



VILLAGE FRUITS JOURNAL



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A Monthly Newsletter From Palamara Village Fruits Mt Eliza



Welcome to our Spring edition!

Apples, Strawberries, Grapefruit, Lemons, Mandarins, Rockmelon, BloodOranges, Seville Oranges, Papaw, Papaya, Pineapples.....

Artichokes, Asian Greens, Asparagus, Broad Beans, Beetroot, Broccoli, Carrots, Cauliflower, Chillies, Garlic, Kale, Lettuce, Mushrooms, Spring Onions, Peas, Potatoes, Silverbeet & Spinach.

All in season and ready for your weekly shop!

Come by and chat to our friendly staff about what's new and walk out with fresh fruit 7 vegetables, gourmet products, delicious deli items and even a scrumptious smoothie or coffee too!

And don't forget our range of take-home meals ranging from freshly made pasta meals, soups, curries and even ready to cook pizza too!

New tastes, new recipes, and new products all at Palamara Village Fruits Mount Eliza.

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

RECIPE

Carrot, Ginger, Coriander and Goat's Curd Fritters



PERFECT
SPRING
MEAL!

- Serves 4 / Preparation & Cooking Time: 30 min

- 3 (500g) large carrots, coarsely grated
- 1 tsp coriander seeds, crushed
- 6 spring onions, chopped
- 300g goat's curd or other soft goat's cheese
- 1 bunch coriander, leaves and stalks chopped
- 2 eggs
- 1/2 cup (75g) plain flour
- 1/3 cup (80ml) extra virgin olive oil, plus extra to drizzle
- Sliced avocado, lemon wedges and watercress to serve

• PREPARATION

- Place the carrot into a bowl with the crushed coriander seeds, spring onion, 150g goat's curd, chopped coriander, eggs and flour. Season with salt and pepper then mix together.
- Heat 1 tbs olive oil in a frypan over medium heat then, using about 1/4 cup of mixture for each, form 3 fritters.
- Cook the fritters for 2-3 minutes then turn and cook for a further 2-3 minutes on the other side until golden. Remove from the pan and keep warm. Repeat with remaining oil and mixture to make 12 fritters.
- Season with salt and pepper, bring to the boil over high heat, then reduce heat to low, cover and gently simmer for 15 minutes or until thickened
- Serve fritters warm with the remaining goat's curd, avocado, lemon wedges and watercress, and drizzle with extra oil.

Gourmet Product of the Month



Mount Zero Extra Virgin Olive Oils - or EVOOs - can be found in the commercial kitchens of some of the most acclaimed restaurants across Australia. Their range of Australian grown extra virgin olive oil is blended for balance, flavour and freshness.

All Mount Zero Olives are hand-picked and brine-cured, using the traditional Greek method of fermentation in water, salt and a splash of vinegar. This is a time-consuming process, however, it ensures a greater depth of flavour and natural colour. All are Australian grown olives; Manzanilla, Kalamata, Ligurian, Aberquina and Wild Olives.

The variation in size, shape, colour and flavour within this mix presents beautifully and offers something for everyone. A fantastic table eating option or for marinating & presenting with cornichons & caper berries.

Vegetable of the Month

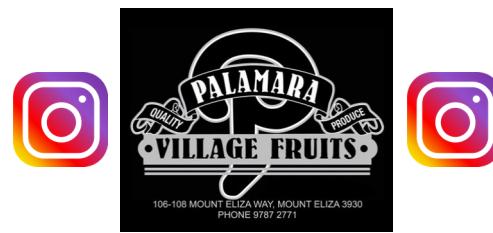


Carrots have been grown for thousands of years and were used in dishes for their leaves and seeds and not their roots. Wild red, black, yellow, white and purple carrots grew in Afghanistan in the 7th century. The Dutch first cultivated orange carrots.

Carrot seeds reached Australia on the First Fleet in 1788 and were grown on Norfolk Island by convicts. The French developed the long, tapered carrots that are similar to the ones available today as a favourite in their cuisine..

In Australia, you can buy 'baby' carrots (usually harvested early) or 'mature', larger carrots. Choose carrots that have a bright colour and fresh fern-like leaves that feel firm to the touch. Remove the tops (the leaves become slimy) and store carrots in the crisper section of your fridge.

You can also store them in the dark in a well-ventilated cupboard. Use your carrots within five days of purchase.



#mtelizajoose

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

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