

Produce report



NZ vegetables

Pick of the week are capsicums. High in Vitamins A and C as well B6, they are a great antioxidant as well as low in calories due to the high water content. Choose capsicums that are bright in colour, have taunt skin and are free of blemishes or soft spots. A good capsicum will be heavy for its size due to the water content and will have thick walls. Capsicums will store for up to seven days if put in a bag with a small amount of water in the veggie draw.



Also look out for carrots.

When purchasing carrots look for those that are bright in colour, have no cuts or blemishes. Avoid those that are rubbery or limp; also avoid those that have a dark colouring around the stem as it is a sign of age. Carrots will last longer if they retain moisture; keep them in the bag and store in the coolest part of the refrigerator.

NZ fruit

Pick of the week

is New Zealand lemons. Not only are they great antibacterial, antiviral and immune boosters, they also aid in weight loss and cleanse the liver. Lemons have many other uses including reducing acne and halitosis. When purchasing lemons look for those with thin skins, as they contain more flesh, and those that are fully yellow.



Also look out for blueberries. When purchasing, give the container a small shake to make sure that the fruit moves freely in the package and they are not mouldy or damaged.

Imported produce:

Australian watermelons are 92% water, making them fantastic for beating dehydration on a hot day. Pick those that



are heavy as they have a higher water content, indicating that they are fully ripened. If purchasing pre-cut melons, choose those with the deepest colour flesh.

Supplied by Turners & Growers, New Zealand's leading distributor and marketer of fresh produce.



Fresh on the shelves



GLUTEN-FREE FIRST

Rutherford & Meyer's rice wafers have received the Gluten Free Certification Programme (GFCP) trademark from the Canadian Celiac Association, the first New Zealand company to do so. The product line includes three flavours: Cheese & Chives, Poppy Seed and Original. They are prepared with natural ingredients and have no artificial colours. The Rutherford & Meyer website has gluten-free recipes that can be incorporated and adjusted for making appetizers with ease and visual appeal. Rutherford & Meyer's Fruit Pastes and Honey Plus are also gluten free.

www.rutherfordandmeyer.co.nz



MELTING MINT

Donovans Chocolates has added Dark Chocolate Peppermint Delight to its one pound chocolate box (454g) range, just in time for Christmas. At the centre of each piece is a soft, peppermint jelly square coated in 60% dark chocolate. The peppermint centre to dark chocolate ratio has been measured to ensure perfection in each bite. The new flavour complements Donovan's Chocolates' existing range of one pound boxes: Dark Chocolate Covered Strawberries, Dark Chocolate Ginger, Double Chocolate Fudge and Milk Chocolate Turkish Delight. Available at New World and Pak'n Save supermarkets nationwide RRP\$9.99.



LAGER AND LEMON

Boundary Road Brewery's NZ Pure Shandy is a low-alcohol mix of lager and lemonade made with all New Zealand malt, hops and water. "Internationally, there is a growing demand for flavour and low-alcohol beer," senior brand manager Kris Hansen says. "At just 2.5% ABV, NZ Pure Shandy is made for those days and nights when you want to enjoy a beverage with friends but do so without the full quota of alcohol." NZ Pure Shandy is available in a 12 pack at selected liquor outlets and supermarkets nationwide with an RRP of \$19.99.



SUPERSIZED CIDER

Speight's has created a new 1.25L bottle, as the perfect addition to the fridge, a picnic, a day outside, a day inside, a night out or a night in. "Once you get over the excitement of the convenient new bottle you'll find the famous liquid inside," Speight's says. "A classic, crisp cider made from locally-grown NZ apples. Speight's Cider is a more traditional, drier drop that's less bubbly and sweet than most bottled varieties." Available in supermarkets and bottle stores at RRP \$9.99.