

frequent feasters

Dear Frequent Feasters

Sun, sneezes, rain, wind, blossom and blue sky. It must be Spring in Melbourne. Consumer advocacy group, Choice recently reviewed 159 (yes!) different muesli ranges and ranked them according to six different categories. I am thrilled to say FSNM got three listings - check out www.choice.com.au/muesli for all the details. Meanwhile organisational guru MaryAnne Bennie has got some ripper ideas to spring clean your recipes.

Flip



food in focus pink grapefruit

Pink grapefruit is available from August till October – so now is the time to check them out. Pink grapefruit are slightly less acidic and more sweet than their yellow cousins.

According to Stephanie Alexander, Carnarvon in Western Australia, produces the best pink grapefruit in the world!

As with all grapefruit, choose those which are heavy for their size with tight, shiny skin. They will keep at room temperature for about 2 weeks but will last longer if stored in the fridge.

A grapefruit knife is essential to properly separate the flesh from the membrane. They come in various designs ranging from a spoon or a small hook with a serrated edge and are a worthwhile investment.

Grapefruit is rich in Vitamin C and is a great way to start your day – either juiced or cut in half.



buy what's in season during spring?

- Pink Grapefruit
- Berries
- Asparagus
- Mandarins
- Oranges
- Pineapple
- Avocadoes
- Watercress
- Spring onions
- Peas



watch

Former **Masterchef** runner up Poh Ling Yeow and former restaurant-critic-turned gourmet farmer Matthew Evans both have their second foodie series on ABC and SBS respectively.

Poh giggly, Matthew all serious with his endeavours but both easy to watch and loads to learn.

And there's more to come... another batch of kids in the kitchen later this year with **Junior Masterchef**, another series of Channel 7's **My Kitchen Rules** currently in production and applications open for **Masterchef 4** which will screen on Channel 10 next year.

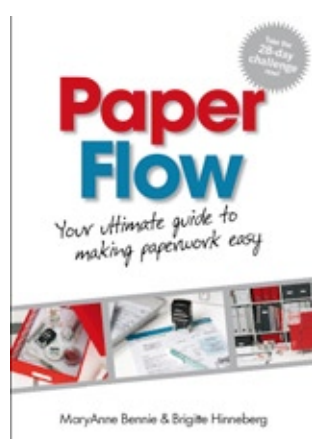
Poh's Kitchen on the Road, ABC, Wednesdays 8pm

Gourmet Farmer, SBS, Thursdays 7.30pm

"Every time I see an adult on a bicycle, I no longer
despair for the future of the human race" - HG Wells
(Unless they're riding at night with no lights or helmet, then I despair again - Anon.)

do

Spring cleaning means dusting behind the bookcase, cleaning out the cobwebs and giving the house the old once over but why not give your recipes the old once over as well. They need an annual clean out and there's no better time than when you're in spring cleaning mode!



MaryAnne Bennie is Australia's organising guru and the founder of in8 home, office and life organising. As an expert professional organiser she understands the struggle of the juggle of home, office and life. She created the in8steps and Paper Flow systems and authored **Paper Flow: your ultimate guide to making paperwork easy** (with Brigitte Hinneberg).

Here are MaryAnne's top ten tips to round up your recipes:

1. Gather all your recipe books into one location so you can see what you have.
2. Donate books you never use: you know which ones they are!
3. For books which hold just one or two well used recipes, like the sticky date pudding on page 99, scan the recipe and ditch the book.
4. Create a recipe folder on your computer in which to place all downloaded and scanned recipes.
5. Every home should have a family favourites recipe folder to hold frequently used recipes. Use a lever arch folder with an index to separate the sections of your collection. For example section into soups, salads, meats and desserts.
6. Have a section in your family favourites recipe folder to hold special occasion food, like Christmas and party food.
7. Create a weekly meal plan incorporating all the new fresh spring fruit and vegetables. Work your plan around your family favourites.
8. Once you have one weekly plan done, do another week for spring and then create two weekly menu plans for summer, autumn and winter. Rotate your weeks each season and never panic over the 'what's for dinner?' question again.
9. Shop once a week using the list inspired by your weekly plan. Place the savings you make into a container for an extra treat! I feel a massage or a manicure coming your way very soon. You will save money, time, energy and your sanity.
10. Experiment with one new recipe a week to expand your repertoire, and, if it passes family approval, add it to your family favourites.

Recipes are like any other area of your home that need reviewing and renewing. Give them a good old clean out and include them in your annual spring clean.

MaryAnne has a free e-book available if you sign up for her newsletter at www.paperflow.com.au.

Contact MaryAnne on maryanne@paperflow.com.au

mama mia!

When I read in the wonderful Mamamia Blog, that Mia Freedman was suffering from the 'breakfast blahs' I sent her a box of muesli. Flip Shelton's Natural Muesli got a fabulous and unexpected review which you can read at <http://www.mamamia.com.au/social/open-post-of-the-week-10>



There are less than 100 shopping days til Christmas!

Don't forget, for a healthy and helpful pressie, **Veg In** fits the bill. Only \$29.95 and it contains over 100 easy recipes.

Visit www.flipsmuesli.com.au for more info.