

FRUIT



APPLES / Heirloom / Baby –

- Heirlooms are old varieties that have been grown, savoured, and passed down for generations, sometimes for centuries.
- They come in every colour, size, and shape.
- Heirloom apples are all about flavour-usually exquisite; always unique.
- Beauty, history, and variety are other reasons to choose heirlooms.
- For baking, sauce, or eating fresh-there is an heirloom apple to please every palate.



APPLES / Bonza –

- Large rounded apple that looks a lot like a Jonathon
- Red blush over a green/cream skin
- Long lasting
- Good eating apple, but is too soft for sauces.
- Available: March to September



APPLES / Braeburn –

- A late season dessert apple with a sharp flavour and a hint of strawberry
- Available: March to September



APPLES / Golden Delicious –

- Tender green/yellow skin
- Juicy and sweet with a soft texture
- Harvested March - May.



APPLES / Red Delicious –

- Five characteristic bumps on the base end
- Rich, red skin that sometimes shades to light red or yellow in areas
- Flesh is a yellowish colour and is rich and sweet
- Harvested in March but due to controlled atmosphere storage they are available all year round.



APPLES / Fuji –

- As the name implies, a Japanese bred apple from the 1930's
- Large, tall, rectangular shaped fruit with yellow-green skin and an orange/red blush with darker red stripes.
- Crisp white flesh with a very sweet taste
- Long lasting
- Very good eating apple, also good for baking, but considered too sweet for sauces
- Available: April to December



APPLES / Granny Smith –

- Yellow/green when ripe
- White crisp juicy flesh
- Flavour is tart to moderately sweet
- Available: All year round, peaking March - May



APPLES / Lady Williams –

- Large apple with a deep red skin
- Crisp white flesh, not too sweet
- Long lasting; flavour is said to improve with storage.
- Available: May to December



APPLES /Pink Lady–

- Bred in WA in the 1980's.
- Oblong in shape with yellow skin and a pink to light red blush.
- Fine grained white flesh.
- Thin skinned, so prone to bruising.
- Good eating and cooking apple.
- Long lasting.
- Available: April to December



APPLES / Royal Gala –

- Also known as 'Gala'.
- A small to medium apple with prominent red-orange vertical stripes.
- Firm juicy, yellow/white flesh.
- Very sweet and slightly tart: a good eating apple.
- Available: February to July.



APPLES / Sundowner –

- Bred in WA; a cross between Golden Delicious and Lady Williams.
- Fruit are a deep red colour all over with white marks.
- Crisp flesh with a sweet taste.
- Very good for eating and cooking.
- Available: May to November.



APRICOT –

- Skin colour can vary from yellowish green to deep orange.
- Flesh colour can range from pale yellow to deep orange.
- One seed enclosed in a pit.
- Available: November to January.



BANANAS / Cavendish –

The Cavendish is the most common banana in Australia. It is ideal for eating when ripe and lends itself well to cooking or drying. Select fruit that is bright yellow. Store at room temperature. Do not refrigerate Cavendish bananas as the skin will blacken.
Available: All Year



BANANAS / Green –

- Are large and suitable only for cooking.
- Their crisp flesh makes them a good substitute for potatoes.
- Their flavour is blander.
- Fried green bananas are very good in curries.
- Available:



BANANAS / Lady Fingers –

- Small banana
- Sweet flavour
- Very thin skin
- Bright yellow when ripe
- Available: All Year



BANANAS / Plantain –

Plantain is the name given to large bananas, which are edible only when cooked. They are firm, mild tasting and contain less sugar and more starch, than eating varieties. Often used in Caribbean and Mexican cooking, they can be sautéed, fried, mashed, stewed, or braised. Edible in all stages of ripeness, they increase in sweetness as they ripen.

Available: All Year



BANANA LEAF –

Banana leaves are used for wrapping food to be cooked by steaming, boiling or grilling and they impart their own fragrance to the foodstuffs they enclose. They are also made into cups to hold custards and salads. They should be passed over a flame or other heat source before use to toughen them and prevent them from tearing.

Available: All Year



BERRIES / Blackberry –

- A Member of the rose family, plants are made up of thickets of spiny canes, which bear many flowers and fruit.
- A serious weed problem in Australia and other parts of the world.
- Fruits are soft, black and oval-shaped and are made up of many small rounded globules called 'drupelets'.
- Fruits are red early in the season, but turn to black as they ripen.
- Excellent in jams and sauces.
- Store in enclosed punnet in the fridge.
- Available: Late December to late April.



BERRIES / Blueberry –

- Firm, blue, slightly acid berry
- 75-150mm in diameter frosted,
- Dusted look called the 'bloom'.
- Available: Jan, Feb, Mar, Apr, May, Aug, Sep, Oct, Nov & Dec.



BERRIES / Boysenberry–

- Dusty purple coloured fruit
- 35mm long, 20-25mm wide
- A cluster of 75-125 duplets held together by a network of fine interlacing hairs.
- Available: November to February



BERRIES / Gooseberry / Red & Green –

- Fruit are green at full size and ripen to either red or a translucent yellow/green, depending on the variety.
- It is a woody bush reaching from 1-1.5m tall and about the same width.
- It is characterised by nodal spines up to 15mm long. Flowers are small, single, yellow green or slightly pink.
- Fruit are borne on one-year-old wood.
- Select firm, plump fruit free from blemishes.
- The green fruit is ideal for jam.
- Red fruit is used as a dessert fruit, eaten fresh or as part of a fruit platter.



BERRIES / Kiwiberry –

- KiwiBerry are small - in the 5 - 20 gram range, with smooth hairless edible skin.
- Shapes varying from round to elongated.
- Choose fruit that is soft to the touch for best flavour.
- If they are too firm they will tend to be tart and lack the sweet guava flavours.
- Store in the refrigerator to maintain a longer shelf life.
- Once removed from the fridge they will have a 3-4 day shelf life depending on the temperature of the room.
- Available: Mid February to April.



BERRIES / Raspberry –

- A deep red coloured berry
- A cluster of 75-125 duplets held together by a network of fine, interlacing hairs.
- Raspberries are a hollow fruit (no core) when harvested.
- Available:



BERRIES / Strawberry –

- A berry fruit which is a member of the rose family.
- Red/pink, very thin skin.
- White/pink/red flesh which is soft and succulent.
- Small seeds cover the outer surface of the skin.
- A green leafy cap (calyx) at the stem end.
- Sweet, delicate flavour.
- Available: All Year



CARAMBOLA –

- Also Known as Star Fruit
- Green/yellow, waxy, thin skin
- Star shaped in cross section
- Crisp juicy flesh which is a transparent yellow/white
- Usually sweet - similar taste to an apple
- 4-5 seeds
- Available: All Year



CHERRIES –

- A member of the rose family.
- Known as a drupe, i.e. a fleshy, one seeded fruit.
- Spherical in shape.
- Approximately 2cm in diameter.
- Deep red/burgundy, edible skin.
- Flesh can range in colour from pink to burgundy.
- Available: June, July, August, and then October to February.



COCONUT –

- Fruit is ovoid.
- 250mm in length.
- Outer husk, thick and fibrous enclosing a hard, bony shell.
- Inside the shell is the white flesh of the coconut.
- When unripe the large cavity is filled with milky fluid, ripe fruit is only partly filled.
- Available: All Year



COCONUT / Drinking –

- Coconuts are the fruits of the coconut palm, which grows up to 30 metres tall in tropical regions.
- They are not nuts, but are called a 'fibrous drupe'.
- They consist of an outer fibrous husk made up of coir and a hard inner shell.
- The hard shell (or endocarp) has 3 germination pores or 'eyes', so that the coconut looks like a bowling ball, or a monkey face.
- Inside the endocarp is the fleshy, white coconut 'meat' and the centre contains the liquid called coconut water.
- Larger coconuts can contain up to 1 litre of water.
- To drain the milk, pierce 2 of the eyes and pour the milk out
- The water contains sugars, fibre, proteins, anti-oxidants, vitamins and minerals, and is very nutritious.
- To open the nut, place a large screwdriver in one of the pierced eyes and twist. Alternatively crack open with a dull blade.
- Most supplies are imported from Fiji and other Pacific islands.
- Available: All Year



CUMQUATS –

- Member of the citrus family.
- Oval in shape.
- Size varying from around 20-30mm long and about two thirds as wide.
- Weighs between 5-20g.
- Skin is smooth and bright orange.
- Rind oil has a pronounced flavour.
- Up to 7 segments.
- 2-5 seeds.
- Juice is acidic.
- Skin is sweet flavoured, spicy and edible.
- Available: December to February.



CUSTARD APPLE –

- Heart shaped, covered with nodules.
- Smooth skin, creating a netted pattern.
- Dull yellow/green skin.
- Flesh is yellow/white.
- Granular texture.
- Very sweet rich flavour.
- Available: March to July.



DATES –

- One of the oldest food staples, used for up to 8000 years.
- Dates are oval shaped, 3 - 7 cm long, with slightly crinkled light to dark brown skin.
- Each date contains a single seed which is about 2 cm long.
- Very sweet and a good source of Vitamin C
- Can be eaten 'fresh' or used in cooking, particularly for sweets and desserts.
- Available: All Year




DRAGONFRUIT –


- Native to Central and South America the Dragon fruit is a colourful, edible cactus, pink to red with prominent, green-edged scales. The thin skin encloses dense white or red flesh with tiny, edible black seeds. A squeeze of lemon or lime juice enhances its delicate, sweet flavour. The flesh can be eaten with a spoon or pureed for use in drinks. Choose fruit that is bright in colour and gives slightly when gently pressed.
- **Red** - Available: October to April.
- **White** - Available: All Year





FEIJOA –


- Oval in shape 20 to 80mm long.
- Dull green with a whitish bloom.
- Skin is thin, inedible enclosing a whitish layer of granular flesh and a central mass of translucent jelly like pulp.
- 20 to 30 very small seeds.
- Available: March to July.

	<p><u>FIGS / Black –</u></p> <ul style="list-style-type: none"> - Commonly available, Figs are roughly pear-shaped with a rounded bottom and pointed top - Flesh is pale pink to red in the centre with a white outer layer - Very sweet rich taste - They are green when immature and turn purple from the base up when ripe. - They are thought to be the oldest domesticated crop, dating back over 11,000 years. - Figs are very nutritious, and are very high in fibre and flavonoids. - Can be eaten fresh or dried, and are commonly used in jams or cooking. - At tip or base is an eye (hole) closed by small scales. - This fruit encloses many tiny flowers which grow and mature away from daylight with the receptacle later becoming the fruit itself.
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	<p><u>FIGS / Green –</u></p> <ul style="list-style-type: none"> - Medium to large fruits with green skin. - There are several green-skinned fig varieties, including White Adriatic and White Genoa. - Usually have pink flesh. - Green figs are good for eating fresh and for jam making. - Available: December to late February.
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	<p><u>FUJI FRUIT –</u></p> <ul style="list-style-type: none"> - In Japan, where it is called kaki, it is the national fruit and the name means “Food of the Gods”. - It was introduced into Queensland in the 1800's. - Colour: Bright Orange when ripe, thin skinned with an orange flesh. - Taste: There are 2 types of fruit, Astringent and Non-astringent. The astringent fruit has soft mushy flesh when ripe and is flatter in shape with distinct jelly-like segments. The non-astringent variety has crisp flesh and is more round in shape. In both varieties the flesh is sweet tasting.
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	<p><u>GRAPES / Black Muscat –</u></p> <ul style="list-style-type: none"> - Medium-sized round, black grape. - Sweet, fruity flavour with soft, juicy flesh with seeds.
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	<p><u>GRAPES / Cardinal –</u></p> <ul style="list-style-type: none"> - Cherry red - red purple in colour - Large grape, round - oval shape - Seed - Skin is tender and pulp is firm and fleshy - Green with purple tinge - Pulp is light strawberry - deep red - Excellent flavour - Available: November – January
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GRAPES / Crimson Seedless –

- Elongated, pale pink berries.
- Very distinctive, sweet, juicy flavour.
- They have a crisp, firm skin with a juicy pulp.
- Store Crimson Seedless grapes unwashed, in the refrigerator. Use within 4 days.
- Available: From late January until April.



GRAPES / Dried Muscatel –

- Grapes are partially dried in the sun and drying is completed indoors.
- Hand selected, only the most perfect bunches of the Malaga variety, with careful handling, are dried and pressed.
- The succulent berries remain attached to the stem.



GRAPES / Flame Seedless –

- Red grape.
- Round and firm.
- Crisp crunchy texture.
- Slightly tart flavour.
- Available: February – March.



GRAPES / Maroo –

- An early season grape bred in Australia.
- A seedless medium to large blue-black rounded grape.
- Crisp skin, firm flesh.
- Good tasting - recommended fresh.
- Available: Early January to late February.



GRAPES / Menindee Seedless –

- Small to medium sized green grape.
- Oval shaped fruit.
- Large bunch size.
- Seedless.
- Sweet taste.
- Similar to Thompson Seedless, but early season.
- Available: Early January to early February.



GRAPES / Red Emperor –

- Reddish to purplish in colour.
- They have a mild somewhat cherry-like flavour, and a lower sugar content than many others.
- Large in size with a full, round shape make it a popular variety for holiday tables.
- They have a thick skin making them durable for shipping and consumer handling.
- Available: September to March.



GRAPES / Red Globe –

- The largest round berry of all the red grapes, with a crisp texture, large seeds.
- They have a watery sweet pulp, which is rich in vitamin C.
- Mildly sweet and flavourful.
- Available: August to November.



GRAPES / Sultana –

- Sold as 'Thompson Seedless' overseas.
- A small to medium sized green seedless grape that comes in large Bunches.
- Soft skin, juicy flesh.
- Available: Mid January to mid March.



GRAPES / Thompson Seedless –

- Known as the sultana grape.
- Pale to golden green grape.
- Medium sized, elongated.
- No seeds.
- Skin is delicate, tender yet firm.
- Flesh is sweet and juicy.
- Available: January – September.



GRAPES / Waltham Cross –

- Pale - golden green.
- Large elongated fruit.
- Seed.
- Skin is firm, sweet and juicy.
- Available: January – April.



GRAPEFRUIT –

- Member of the citrus family.
- Round/oblate fruit with a flattened bottom.
- Fine pale yellow skin.
- Approximately 10cm in diameter.
- Available: All Year.




GRAPEFRUIT / Ruby –


- The flesh is juicy and more tart than that of the white grapefruit.
- It can be segmented and eaten fresh or juiced.
- Its pink to red flesh is an attractive addition to salads and it is also used to make a delicious sorbet.
- Pink-fleshed grapefruit contain beta-carotene lycopene, which is reputed to have a protective effect against cancer.
- Available: All Year.





KIWIFRUIT / Golden –

- A new variety from NZ, released in 2000.
- Similar in size to common kiwis, Gold has a slightly lighter bronze skin colour, a smooth skin and a slightly pointed crown.
- Flesh is light yellow in colour with slightly fewer seeds.
- Thought to be sweeter than green kiwis.
- Very high in vitamins C and E.
- Available June to September.


	<p><u>KIWIFRUIT / Green –</u></p> <ul style="list-style-type: none"> - The classic green kiwifruit, named after Hayward Wright, a kiwifruit pioneer from Auckland. - Rounded oval in shape, about the size of an egg with a fuzzy light brown skin. - Bright green flesh with a white pithy core and dozens of small black edible seeds. - Tangy sweet taste. - Very high in vitamin C. - Available: All year, peak season is March to June.
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	<p><u>LEMONS –</u></p> <ul style="list-style-type: none"> - Same genus as orange, lime, grapefruit and mandarin. - Oval fruit with a marked point at one end. - Yellow skin. - Acid, juicy, pale yellow flesh. - The word lemon is thought to be derived from the ancient word “neem” meaning, “sour tree”. - Available: All Year
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	<p><u>LIMES –</u></p> <ul style="list-style-type: none"> - Same genus as the orange, lemon and grapefruit - Small citrus fruit - Round in shape - Glossy, dark green skin - Brilliant lime green flesh - Tangy/acid taste
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	<p><u>LIMES / Finger / Bush –</u></p> <ul style="list-style-type: none"> - A long narrow fruit with thin skin that ranges in colour from green, yellow, purple and red. - The fruit contains an acid juice similar to that of a lemon. - The juicy cells, similar in appearance to caviar, are a delightful surprise in salad dressings. - Can be used as a substitute for other limes. Popular for garnishes as its very presentable. - Available: December to April.
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	<p><u>LIMES / Kaffir –</u></p> <p>This rippled round green-yellow lime has a distinct strong aroma, which is believed to have originated from South-East Asia. Its distinct aroma from its high citronella content has given its alternative name “Fragrance Lime” and its juice is highly acidic. This fruit is particularly used in Thai dishes especially Tom Yum, Tom Yam Gai, Tom Khaa soups as it is one of the key ingredients to get the sourness in the soup. The leaves are also a great addition to curries and fish cakes. Choose Kaffir Limes that are heavy for its size, has minimal blemishes and has a yellow-green colour.</p> <ul style="list-style-type: none"> - Available: March to September
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	<p><u>LYCHEES –</u></p> <ul style="list-style-type: none"> - Round/heart shaped fruit. - The size of a plum. - Rough red knobby skin. - Translucent white flesh with the consistency of a grape. - Juicy and sweet. - 1 large, brown, smooth, glossy seed.
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MANDARINS / Ellendale –

- Selected in Australia in the late 19th century.
- Large oblong-shaped fruit with smooth skin.
- Orange skin with deep orange flesh.
- Usually easy to peel.
- High in sugar and acid and tends to become sweeter after storage.
- Available: Early June to mid-October.



MANDARINS / Hickson –

- Believed to be a sport of 'Ellendale' propagated in Queensland by Mr Hickson in the 1940's
- Also called 'Stemp'
- Medium to large fruit, not perfectly rounded, orange coloured with a wrinkled skin
- Easy to peel with reddish flesh, very juicy
- About 10-15 seeds per fruit
- Available: Mid May to early September



MANDARINS / Imperial –

- Selected near Sydney in 1890
- Small to medium sized fruit; slightly lumpy skin with a flat top
- Yellow/orange in colour
- Soft skin which is easy to peel
- Excellent taste with a good balance of acid and sugar
- Not as juicy as other varieties
- Low seed number, typically less than 4 per fruit
- Available: Mid March to August



MANDARINS / Murcott –

- Sometimes called 'Honey Murcott'
- Medium to large fruit with very smooth skin that may be pitted or marked in lower quality grades
- Deep orange in colour
- Good sweet flavour, but can become overly sweet for some tastes late in the season
- Large number of seeds: up to 10 to 20 per fruit
- Very juicy
- Segments easy to separate
- Available: Mid June to Mid October



MANDARINS / Taylor Lee –

- A relatively new variety primarily grown in Queensland
- Medium to large fruits with tight skin
- Smooth orange skin
- Easy to peel
- Sweet taste
- Available: Late June to late August



MANGO –

- Oblong, pear sized fruit
- Green skin when unripe, turning orange/yellow and red on the side most exposed to the sun
- Juicy, peach coloured flesh
- 1 large, flat stone



MANGO / Green –

- A green mango variety originally from Thailand
- Oblong shaped fruit with a slightly glossy green skin
- The name means 'Thunder' in Thai, as it is prone to splitting if harvested after heavy rain
- Mild flavour, generally eaten in stewed in vinegar or in fish sauces
- Available: Summer



MANGOSTEEN –

- Known as the "Queen of Tropical Fruits".
- Despite their name they have nothing to do with mangoes.
- Care should be taken when eating mangosteen as the skin pigment can stain.
- **Colour:** Leathery skin that is deep purple when ripe. The flesh is pearly white and divided into 5 to 7 segments.
- **Taste:** Subtle delicate sweet acid taste that melts in the mouth.



MELONS / Casaba –

- Is a large colorful melon that have a bright yellow outer skin with a pale green to white inner flesh.
- This melon has a distinctively sweet flavor that is slightly more tangy than a Honeydew.
- The flesh looks like a pear but tastes like a cantalope.
- Available:




MELONS / Honeydew –


- Originating from Persia
- Oval-shaped, has a smooth, silver-pale -green skin and musky, pale-green smooth and sweet flesh.
- Eaten fresh, it is also used in fruit-salads.
- It complements seafood, ham and cheese platters.
- Choose fruit that is glossy, heavy for its size and, when tapped, sounds hollow.
- Under-ripe melons can be ripened at room temperature.
- Wrap ripe melons in a plastic bag and refrigerate up to 5 days.
- Available: All Year.





MELONS / Rockmelon –


- Called cantaloupes in Europe
- American cantaloupes are a different species: *Cucumis melo reticulatus*
- Large oval-shaped melons about 15 to 25 cm in diameter with a rough grey/brown skin
- Flesh is pale orange with a number of pale seeds contained in the middle of each fruit.
- The Rockmelon, thought to have originated in Central America, is round and has a creamy, netted skin.
- When ripe it has a distinctive sweet aroma.
- The flesh is yellow-orange, smooth textured and sweet.
- Usually eaten fresh or in fruit-salads, it also complements seafood, ham and cheese platters.
- Choose fruit where the netting pattern on the skin covers the whole melon and is slightly raised.
- The fruit should have a pleasant sweet aroma and when tapped should sound hollow.
- Available: All Year.


	<p><u>MELONS / Watermelon - Seeded –</u></p> <ul style="list-style-type: none"> - Is not a true melon, as it is not classified in the same genus as honeydews or rockmelons - Has been cultivated for over 5000 years - Native to the Kalahari Desert of Southern Africa. - The Watermelon is oblong with a white-striped green skin. The flesh is grainy, pink-red, sweet, and very juicy. - Usually eaten in slices, Watermelon also makes a good addition to fruit-salads. Puréed, it makes a refreshing drink. - Choose fruit that are heavy for their size, glossy and, when tapped, sound hollow. Under-ripe melons can be ripened at room temperature. - Wrap ripe melons in a plastic bag and refrigerate up to 5 days. - Available: All Year
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	<p><u>MELONS / Watermelon - Champagne –</u></p> <ul style="list-style-type: none"> - A variety of watermelon that has a yellow colored flesh. - This particular type of watermelon has been described as "sweeter" and more "honey" flavored than the more popular red flesh watermelon.
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	<p><u>MELONS / Watermelon - Seedless –</u></p> <ul style="list-style-type: none"> - Native to the Kalahari Desert of Southern Africa. - The Watermelon is oblong with a white-striped green skin. The flesh is grainy, pink-red, sweet, and very juicy. - Usually eaten in slices, Watermelon also makes a good addition to fruit-salads. Puréed, it makes a refreshing drink. - Choose fruit that are heavy for their size, glossy and, when tapped, sound hollow. Under-ripe melons can be ripened at room temperature. - Wrap ripe melons in a plastic bag and refrigerate up to 5 days. - Available: All Year
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	<p><u>NECTARINES / White –</u></p> <ul style="list-style-type: none"> - A white fleshed early season nectarine - Fruit are round to oblong in shape - Red in colour with a cream background - Flesh is white with red areas, firm and moderately juicy - A clingstone variety, meaning the stone is hard to separate from the flesh - Taste is mildly sweet with a touch of acid - Arctic Star and Bright Pearl are typical varieties - Available: Late November to mid-March
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	<p><u>NECTARINES / Yellow –</u></p> <ul style="list-style-type: none"> - A peach without the "fuzz" - Generally smaller than a peach - Smooth skin, yellow/orange with a red blush - Flesh varies in colour according to variety from white, yellow or red - Some clingstone, some freestone - Distinctive pleasant aroma - Soft melting, juicy flesh - Grand Sweet, Red Gold and Fairlane are typical varieties - Available: Late November to mid-March
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	<p><u>ORANGES / Blood –</u></p> <ul style="list-style-type: none"> - Named after the red coloured flesh which contains anthocyanins - Small to medium sized fruit with a thin, smooth or slightly pitted skin that is orange with a slight red blush - Flesh is deep red in colour, but can have orange coloured areas as well - Less acidic than common oranges - There are three types: Tarocco (from Italy) are medium sized and very sweet. Flesh is a combination of orange and red in colour; Sanginello (from Spain) have a red blush on the skin, are seedless and sweet tasting; Moro has a deep red/purple flesh and reddish rind. It is said to have a slightly raspberry-like taste. - Eat fresh, and are especially good for juicing - Available: June to late August
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	<p><u>ORANGES / Lenga Navel –</u></p> <ul style="list-style-type: none"> - Selected in Victoria Australia in the 1930's - Seedless - Small to medium fruit size with a yellow/orange skin - Thin rind with a smooth texture - Firm flesh with good flavour, but may be more acidic in the early season - Available: Late March to July
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	<p><u>ORANGES / Seville –</u></p> <ul style="list-style-type: none"> - Widely-known, particularly tart orange - It has a thick, dimpled skin and is prized for making marmalade, being higher in pectin than the sweet orange, and therefore giving a better set and a higher yield. - It is also used in compotes and for orange-flavoured liqueurs. - Available: April to October
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	<p><u>ORANGES / Valencia –</u></p> <ul style="list-style-type: none"> - Round or slightly oval - Medium to large in size - Thin peel - A juicing orange - Rich in flavour - Available: September to April
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	<p><u>ORANGES / Washington Navel –</u></p> <ul style="list-style-type: none"> - Large seedless fruit high juice content - Orange or yellow/orange rind smooth rind easy to peel - Navel formation at blossom end of fruit rich in flavour - Main supply period April - November
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	<p><u>PAPAYA –</u></p> <ul style="list-style-type: none"> - Orange to red flesh and usually a smaller oval or pear shaped fruit. - They are harvested when most of the skin is yellow-green. Dark green fruit will not ripen properly off the tree, even though it may turn yellow on the outside. - It is a fragile fruit that is easily damaged. - can be ripened at room temperature and are ready to eat when the skin is yellow and slightly soft to the touch. - stored in the fridge for a few days once ripe. Once cut, cover with plastic wrap to keep fresh. - Harvested all year round with production peaks during autumn and spring.
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PASSIONFRUIT / Misty Gem –

- Known to be the tastiest of all the Passionfruit varieties
- The pulp varies in colour from bright yellow to pumpkin colour and has many small, hard, black, seeds. The inside wall of the Misty Gem is white.
- The flavour is refreshing, guava-like and tangy.
- Eaten by spooning directly from the shell, the pulp can be used on Pavlovas, cheesecakes, fruit flans and icings.
- Choose fruit that are dark, smooth, firm and heavy for their size
- Available: All Year



PASSIONFRUIT / Panama –

- Slightly larger than other varieties
- The Panama's pulp varies in colour from light orange to pumpkin.
- It has many small, hard, black, seeds.
- The inside wall of the Panama is creamy yellow to white.
- The flavour is refreshing, guava like and tangy.
- Eaten by spooning directly from the shell, the pulp can be used on Pavlovas, cheesecakes, fruit flans and icings.
- Choose fruit that are dark, smooth, firm and heavy for their size
- Available: All Year



PASSIONFRUIT / Panama Gourmet –

- Similar to the Panama passionfruit except that it is larger in size and is visually more appealing.
- Particularly used as a garnish due to its size and appearance.
- Flavour is similar to that of the Panama.
- Available: All Year



PASSIONFRUIT / Purple –

- Visually stunning on the inside, the pulp is light yellow to pumpkin coloured and has many small black seeds.
- The inside wall of the Purple is a bright pink-purple.
- The flavour is refreshing, guava like and tangy.
- Eaten by spooning directly from the shell, the pulp can be used on Pavlovas, cheesecakes, fruit flans and icings.
- Choose fruit that are dark, smooth, firm and heavy for their size.
- Available: All Year



PASSIONFRUIT / Yellow –

- Originating from the West Indies, Brazil and Mexico.
- They are nearly spherical with a tough, smooth, dark-purple, waxy skin, sometimes with fine white specks and is the most common variety.
- The pulp is light yellow to pumpkin coloured and has many small, black seeds.
- The inside wall is a bright pink-purple with darker purple specks.
- The flavour is refreshing, guava like and tangy.
- Eaten by spooning directly from the shell, the pulp can be used on Pavlovas, cheesecakes, fruit flans and icings
- Choose fruit that are dark, smooth, firm and heavy for their size.
- Available: All Year



PAW PAW –

- Originates from the tropics and sub tropics of America.
- It is rounder than the Papaya
- The smooth, thin skin is pale to deep yellow.
- The flesh, which is yellow – deep yellow and softer than the papaya, is juicy, sweet, musky and almost rockmelon flavoured.
- Eaten fresh, it is also used in cakes and fruit salads and can be added to seafood, chicken and veal dishes.
- Available: All Year



PAW PAW / Green –

- The Green Pawpaw is often used as a vegetable in Asian culture.
- Choose dark green, unblemished fruit, heavy for their size.
- Remember to oil hands and knife before cutting due to its latex nature when green.
- Available: All Year



PEACHES / White –

- Skin colour ranges from yellow/green to yellow/red, depending on variety
- Flesh is white to pale yellow; some varieties have red colour near the stone
- There are comparatively few sub-acid white peach varieties grown
- Season tends to be a bit later than yellow flesh peaches, but 'White Opal' can be found in October
- Available: Commonly November to March



PEACHES / Yellow –

- Skin colour ranges from yellow to orange to red, depending on variety
- Flesh is yellow; some varieties have red colour near the stone
- Usually the first peaches on the market
- Available: October to March



PEARS / Beurre Bosc –

- Medium to large size dessert variety which originated in France in 1835
- Skin is covered with a brown russet giving the fruit a greenish brown colour which becomes darker as the fruit is maturing
- Fruit is elongated with a long tapering neck
- Flesh is white, juicy, with an aromatic flavour
- Available: March to October



PEARS / Corella –

- Squat and conical in shape
- Light green in colour, with a shiny skin, which may carry a light pinkish blush
- Flesh is yellowish and very juicy, though sometimes slightly gritty, especially around the core
- A very sweet pear with a rich, aromatic flavour
- Available: March – November



PEARS / Fragrant –

- They somewhat resemble ya pears from the eastern regions of China, but they are tastier
- The fragrance, crispness or juiciness of this novelty fruit, however, does not measure up to the good old nashi varieties of pear, a familiar sight in most stores.



PEARS / Honey –

- Also called 'Winter Nelis' or 'Quall'
- A small to medium sized rounded green pear
- Very sweet and juicy
- Good for eating fresh, bottling or cooking
- Available: March to late November



PEARS / Josephine –

- They have a green to yellow soft skin
- Plump with a sweet and juicy yellow-white flesh
- They are excellent for cooking or for eating raw.
- Available: May to December



PEARS / Nashi –

- Technically a pear
- Round in shape, like an apple
- Cream/white flesh which is firm, crisp and juicy
- Skin is green/yellow
- Skin is russeted (brown speckled)
- Has the appearance and texture of an apple and the flavour of a pear.
- Available: February to September



PEARS / Packham –

- The major export variety from Australia
- A medium to large dessert variety
- Has a short neck, fairly smooth skin, rather similar to Williams
- Skin colour is green, changing to light yellow when ripe flesh is white, juicy, sweet and of good flavour
- Available: February – December



PEARS / Paradise –

- Also known as cocktail or Faccia Bella Pears.
- This small variety has light-green skin with a red blush and crisp, sweet flesh.
- Delightful, bite-size 'mini-pears' are borne in bunches.
- Very refreshing in the January heat and just right for kids!



PEARS / Red Sensation –

- Also called 'Sensation'
- An early season, medium sized pear with a classic pear shape
- Red skinned with yellow mottling near the top (stem end)
- A good eating pear and excellent in fruit salads or desserts
- Available: February to end of April



PEARS / Ya –

- Native to Northern China
- These are juicy white pears, which taste like a cross between a rose and a pineapple.
- Asian pears reach prime quality when they ripen on the tree, like an apple and peach.
- These pears will be crisp, juicy, and slightly sweet with some tartness, especially near the core
- Available:



PERSIMMON –

- Size and shape of a tomato
- Bright orange when ripe
- Thin skin
- Orange flesh
- A woody cap (calyx) on the stem end
- Flavour depends on variety.
- **Astringent** - Do not lose astringency (bitterness) until soft and ripe
- Recommended varieties - Flat seedless, Hiratenshi, Hachiya, Tane - Nashi and Dai Dai Maru
- **Non-astringent** - Lose astringency at maturity while fruit is still firm - can be eaten crisp like an apple
- Recommended varieties - Fuyu, Izu, Maekawa, Jiro, Matsumoto, Wase Fuyu
- Available: February to July



PINEAPPLE –

- A pine-cone shaped fruit - 20-30cm in height
- 10-15cm in diameter
- Pale/golden yellow fibrous flesh
- A central tough core
- Very thick rough skin covered with a hexagonal pattern of nodules
- Sweet juicy flesh
- Choose pineapples that have fresh-looking base leaves and that have no soft spots.
- A sweet aroma indicates ripeness.
- In the summer months, select pineapples with one-third golden skin colour, whilst in winter months, select pineapples with a little more colour, to ensure ripeness.
- **Consumer Tip:** Pineapples should be large, plump and heavy for their size and should emit a fragrant aroma. The eyes should be flat and almost hollow. Pineapples will not ripen further after harvest so eat soon after purchase. There are many myths around concerning testing a pineapple for freshness. The ease with which crown leaves pull out is not a sign; nor is the thumb test an accurate predictor; likewise the shell colour is not the sole indication of maturity.
- Available: All Year



PINEAPPLE / Gold Topless –

- Botanically a Smooth Leaf Pineapple with the top chopped off and marketed as the Gold Topless it is eaten fresh and also widely used in cakes, sundaes, salads, desserts and beverages. Traditionally served with ham, it also complements seafood and chicken dishes. Choose fruit that are strong in aroma and heavy for their size. Nodules should be flat and hollow like.
- Available: All Year



PINEAPPLE / Rough Leaf –

Originating in Brazil and Paraguay. The Rough Leaf is smaller than the Smooth Leaf varietal, with a tough, waxy rind, which is a dark green-yellow to orange-yellow when the fruit is ripe. Leaves are broad and serrated while flesh varies from white to yellow and is sweeter than other varieties, but less juicy. Eaten fresh, it can be widely used in cakes, sundaes, salads, desserts and beverages. Traditionally served with ham, it also complements seafood and chicken dishes. Choose fruit that are strong in aroma and heavy for their size. Nodules should be flat and hollow like.

- Available: All Year



PLUMS / Black Amber –

- Rounded fruits with flattened tops
- Black skin, which has a slight acidic taste
- Flesh is pale in colour, with red colouration near the skin which increases with ripening
- Sweet flesh and acid skin
- Available: January to February



PLUMS / Blood –

- Oval to rounded shaped fruits
- Skin is dark red with green spots
- Flesh is light red early in the season turning to dark crimson later on
- Very juicy with a very sweet flavour
- There are several varieties available
- Japanese plum species
- Available: January to February



PLUMS / President –

- A large oval-shaped deep purple freestone plum, with a heavy blue bloom.
- A firm, juicy, yellow flesh and a sweet flavour and slightly tart skin.
- Available: February to March



PLUMS / Santa Rosa –

- Large plum
- Reddish/crimson skin
- Flesh is yellow to dark red near the skin and stone
- Juicy, slightly tart flavour
- Japanese plum species
- Available: December to January



PLUMS / Teagan Blue –

- A medium sized oval to round fruit
- Blue skin turning dark red with maturity
- Flesh is yellow to orange turning to red close to the skin
- Firm and juicy
- Very sweet taste
- European plum species
- Available: February to March



POMEGRANATE –

- Leathery exterior skin, deep yellow or red/purple in colour
- Size and shape of an apple
- Contains hundreds of juicy sweet crimson kernels or seeds covered by red, gelatine like flesh - the edible portion of the fruit.
- Sweet acid flavour
- The woody cap (calyx) remains attached to the stem end of the fruit
- Available: February to June



PRICKLY PEAR –

- Pear shaped fruit, 6-8cm in length
- Small spines scattered over the surface of the fruit
- Skin is yellow/orange/crimson
- Flesh is delicately sweet and may be white, yellow or crimson depending on variety
- Small hard edible seeds.
- Available: December to May



POMMELO –

- Similar to the grapefruit, but larger with thicker skin
- Flesh is pale pink, white or yellow in colour
- The flesh easily segments into large pieces like a mandarin
- Fruit is large, being 20cm in diameter
- Skin is light green or pale yellow at maturity
- Flesh has a pleasant sweet acid flavour without the bitterness of a grapefruit.
- Available: June to November



QUINCE –

- Botanically a pome, closely related to the apple and pear
- Generally pear shaped and hard
- Yellow skin, tinged with green, covered with a fine down
- Golden yellow flesh is also hard and acid
- Available: March to August



RAMBUTAN –

- Oval shape, the size of a hen's egg
- Leathery skin covered in tubercles which carry a soft spine of hair up to 1.5cm long
- The skin is red/scarlet or yellow, depending on the variety
- Flesh is translucent white, very juicy and succulent
- Flavour is sweet/subacid
- Contains one seed
- Is closely related to the lychee
- Available: November to May



TAMARILLO –

- Egg shaped but pointed at both ends
- 5-10cm in length
- Smooth skin may be deep purple, blood red, orange or yellow and may have dark longitudinal stripes
- Flesh can be orange/red, orange/yellow or cream/yellow
- Skin is tough and unpleasant in flavour, the outer layer of flesh is slightly firm, succulent and bland
- The pulp surrounding the seeds is soft, juicy, subacid/sweet
- The seeds are thin, circular, large and bitter The flavour of the pulp is like a combination of tomato and passionfruit.
- Available: January to August



TANGELO –

- A hybrid of a mandarin and a grapefruit
- Thin skin which peels more readily than grapefruit
- Fine textured flesh, very juicy
- Sweet flavour
- Range from the size of a standard sweet orange to the size of a grapefruit
- Are usually necked at the base
- Available: June / July



TANGERINE –

- the tangerine is an orange- or red-coloured citrus fruit.
- They are smaller than most oranges,
- Good tangerines will be firm to slightly hard, heavy for their size, and pebbly-skinned with no deep grooves, as well as orange in colour, they are often sold with the stem and leaf attached.
- Tangerines are fairly easy to peel and have seeds.
- The flavour is sweet to tart-sweet.
- Major varieties are Fairchild, Algerian and Dancy.