

# P E R S I M M O N S

The fruit of Diospyros kaki more commonly known as Persimmon are borne singly having a conspicuous leathery calyx at the stem end of the plant. They can vary in shape from elongated to round or flat, depending on the variety. The colour ranges from yellow to orange, darkening as they become mature.

There are two groups of persimmons, the astringents and the non-astringents.....

Basha Produce on Wisemens Ferry Road at South Maroota have the most wonderful orchard of Fuyu Persimmon with the fruit maturing March running through to the end of April. Ted's reputation for quality produce has assured him of a repeat customer base with the Persimmons regaining an ever growing popularity while John Maquire at Enniskillen Orchard - Grose Vale sources his Persimmons from the local growers in order to keep up the increased demand for the very popular Fuyu - non astringent variety. John tells me that Persimmons have an acquired taste.

It's most rewarding to see these farmers are listening to the voices of the consumers. With ever changing tastes and the influence of multicultural cuisine it's vital to keep abreast of societies demands and expectations of the old



# A N O L D I E B U T A G O O D I E " T H E G R A M M A "

Traditionally Cucurbita maxima and Cucurbita moschata have been placed into two groups - pumpkins and grammas respectively. In recent years in Australia, popular description of these species has grouped both of them as pumpkins. They are members of the cucurbit family which also include cucumber, choko, rockmelons, watermelons, zucchini and gourds. Pumpkins are members of the gourd family, originating in North America and Mexico.

Thanks to Charlie and Pauline out at the Orange Spot on Wilberforce Road, Gramma's are now available in the area. Most would remember their grandmother producing this amazing "Gramma Pie" as part of the traditional Sunday lunch. When Sunday lunch went out the window so did grammas but like fashion food has a way of reinventing its self hence the interest in this wonderful old crop that is making its way back in vogue.

## "...from the orchard to the plate"

### MIXED BERRY BRULEE'S

#### INGREDIENTS

750 gm - Assorted fresh summer berries (Strawberries, Blueberries, Raspberries, Cherries etc)  
200 ml of thickened cream  
200 ml natural fromage frais (unsweetened yogurt)  
2 teaspoons Vanilla extract  
6 tablespoons of demerara sugar to top (brown crystal sugar)

Divide the mixed berries equally into 6 small heat-proof ramekin dishes. Combine cream, fromage and vanilla and generously spoon over the fruit. Sprinkle tops with brown sugar crystals and place ramekins under a very hot grill. Cook for 2-3mins until the sugar melts and begins to caramelize. Serve Hot !!!

### BAKED APPLES POCKETED WITH ASSORTED BERRIES

#### INGREDIENTS

4 Large Cooking Apples	1 Tablespoon Lemon Juice
100 gm assorted berries	15gm flaked almonds
1 teaspoon of all spice	1 cinnamon stick
150 ml of Port or Sherry	150ml Water

Preheat the oven to 200c. Wash apples and with a sharp knife make a shallow cut through the skins - around the middle of the fruit

