

CPMA ACDFL | CONVENTION+TRADE SHOW EXPO-CONGRÈS MONTRÉAL 2022

It is exciting to see the CPMA Convention and Tradeshow go live again since the start of the pandemic. This year, our sister companies - **Emperor Specialty Foods**, **Islands West Produce**, and **Mike & Mike's Organics** - are joining us in Montreal, bringing the excitement of globally-sourced ethnic, organic, specialty, and the widest selection of whole and fresh-cut produce to everyone. We will also feature the newly developed full organic citrus line, which offers a variety of lime, lemon, orange, grapefruit and mandarins, packed in 100% recyclable and resealable bags.



Please visit us at **booth 915** to enjoy the flavour rush of high-quality citrus and the benefits of organic nutrition. If this is not convincing enough to visit our booth, please drop by and say “hi” because we miss you, our friends.

CPMA ACDFL
montréal 2022
APRIL 5-7 AVRIL / 2022
PALAIS DES CONGRÈS
DE MONTRÉAL
#CPMA2022
convention.cpm.ca

*industrie ensemble
reunited à nouveau*

See you at our booth #915

SOLO PAPAYAS

Solo papayas are the sweetest among all papaya varieties. Their fragrant and juicy flesh is deep-yellow to orange in colour, and their taste is similar to a melon with hints of peach.

Papayas are fat and cholesterol-free. They are an excellent source of beta carotene, vitamins A, B, and C. They are also rich in fibre, carbohydrates, potassium, folic acid, minerals, copper, magnesium and are low in sodium. Papain, an enzyme present in papaya fruit, is used as a meat tenderizer as it can easily break tough meats. This enzyme is also used as a medical ingredient to help reduce inflammation and pain and fight allergies and infections.

Select papayas that have smooth skin without blemishes. Ripe papayas give slightly to a gentle squeeze and are three-quarters yellow. To ripen, keep the papaya on a kitchen counter. A fully yellow papaya should be eaten within 2-3 days.

Ripe solo papayas are great in salsa, smoothies, and salads. Besides being eaten fresh, they can be used as a bowl and filled with cottage cheese, ice cream, and tuna salad.



PAPAYA BREAKFAST BOWL

Prep time: 10 minutes
Servings: 2

Ingredients:

- 1 ripe solo papaya
- 2 cups yogurt
- ½ cup granola
- 2 tsp. chia seeds
- Additional toppings

Directions:

Fill the center of each papaya half with 1 cup yogurt, ¼ cup granola, 1 teaspoon chia seeds, and additional fruits or other toppings. Enjoy!

*Recipe taken from: <https://www.monicanedeff.com/papaya-bowl/>

AMBROSIA APPLES

Locally grown!

Ambrosia apples are not only delightful to eat but also beautiful! They have glossy, smooth, and flawless skin with a stunning pink-tinged orange/red blush over a creamy-yellow background. Ambrosia apples are tender, juicy, crisp, with a sweet, honeyed flavour. They are naturally low in acid content, making them an excellent snacking variety for kids and seniors. In addition to their top-tasting qualities, ambrosia apples hold their shape well and are slow to brown, making them perfect for cooking. Their texture and flavour come out great when used in salads, baking and desserts!

Ambrosia apples are a good source of vitamins A, B, and C, potassium, iron, and calcium. In addition, high fibre and water content in these apples can help regulate and improve digestion. On top of that, ambrosias are low in calories, making them a very healthy snack!

Choose ambrosia apples firm with smooth, clean skin, and avoid those with soft or dark spots.



ORGANIC TOMMY ATKINS MANGOES

Tommy Atkins mangoes are medium to large and weigh up to two pounds each. Oval or oblong, these mangoes have thick and smooth green-coloured skin covered by dark red, purple blush with orange and yellow highlights. They have juicy, fibrous, and firm, deep yellow flesh and mildly sweet flavour.

Tommy Atkins mangoes are packed with vitamins A and C and are a good source of dietary fibre. They also contain vitamin B6, folate, potassium, calcium, and iron. These nutritious mangoes are usually sliced to be eaten fresh or added in salads or marinades. They can also be pureed for beverages, baking, smoothie bowls, and desserts.

Choose ripe mangoes that give slightly to gentle pressure and give off a sweet aroma. Avoid mangoes that are overly soft or have bruising. Leave on the counter at room temperature for a few days to ripen. Once ripe, transfer mangoes to the refrigerator to keep them fresh for longer.

VEGAN APPLE CRISP

Prep time: 15 minutes **Cook time:** 35 minutes **Servings:** 4

Ingredients:

- 2 large ambrosia apples, peeled, cored and cubed
- 3 tbsp. maple syrup
- 3 tbsp. almond milk
- 2 tbsp. cinnamon
- ½ cup rolled oats
- ⅓ cup chopped walnuts
- 1 tbsp. almond butter
- ¼ cup of coconut butter
- A pinch of salt

Directions:

Step 1: Preheat the oven 350 F and lightly spray your 8-inch circular casserole dish with coconut oil.

Step 2: In a large bowl, combine ambrosia apples, 1 tablespoon of maple syrup, almond milk, and cinnamon. Once the apples are well coated, transfer the mix into a casserole dish and bake for 15 minutes.

Step 3: In a large bowl, combine the oats, walnuts, and salt together. Mix in the almond butter, coconut butter, and the rest of maple syrup with the dry ingredients until well combined

Step 4: Once the apple filling has baked for 15 minutes, gently remove from the oven and sprinkle the topping over baked apples. Bake for another 15-20 minutes or until golden brown. Cool down and serve with a scoop of ice cream.

*Recipe taken from: <https://www.lifebeginswithdessert.com/best-vegan-apple-crisp/>

