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**Get out, indulge and taste it!**

UPCOMING EVENTS

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**Classic or Twisted**  
Trinity Bar



**SATURDAY**  
10 NOVEMBER

**Beergustation**  
Belgian Beer Cafe



**WEDNESDAY**  
14 NOVEMBER

**Passage Through India**  
Bollywood Masala Kingston



**THURSDAY**  
15 NOVEMBER

**BUY TICKETS AT**  
**OUTINCANBERRA.COM.AU**

## taste

### LIFE'S A BOWL OF CHERRIES



Who doesn't love biting into a plump ripe cherry? Following excellent winter weather and good soil conditions, a bumper Australian cherry harvest is expected of around 13,000 tonnes of fruit, weather permitting. The short but sweet season runs for around 100 days, from early November to February, with supply peaking in December. **Nutrition:** Australian cherries are a good source of vitamin C, antioxidants and other phytonutrients which may offer protection against heart disease and ease arthritis pain.

**Price:** Cherry prices vary according to the time of the season and the size and quality of the fruit.

**What to look for:** Once picked, cherries do not continue to ripen so choose plump glossy fruit with relatively smooth, unblemished skin.

Look for bright green stems that are in good condition.

**How to store:** Keeping cherries cool and dry is the secret to preserving their freshness, quality and shelf life.

Store cherries in the fridge in a snap-lock bag or airtight container.

Only rinse cherries when you are ready to eat them, as they can absorb the water and soften. Visit [australiancherries.com.au](http://australiancherries.com.au) to find out more.

## TAKE A BITE

### Restaurant

'With excellent Malay and Chinese cuisine, Sammy's Kitchen (Canberra Centre North Quarter) is my all-time favourite for a quick Friday night dinner involving people-watching. The duck pancakes are the best I've ever had... ever! Be sure to book because I'm apparently not the only person who's fallen for Sammy's.'

– Nala Annous

### Pizza

'With a number of dietary restrictions in the family, I appreciate the wide range at Crust, including vegetarian, vegan, soy-free and gluten-free options. My favourite is the sweet potato (minus gorgonzola). Eating in with colleagues at Crust Kingston's courtyard recently, Peter treated us to the moreish starter pizzas – sweet chilli and basil, olive and feta, and herb and garlic. All so delicious, we couldn't pick a favourite. The dessert calzones – rocky road and hokey pokey – are delectably gooey when eaten straight from the oven, too.'

– Julie Samaras

### Ice cream

'I love my mango ice cream mixed with Clinkers, Skittles and Nerds at Cold Rock. Their extensive range of premium and low fat ice creams, gelato and sorbet flavours and the wide choice of tasty mix-ins, provide over 3,000 different flavour combinations to choose from. As well as serving up your custom-made creations in a cup, you can whisk them away in a take-home pack or have them made into a cake for any occasion. Thirsty? Cold Rock also has a yummy selection of super shakes, smoothies and spiders.'

– Mark Jaa Jaa