

What we're loving

CW food writer Fiona Harrington shows us the latest kitchen picks and what's trending taste buds.



1 **Pink coconut water**
Honest Harvest is 100% raw, organic coconut water extracted exclusively from Nam Hom coconuts that are grown in USDA certified organic plantations in Thailand. Unlike many commercial coconut waters, Honest Harvest is not heat treated or pasteurised, whether it's crystal clear or rosy-pink, it is proudly pure. The unique pink colour is a tell-tale sign that the coconut water contains naturally occurring antioxidants that wouldn't survive heat-treatment, so it's as close to nature as you can get.

Curious? Visit honestharvest.org.au/ for more



2 **Wash your veggies**
Koala Eco is proud to expand its collection with the addition of an all-natural fruit and vegetable wash, retailing at \$9.90 for 500ml. The wash ensures both organic and non-organic fresh produce is consumed the way nature intended, by removing lingering wax, pesticides, impurities and dirt. Koala Eco founder, Jess Bragdon, says "fruit and vegetable washes are increasing in popularity as consumers become concerned with how their food may be contributing to their body's toxic load."

For more info visit koala.eco

Chop it like it's hot



If you're feeling the cold and find yourself spending more and more time at home cooking up culinary creations, Shun and Güde knives are the perfect additions to any cook's kitchen, amateur or professional, helping you create full-bodied winter dishes that get you through the cold months. Shun Knives start at RRP \$29.95 and Güde Knives start at RRP \$125.

Browse the ranges at shunaustralia.com.au and haleimports.com.au/gude_die_messer

Passion for pickles



The art of pickling is making a comeback, and today's picklers are enjoying the convenience of high-tech food-safe specialty containers and all their benefits. Lock & Lock's collection of pickling and marinating containers provide food-safe, BPA-free plastic containers that won't leak or warp and feature a patented, soft-close locking system that seals the contents in and the air out. Microwave oven, dishwasher and freezer safe. Prices start from \$9.95.

Head to cg.dksh.com.au for more

Tasteology

Made for the design conscious foodie, Tasteology has launched a range of artisan salts and olive oils made in Australia from natural ingredients. Products are packaged beautifully in premium containers which can be re-filled and re-used. Pricing starts from \$19.

Stockists: tasteology.com.au





HOT ROASTED CHESTNUTS

at Fyshwick Markets this weekend
back for the new season

Tweenhills Chestnuts are easy-peeling, delicious and healthy for you.
Raw Chestnuts also available.

Visit: www.tweenhillschestnuts.com.au

LOOK FOR THE RED VAN IN THE CAR PARK



Queanbeyan
Every Thursday, 3pm-7pm

Bungendore
Every Saturday, 9am-12pm



Southern Harvest Farmers Markets
truly regional farmers' markets

OPEN THROUGHOUT THE HOLIDAY SEASON

Supported by:



All produce is grown or made by the stallholders and is from the Southern Harvest local region. There is a range of fresh vegetable, fruit, eggs, dairy, rice, honey, seafood and meat producers; as well as value added products such as wine, olive oil, preserves, herbs and spices, frozen meals, breads, cakes, cereals and confectionery.

Southern Harvest is a non-profit organisation supporting local food, regional food production and consumption in South East NSW and the ACT.

www.southernharvest.org.au



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