



## VILLAGE FRUITS JOURNAL



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A Monthly Newsletter From Palamara Village Fruits Mt Eliza

# READY TO SERVE!

# PANINI, SALAD, SOUP BAR

Welcome to our third edition and with winter well and truly here, we are proud to announce our **Panini, Salad & Soup Bar** is now open in-store! A popular range of freshly made panini, delicious healthy salads, and tasty wholesome soups are available for take-away!

With the recent milk recall from major supermarkets, our range of milk is perfectly fine and our customers appreciate this! We proudly stock **SUNGOLD MILK** - a fresh milk brand of Warrnambool Cheese & Butter, Australia's oldest dairy company established in 1888. Our daily supply of milk suits all tastes and lifestyles - Fresh Full Cream, Low Fat, No Fat and Jersey Milk. In store, cold & ready for your lifestyle!

Clocking in at five times the size of a regular avocado and ten times the weight, **Avozillas** may be big but there's no compromise on flavour – they're just as tasty as their regular-sized buddies. They have a slightly creamier texture which makes them easier to spread. Imagine how much avocado you can get and use in your recipes? Smashed Avocado on Toast - for the whole neighborhood?

**La Tortilleria's** award winning tortillas and topos are crafted from scratch in the nixtamal process using wholegrain, Australian-grown corn. This makes them a more authentic, healthier and tastier option for you. Gluten Free, Preservative Free, Non-GMO, Low Fat & Trans Fat Free, Vegan, & 100% Locally-Made from Australian Ingredients! Authentic Mexican Cuisine in your kitchen! Now in stock!

Palamara Mount Eliza Village Fruits helping you eat and shop well in our local community.

# RECIPE

## Sincronozada

Fun fact!  
Sincronozada  
means 'synchronised'  
in Spanish!



- Serves 4 / Preparation & Cooking Time: 15 min

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- 8 La Tortilleria corn tortillas
  - 150g free-range ham, thinly sliced (or Prosciutto)
  - 150g cheddar cheese, sliced

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### • PREPARATION

- Heat a frying pan to very hot (no oil).
- Place the tortilla in the pan then add a layer of cheese and ham, then finishing with another tortilla.
- Heat until cheese is melted, turning occasionally.
- Cut your Sincronozada into quarters.
- Serve with your favourite salsa or some slices of avocado.
- ¡Buen Provecho!

# Deli Item of the Month



## Prosciutto

Prosciutto is one of the world's favourite and best-known Italian foods.

The history of this cured ham stretches back to pre-Roman times. In northern Italy, in San Daniele, it was the Celtic people who first began curing meat with salt, and in Parma it was the peasants. The traditional process of curing is still practiced like an art form in both of these cities and results in the delicious prosciutto that, when thinly sliced, simply melts in your mouth!

The word *prosciutto* comes from the Latin *pro* (meaning before) and *exsuctus* - meaning to suck out the moisture. And sucking out the moisture is one of the first steps in the process of making delicious prosciutto.

So now that you know a little more about prosciutto, you should also know the best way to eat it! Always sliced from the leg on the spot at our deli, & straight out of the paper that it's wrapped up in! Boom!

Or pair it with buffalo mozzarella, fresh tomato and rocket in a panino, or with some slices of melon for a snack or appetiser.

Plus don't forget it can be tossed as a garnish upon a freshly baked pizza too!

All in all, eating delicious prosciutto is the closest thing to snacking in Italy, right here in Australia!

## Panini, Salad & Soup Bar

Spinach is a super-food. It is loaded with tons of nutrients in a low-calorie package. Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide protein, iron, vitamins, and minerals.



## In Store News

Mt Eliza Village Fruits proudly assists & supports local & national community groups, as well as local businesses. Through sponsorship & donations, we are proud to support their goals objectives and purpose, & share in what we believe makes our community great! Teamwork!

Proud Sponsors of Mt. Eliza Tennis Club & Mt. Eliza Football Netball Club



#mtelizajoose

Mt Eliza Village Fruits has proudly relaunched our in-house juice & smoothie bar as **'Village Joose Bar'** upon Instagram!

Log on & follow to see our latest healthy juice & smoothies range, health news & tips, plus regular competitions.