

Excellence in regional produce and producers

Seasonality is something too often forgotten in the city, yet take a walk through your local farmers market or fruiterer and the produce available loudly declares the season as surely as do the paddocks in the country.

Best of all, eating in season means you pay less and eat better – as long as you stick to Australian food rather than expensive product imported out of season. It also tastes better and is more environmentally sustainable as it has not had to travel.

NSW is blessed with a diverse, if challenging climate, so a huge range is available here from different regions. Farmers are an inventive lot and increasingly we see wonderful value added product. These are judged annually at the Sydney Royal Wine, Dairy and Fine Food shows.



all you
need to
create a
fabulous
meal for
your family
and friends
is seasonal
fruit and
vegetables.

A Sydney Royal gold, silver or bronze medal is the consumer's guarantee of quality. Buy these and the hard work of selecting the best based on an exhaustive criteria has been done for you

Although Sydney Royal Food judging dates back nearly 140 years the Fine Food competitions as we now know them had their genesis in 1997, begun to advance newer forms of agriculture, reflective of modern eating habits.

Starting with competitions for coffee and olive oil, there are now 10 competitions across 16 days involving 219 officials. These include pasta; aquaculture; bread, cake and pie; branded beef; branded lamb; beer; regional food and deli meats.

Noted for its independence and high standards, all products in the competitions must be Australian and are judged blind. Competitions are split between summer and spring shows according to seasonality. Specialist judging panels comprise diverse experts e.g. winemakers, technical experts, chefs, industry specific media, marketers and educators.

The level of excellence is not compromised or altered from year to year, as medals are not awarded to the 'best products on the day', rather they go to products that achieve a pre-determined standard so there may be none, or many medals. Only Gold Medal products are eligible to progress to be considered for the coveted Champion status.

Competition is fierce and medals so highly regarded, they are not only a reward for hard work, but translate to sales at the checkout.

Now that you are armed with your medal winning wine, fine food or cheese, all you need to create a fabulous meal for your family and friends is seasonal fruit and vegetables.

Look out for new season Bonza, Jonathon and Royal Gala apples, Thompson Seedless and Red Globe grapes, Williams and Beurre Bosc pears, rockmelon, watermelon and sweet pineapple. Try poached plums with creamy lemon scented yoghurt and nougat with coffee.

New season crisp Asian greens such as bok choy or gai lan; snake beans, broccoli, capsicum, snow peas, baby sweetcorn and birdseye chillis are a must for the stir-fry.

Happy cooking and eating with Sydney Royal medal winners and the best seasonal fruit and vegetables.

Lyndey Milan

Lyndey Milan is Chair of the RAS Fine Food Committee and the author of new book, 'Lyndey Milan. The Best Collection'.

