

## Produce report

## NZ vegetables

**Pick of the week** is red onions. These are a great onion, as they're just as delicious raw as they are cooked. They are easily recognised by their burgundy red skins and red tinged flesh. Spanish type red onions are large and round, while Californian red onions tend to be flatter and milder. They are delicious eaten raw in salads or sandwiches and as an attractive garnish. Globe shaped red onions, which are normally more pungent and taste more like a main crop onion, are also becoming available.



## Other top veggie buys

are carrots, lettuce, Telegraph cucumbers, red kumara, and Agria potatoes. Also to look out for are Beekist tomatoes. This magnificent fruit, which pretends to be a vegetable, is still in good supply and we're in the middle of March.

## NZ fruit

**Pick of the week** is avocados. These are still in great supply and at some places are under a \$1 each. Other top fruit buys are yellow fleshed nectarines, plums and peaches. Best buy are nectarines. There are not so many Pearl white flesh left but lots of yellow flesh – including Summer Blush, August Fire, Orion, Venus, August Red, Zee Glow and Red Free. Greengage plums are nearly finished, along with the end of the Omega and Black Doris. But black skin Freedom and Angelino are available, as well as the red skin Fortune and Flavour King pluots. The Black Boy peaches, with the wine red flesh, are still available in limited numbers. We should have Golden Queen peaches from Hawke's Bay all throughout March, though.

**Also to look out for** is Royal Gala apples and kiwano. Kiwano is a strange-looking fruit and is also known as horned melon, horned cucumber and jelly melon. The oval fruits have thick, bright golden-orange skin covered in sharp spikes. The skin conceals a bright green, jelly-like flesh encasing edible seeds, rather like a passionfruit, with a subtle taste of cucumber, banana and lime.

## Imported produce

Two lines in particular are pushing their way to the front of the queue by sheer volume – Navel oranges from California and red seedless grapes from Chile.

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# Fresh on the shelves



## ANZAC ESSENTIAL

Chelsea is releasing a limited edition Chelsea Golden Syrup Collectors Tin to celebrate its role in the humble Anzac biscuit. The tin is based on a design from the early 1900s when Anzac biscuits and Golden Syrup played an important role in feeding the troops overseas and most likely the family back home, too. The long-lasting, nutritious and tasty Anzac biscuit could be successfully made without eggs – which were in short supply. The Collectors Tin will be available during April while stocks last, and are the first in a series of Chelsea Collectables for release in the coming year. Chelsea Golden Syrup has been an essential ingredient in home-baking for 128 years and it is still made to the same original recipe as the first batch in 1888. "Because the original recipe Golden Syrup provides a specific texture and flavour to favourites like sticky date pudding, moist cakes, fudges, ginger crunch, biscuits and slices, regular bakers won't use anything else," Chelsea marketing manager Monique Farrell says.



## KUMARA CRUNCH

Snack chips made from kumara are available for the first time. Lower in fat and calories than common potato chip brands, Kumara Chips from Kenny's are rich in beta carotene, high in dietary fibre, and a high source of Vitamin C, iron, calcium and fibre. "We believe the long history of New Zealanders enjoying kumara will attract consumers to trying the healthy vegetable in a fresh new format," says Nutritious Foods' brand manager, Kenneth Wang. They contain no traceable gluten or trans fat. A combination of complex carbohydrates in kumara gives the chips a natural sweetness. Wang says they contain less oil residue than other snack chips because of the low temperature cooking method. They come in two flavours, Original and Salt & Pepper, and retail at \$3.99 for a 140g pack. On sale at Countdown stores nationwide and other select supermarkets.

[www.kumarachips.co.nz](http://www.kumarachips.co.nz)



## FESTIVE FARE

Loaf Handcrafted Breads introduces Cheeky Morsels, a new product range that evolves with festive dates in the calendar. Think delicious sticky chocolate brownie with different and delightful new toppings for those special foodie moments throughout the year. The range is being introduced just in time for Easter. Cheeky Morsels for Easter combine Loaf's sticky chocolate brownie with a dollop of marshmallow and a truly festive topping of toasted coconut and a candy coated chocolate egg. Loaf's Cheeky Morsels are available at Farro Fresh for RRP \$8.99 for a box of four.



## BOUNTIFUL BEER

Boundary Road Brewery's range of craft beers, the Bouncing Czech Pilsener Lager, Flying Fortress New Zealand Pale Ale and Lawn Ranger Lemon and Lime Infused Lager, are now available in the 12-pack format. "We want our craft beer fans to have more options when choosing our brews, and we are pleased they can now enjoy them in a handy 12-pack," says marketing manager Ben Shaw. RRP of \$25.99.

[www.BRB.co.nz](http://www.BRB.co.nz)