon Niçoise Spaghetti

A healthy take on comfort cooking, this low GI spaghetti ticks all the boxes for a mid-week dinner.

Prep 10 minutes
Cook 10-20 minutes
Serves 4

Ingredients

- 2 cups grape tomatoes
- 2 garlic cloves, finely sliced
- ⅓ cup pitted kalamata olives, halved
- 2 tbsp extra virgin olive oil
- Sea salt and ground black pepper
- 1 handful fresh basil, torn, plus extra to serve
- Zest of 1 lemon
- 300g salmon fillet, skin off, responsibly farmed
- 300g dried spaghetti
- 1 handful fresh flat-leaf parsley, roughly chopped

1. Preheat the oven to 200°C and bring a large pot of lightly salted water to the boil.
2. In a baking dish, combine the tomatoes, olives, garlic, olive oil, basil, lemon zest and salmon and season with salt and pepper. Gently toss to combine and bake for 10 minutes.
3. Add the spaghetti to boiling water and cook for approximately 9 minutes, reserving ½ cup of the pasta cooking water.
4. Remove salmon and tomatoes from oven and gently break up salmon with a fork. Drain pasta and add to baking dish with parsley, tossing well to combine. Add enough pasta cooking water to create a silky, loose sauce. Season to taste and serve scattered with basil.

Recipe credit: Chef Tom Walton for GI Foundation







Sticky Asian Pork Belly with Plums

Crisp crackling and a warm, sticky sauce make this pork belly hard to resist. It's made for a table full of hungry guests, or for a slow Sunday cook-up.

Prep 10 minutes
Cook 1 hour 15 minutes
Serves 4

Ingredients

- 1.4kg pork belly, scored
- 1 tbsp olive oil
- 1 tbsp sea salt flakes
- Steamed jasmine rice, to serve
- Shredded green onion, to serve

Plum sauce:

- 6 plums, halved and stones removed
- ½ cup firmly packed brown sugar
- 1 orange, rind finely grated and juiced
- 6 thin slices peeled fresh ginger
- 3 garlic cloves, sliced
- 1 cup chicken stock
- 2 tbsp honey
- ⅓ cup soy sauce
- ¼ cup Chinese rice wine
- 1 tsp sesame oil
- 2 cinnamon sticks
- 2 star anise

1. Preheat oven to 220°C fan-forced. Cut four 2cm-deep cuts into underside of pork. Place, skin-side up, in a roasting pan and rub with oil and sea salt. Roast in oven for 45 minutes.
2. Meanwhile, for the plum sauce, chop 2 of the plums and place in a small food processor. Add the sugar, orange rind, ginger and garlic. Process until smooth and combined. Pour the purée into a saucepan over medium heat. Add the stock, honey, orange juice, soy sauce, rice wine, sesame oil, cinnamon and star anise. Bring to the boil, then reduce heat to medium-low and simmer for 30 minutes, or until reduced by half and thickened to a smooth sauce.
3. Pour mixture around pork, taking care not to cover skin. Add remaining plum halves around the pork and return to oven to roast for a further 30 minutes or until pork is cooked through and crackling is crisp.
4. Transfer pork to a chopping board. Stand for 5 minutes, then thinly slice. Serve with sauce and plums from roasting pan, steamed jasmine rice and green onion.

Recipe credit: Aussie Summer Stonefruit

Grilled Flat Peaches and Prawns

Smoky grilled peaches meet fresh prawns, mint, chilli and lime in this colourful dish that's on the table in just 20 minutes.

Prep 10 minutes
Cook 10 minutes
Serves 4

Ingredients

- 3–4 Ondine flat peaches, halved or thickly sliced
- Olive oil, for brushing and tossing
- 500g cooked prawns, peeled and deveined
- Juice of 1–2 limes, plus extra to serve
- Fresh mint leaves, torn
- Fresh chilli, finely sliced, to taste
- Honey, to drizzle
- Sea salt flakes, to season

1. Preheat a barbecue or chargrill pan over medium-high heat.
2. Lightly brush the cut sides of the flat peaches with olive oil. Grill for 2–3 minutes on each side, or until lightly charred, softened and juicy. Remove from grill and set aside.
3. Toss the cooked prawns with a little olive oil and a squeeze of lime juice. Place on the grill and cook until heated through and lightly charred.
4. Arrange the grilled peaches and prawns on a serving platter.
5. Top with mint, chilli, a drizzle of honey and a generous squeeze of lime juice. Season with sea salt flakes and serve immediately.

Recipe credit: Lucy Tweed for Ondine Flat Peaches and Flat Nectarines



Tip: For this recipe, choose Ondine flat peaches as they'll hold their shape when cooked.



Tip: The mini pavlovas can be made ahead of time and stored in an airtight container.



Mini Pavlovas with Passionfruit Curd

Crisp meringue, silky passionfruit curd, cream and berries make these mini pavlovas hard to pass up. Serve them individually for a colourful finish to your next gathering.

Prep 20 minutes
Cook 30 minutes, plus 30–40 minutes cooling time
Serves 15–16

Ingredients:

- 8 large egg whites at room temperature
- 2 cups caster sugar
- 4 tsp cornflour
- 2 tsp lemon juice (or white vinegar)
- 1 tsp vanilla extract

Passionfruit curd:

- ½ cup fresh passionfruit pulp
- ½ cup caster sugar
- 2 tbsp lemon juice
- 4 egg yolks
- 6 tbsp butter

To serve:

- Whipped cream
- Blueberries
- Extra fresh passionfruit
- Mint leaves

To make the mini pavlovas

1. Preheat the oven to 180°C and line two large, flat baking trays with baking paper.
2. In a bowl, whisk the egg whites until firm peaks form.
3. Gradually add the sugar a little at a time while whisking. Continue whisking until the meringue turns to a satiny texture.
4. Sprinkle over the cornflour and whisk in, followed by whisking in the lemon juice and vanilla extract.
5. Using a spatula, spoon meringue onto the prepared trays to form mini pavlovas approximately 10cm wide.
6. Reduce the oven temperature to 150°C and bake for 30 minutes.
7. Once cooked, turn the oven off but don't open the door. Leave pavlovas in the oven for a further 30–40 minutes to cool slowly.
8. Transfer mini pavlovas to a wire rack to cool completely.

To make the passionfruit curd

9. Combine passionfruit pulp and sugar into a glass bowl placed over a double boiler (saucepan with simmering water). Ensure the base of the bowl is not submerged in the simmering water. Whisk until the sugar dissolves.
10. In a separate bowl, lightly whisk together the egg yolks and lemon juice.
11. While whisking, gradually add one spoonful at a time of the warm passionfruit mixture into the bowl of egg and lemon juice mixture. Ensure you are whisking so no lumps appear. Once both have been fully mixed, add the bowl back to the double boiler and whisk further until the mixture becomes thick and creamy.
12. Add the butter and whisk through.
13. Take off the heat and allow to cool before placing in the fridge covered until you are ready to serve the pavlovas.

To serve

14. Serve the mini pavlovas with a dollop of whipped cream, a generous spoonful of the passionfruit curd, and some extra passionfruit. Sprinkle fresh blueberries over the top and add some mint leaves.

Recipe credit: Australian Passionfruit

Pineapple and Ginger Granita

Icy pineapple and zingy ginger make a winning combination in this make-ahead granita. Serve it straight from the freezer in pineapple cups for a fun finishing touch.

Prep 5 minutes, plus 4 hours freezing time
Cook 0 minutes
Serves 2–4

Ingredients

- 1 medium pineapple
- 4cm ginger, peeled and finely grated
- 2 tbsp caster sugar
- Fresh mint leaves, to garnish

1. Using a sharp knife, cut off the crown of the pineapple then cut the pineapple in half horizontally. Carefully run the knife around the inside of the pineapple, about 1cm from the skin. Cut out and remove core. Using a spoon, scoop out the flesh.
2. Set aside pineapple cups and cover with cling wrap (optional). Place pineapple flesh in a blender with ginger and caster sugar. Blend until smooth.
3. Pour pineapple mixture into a shallow tray and freeze for 2 hours. Using a fork, fluff up frozen pineapple mixture and return to freezer. Repeat every 30 minutes for a further 2 hours.
4. Fluff up the granita with a fork before serving in pineapple cups or glasses. Garnish with fresh mint leaves and serve.

Recipe credit: Australian Pineapples





Coconut, Lychee and Raspberry Popsicles

A refreshing trio, these popsicles are a sweet treat the whole family will love. Perfect for making ahead of time and enjoying on hot summer days.

Prep 15 minutes, plus 4–5 hours freezing time
Cook 0 minutes
Serves 8

Ingredients

- 300ml coconut milk
- 1 tbsp maple syrup or sweetener of choice
- 2 cups (approximately 45) fresh lychees, peeled and seeded
- ½ cup fresh or defrosted frozen raspberries

1. Roughly chop 16 of the lychees into small 1cm pieces. Set aside.
2. Add raspberries to a blender and purée until smooth. Divide evenly between eight 80ml popsicle moulds together with the chopped fresh lychees.
3. Add coconut milk, maple syrup and remaining lychees to the blender and process until smooth. Pour into popsicle moulds, filling to the top.
4. Using a butter knife or popsicle stick, gently swirl the raspberry purée and remaining lychees together with the coconut mixture.
5. Insert popsicle sticks and freeze for 4–5 hours, or until frozen. Remove from the moulds and serve.

Recipe credit: Marie Duong for Australian Lychee Growers Association

MEET THE GROWERS

When you grow some of summer's best produce, how do you eat it at home? We asked Australian fruit and vegetable growers what makes it onto their family table when the season is in full swing.



CHERRIES

Stephen Riseborough, Cherry Hill Orchards, Victoria

For Stephen Riseborough, cherries are best enjoyed straight from the tree – no recipe required. When they do make it into the kitchen, he says a Black Forest cake or folding cherries into a tiramisu are hard to beat. His top tip? Cherries don't ripen after picking, so enjoy them as soon as you buy them, as they'll be at their sweetest and best.







MANGOES

Paul Castorina, Sunshine Mangoes, Queensland

In the Castorina household, mangoes find their way into smoothies, desserts and salads. Aussie mangoes are in season from September to March and that's never long enough for the Castorinas. Paul and his family eat fresh mangoes while they can and always stock up on dried and frozen mango, so they can continue to enjoy them long after the last piece of fruit has been picked.



GRAPES

Jamie Jurevich, Vine Street Vineyard, Western Australia

For Jamie Jurevich and his family, nothing beats a chilled grape straight from the fridge or in their go-to summer salad combination of sliced grapes, avocado, lettuce and cherry tomatoes. On the farm, Jamie waits for the natural sugars of the grapes to develop before they are picked. This ensures the grapes are sweet and full of flavour.







HEIRLOOM TOMATOES

Jack Cafcakis, Cafcakis Produce, South Australia

Tomatoes don't need much fuss, according to Jack Cafcakis. His favourite way to enjoy heirlooms is simply sliced on toast with a drizzle of olive oil, a pinch of salt and a little feta. Don't be put off if they feel softer than your usual tomato. Jack says that's part of what gives heirloom varieties their beautifully juicy flesh. When they start to soften, they're ready to enjoy.





NECTARINES

Peter DeMaio, Sunland Fresh Fruit, New South Wales

For Peter DeMaio, nothing compares to the flavour of a ripe, juicy nectarine picked and eaten straight from the tree. At home, the DeMaios make the most of summer nectarines in desserts. Fruit piled high on a pavlova is a favourite for the festive season. Peter says the secret to choosing a nectarine is to trust your nose - look for that sweet nectarine aroma, then gently press the fruit. It should be firm, with just a little give under your fingertips.

PICKS OF THE SEASON FROM THE MARKETS

Curious about what's looking its best this season? We asked wholesalers around Australia to share which produce they'd recommend, what's offering great value and the seasonal tips worth knowing.



SUMMER RASPBERRIES

Jonathan Karantgis, Perfection Fresh, Victoria



Summer raspberries are one to add to the shopping basket. With good size and plenty of flavour, they're a natural fit for Christmas celebrations and summer entertaining. Add them to a grazing platter, serve with dessert or simply enjoy them by the handful.

REACH FOR BULLHORN CAPSICUMS

Ben Pogas, Pogas Produce, South Australia



It's a great time of year to be filling the shopping basket with plenty of salad items and anything to pop on a barbecue. A good one to look out for is a red or green bullhorn capsicum. They are perfect for roasting, stuffing or slicing into a salad, with the same crunch as other capsicum varieties and heaps more flavour.



ASIAN GREENS IN ABUNDANCE

Harry Emmanildis, Akropol, New South Wales



Summer is a great time to load up on Asian greens with plenty of fresh, crisp varieties hitting the shelves. Keep an eye out for specials on baby bok choy, choy sum and gai lan, perfect for tossing through stir-fries and noodles or simply steaming as a side. Look for vibrant green leaves and firm, crisp stems when picking your bunch.





PINEAPPLES AT THEIR SWEETEST

Lachlan Armstrong, Armstrong Bros, Queensland



Did you know it takes two years from planting to grow a pineapple for harvest? That patience pays off, with super sweet pineapples in season right now. Look for ones that are heavy for their size and give off a sweet smell at the base - it's a good sign they're ripe and ready to eat. Now's the time to grab some while the local crop is at its best.



PICK YOUR PERFECT AVOCADO

Vasille Yiannakis and Sam Bell, Mercer Mooney, Western Australia



If you're after something to use in dips and salads, go beyond the Hass avocado and look out for the creamier and lighter avocados: try Reed, Fuerte and Bacon varieties. Smaller avocados are also worth grabbing this season. Pre-packed options are a good money saver without missing out on taste or quality.

KIDS' CORNER

Pistachio Banana Pops

With just three ingredients, these frozen banana bites are quick to make and bound to disappear just as fast. A handy one to have tucked away in the freezer for kids and adults alike.

Prep 10 minutes, plus 1½ hours freezing time
Cook 0 minutes
Serves 4–6

Ingredients

- 2 large bananas
- 30g chopped pistachio nuts
- ½ cup melted chocolate or Greek yoghurt
- Caramel sauce



1. Slice bananas into thick rounds, skewer onto popsicle sticks and freeze for 1 hour, or until the banana is firm.
2. Dip frozen banana pieces into melted chocolate or Greek yoghurt.
3. Immediately roll in chopped pistachios.
4. Freeze for 30 minutes, or until set.

Recipe credit: Nuts For Life





COLOUR ME IN

Grab your brightest textas to give some colour to our yummy friends.



WIN

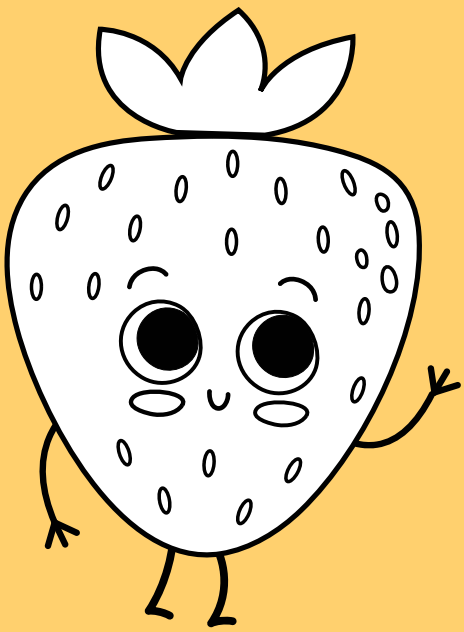
COLOUR & WIN



Got a little artist at home?
We'd love to see their masterpiece!

How to enter

1. Colour in the competition page
2. Take a photo of the finished artwork
3. Click **here** to upload entry



$100 PLUS KIDS PRIZE PACK



- 5 winners will be selected
- Each winner will receive an 'A better choice!' kids prize pack PLUS a $100 voucher to spend at the local fruit and veg shop where the magazine was picked up
- Entries must be submitted by 31 January 2027
- Open to all children aged under 18 years
- Click **here** to upload entry

Terms and conditions apply. See entry form for full details.

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Coconut, Lychee and Raspberry Popsicles





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