

## ripe & ready

**B**EAUTIFUL spring weather brings some new additions to the market this week, beginning with local berries.

Peter Kedwell of Pershouse Produce, a wholesaler at Rôcklea markets, says that as well as plentiful supplies of strawberries, raspberries and blueberries are also in stock.

Hailed as a super food, blueberries contain pigments (anthocyanins) which may help prevent cancer and slow the effects of ageing. Recent studies show that blueberries top the list in antioxidants – a half cup of blueberries contains about 1000mg of vitamin C. Raspberries are also brimming with antioxidants and

vitamins. Find this recipe for raspberry and blueberry jam at [www.abc.net.au/melbourne/stories/s1563819.htm](http://www.abc.net.au/melbourne/stories/s1563819.htm).

Kedwell says rockmelons, which have been phenomenally expensive, are experiencing a flush and will be back in price by the weekend. Bananas are easing in price as well, a result of warmer weather and increased production.

Cavendish bananas are also dropping in price as production picks up, although the organic lady fingers are still a tad expensive, says Ross Cowling.

According to Kedwell new-season peaches and nectarines, the low-chill

varieties, are beginning to trickle on to the market, but he suggests waiting to buy for a week or two longer until the quality increases.

Asparagus is popular again this week. Both Cowling and Kedwell say their supplies are strong and that the quality is excellent.

Cowling also has some black sapotes on the market this week. Often referred to as the chocolate pudding fruit, it has the consistency of chocolate with rich dark-brown coloured flesh and is low in fat.

Cowling has been whipping up delicious apple and rhubarb crumble, since the first deliveries of rhubarb hit the organic market last week.

It may be time for salads, but Kedwell says tomatoes have hit an all-time price high due to adverse weather, and consumers should steer clear for the next few weeks.

Continental cucumbers are good, while zucchinis are back in price, Kedwell says. Lettuce, cabbage, shallots, silverbeet and spinach are also good value.

Cowling says plenty of kiwifruit can be found on the organic market and organic pawpaws, pineapples, citrus and apples are the best fruit buys this week.

Green beans and broad beans are around too, as are many varieties of potato, alfalfa sprouts and celery.

