

feijoa facts & uses

Feijoas are ripe when slightly soft. This is when the jellied sections of a freshly cut fruit are clear. If the jellied sections are white then eating maturity has not been reached; if greyish or brown the fruit is past its best.

When buying feijoas refrigerate them or eat as soon as possible after purchase. Very firm feijoas may need two or three days in the fruit bowl to fully ripen.



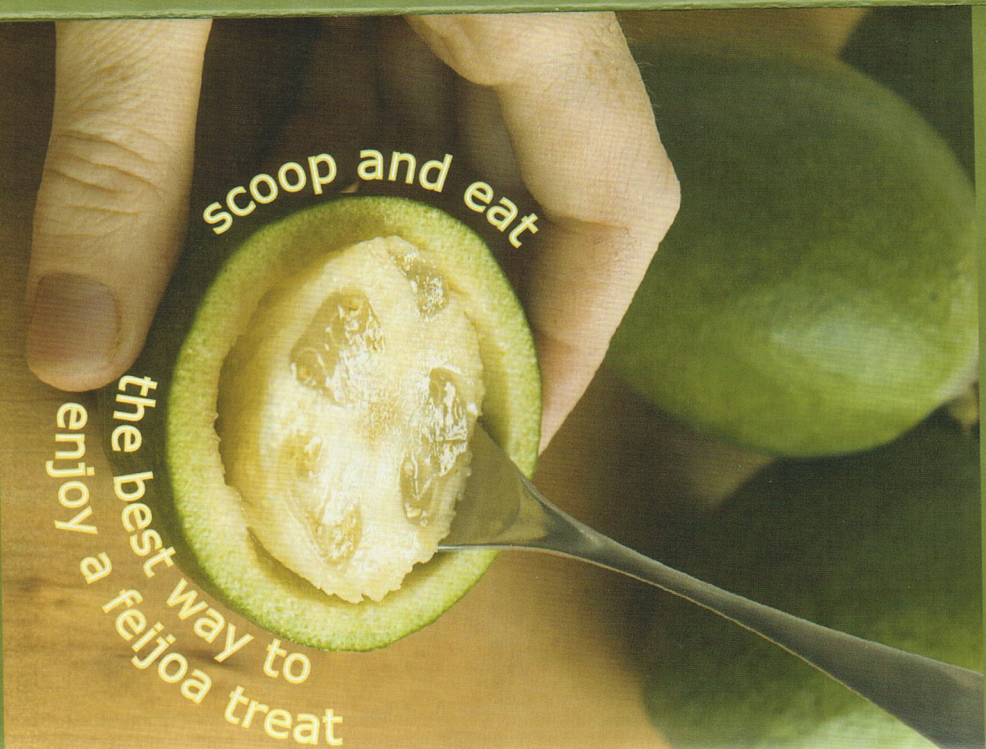
IN SEASON APRIL TO JUNE

Typical analysis of freshly picked feijoas, per 100 grams:

Vitamin C	30 mg		
Minerals (milligrams)	180KJ (45 Cal)	K	140 - 180
Energy		Ca	5
Dietary Fibre	4g	Mg	7
Sugars	10g	Fe	0.1
Protein	0.4 - 0.7g		
Fat	0.3g		

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feijoa cream

- 3-4 feijoas
- chopped walnuts
- 225 g plain yoghurt
- 4 Tb skimmed milk powder
- 1-2 Tb clear honey

Peel the feijoas. Press through a sieve. Place all ingredients, except walnuts, in blender and blend until smooth. Pour into glasses. Chill until set. Serve with chopped walnuts sprinkled on top.

bottling feijoas Use your favourite method: bottling halves or slices / open pan or water bath. Do not over process or over sweeten. Bottled fruit are delicious served with fresh strawberries as a dessert, as a curry or Thai meal accompaniment or added to meat dishes or to stir fries.

more recipes at www.feijoa.org.nz



pork chops with feijoa sauce

- 1 Tb butter
- 1/4 CUP peeled, mashed ripe feijoas
- 2 pork chops
- 1 tsp prepared mustard
- 2 Tb flour
- 1/4 tsp salt
- 1 cup chicken stock
- 1/2 tsp ground pepper

Melt butter in fry pan, add chops and brown all over and cook right through. Remove from pan, keep warm. Add flour to pan dripping and cook for about 2 mins. While stirring, add chicken stock gradually, to form a smooth sauce. Cook 3 mins. Add mashed feijoas, mustard, salt and pepper. Cook for 1 min. Pour over chops and serve.

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feijoas & pavlova

Purchase pavlova or meringues from your local supermarket.

Top with whipped cream.

Peel 1 or 2 ripe feijoa's with a potato peeler. Slice and display on top of pavlova. Sprinkle with nuts.

freezing feijoas Choose ripe fruit, peel and freeze cooked or uncooked, or: Peel and slice into a bowl containing lemon juice and water (4 lemons per 600 ml water). Soak for 10 mins. Drain, then sprinkle with 4 tbsp caster or brown sugar per kg of fruit. For special occasions substitute white wine or sherry for the lemon juice. Package and freeze. Storage time 12 months.

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