



Brads Produce

"Our business is growing"



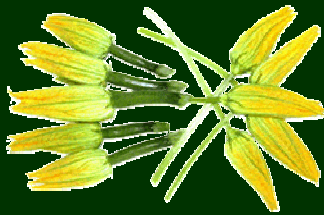
Did you know?

The **zucchini** belongs to the *Cucurbita* genus along with marrows, edible gourds, pumpkins and squash.

Through evidence found in human remains, scientists have determined that people have been eating vegetables from the *Cucurbitaceae* family since 7000-5500BC, which makes it one of the oldest vegetable families in existence.

During the 16th century, the zucchini was introduced to Spain and then later to Italy by the conquistadors. By the 19th century it was widely popular and had acquired its current name "zucchini" which is Italian for little squash. The zucchini is also referred to as courgette, which is derived from the original French term *courge d'Italie*.

The **zucchini bush** produces two sorts of flower. The smaller flower with the immature vegetable attached is the **female** (left) and the flower attached to the long stalk is the **male** (right).



The most popular way to **prepare** zucchini flowers is to stuff them with a soft cheese (like ricotta, mascarpone or a fresh goat's) before deep frying in a light batter.

Flowers can also be tossed through pasta sauce, steamed, blanched, baked or wrapped in prosciutto and quickly cooked on the barbecue.

For further information:

www.bradsproduce.com.au

zucchini flowers in tempura batter

6 zucchini flowers

Batter

50gms corn flour
150gms plain flour
2 free range eggs
400ml iced water
salt

Wash & trim stalks at the base of flowers.

To make batter:

Sift the flour & corn flour together. Beat eggs with iced water & salt. Add the flour and stir quickly until the lumps disappear. Extra water maybe added to keep the batter light. Pour Olive oil into large saucepan 3cm deep or heat deep fryer to 170°C Roll the flowers in flour & dip into your batter. Cook for approximately 4 mins, ensure the batter maintains light color.

barbecued zucchini flowers

serves 2

8 zucchini flowers
thinly sliced prosciutto
2 cloves garlic, crushed
½ onion, finely chopped
2 sprigs of oregano,
chopped
½ tablespoons lemon
juice
½ cup olive oil
salt & pepper

Wrap flowers in prosciutto and set aside. In a bowl, mix garlic, onion, oregano, lemon juice, oil, salt and pepper. Place the flowers in mixture for 30 minutes. Heat the BBQ and grill flowers on medium heat for 5-8 minutes, keep the flowers ends away from direct heat.

stockists

Look for Brads Produce zucchini flowers at the following retail outlets

All Seasons Fruit and Vegetables, Beaumaris
Camberwell Market
Canterbury Fruit Emporium, Mailing Road, Canterbury
Colonial Fruit Company, Forest Hill
Devola's of Brighton, Brighton East
First Choice Fruit & Vegetables, Carlton
Hand Picked, East Doncaster
The Fruit Nest, Malvern
Prahran Market
Ron & Rohonda's Fruit Shop, South Melbourne Market
Rob's Bayside Fruits, Port Melbourne
Toscano's, Victoria Gardens, Richmond
Toscano's of Kew, High Street, Kew