



TAIWAN GUAVAS

Guavas are a tropical fruit cultivated many tropical and subtropical regions worldwide. They range in shape from round to oval to pear-shaped, and their pulp contains many small edible seeds. Taiwan Guavas are bigger and sweeter than the regular guavas, and the flesh can either be white or pink. They are famous for their crisp texture and sweet taste. Guavas can be eaten fresh with skin and seeds just like an apple or processed into jams, jellies, and pastry fillings. In Asia, guava is commonly eaten by dipping it into sweet and sour dried plum powder mixtures.

Guava is an excellent source of vitamin A, C, antioxidants, and fibre. They also contain other healthy nutrients such as vitamin B2 and E, calcium, folate, iron, phosphate and potassium. In addition, studies show that guavas may help lower blood sugar levels, boost heart health, help the digestive system, aid weight loss, and boost immunity levels.

Ripe guava should yield to gentle pressure when you press it. Firm guavas can be kept on the counter for a few days while it ripens.

SWEETSOP

Sweetsop, also known as **sugar apple** or **custard apple**, is closely related to soursop but a lot smaller and without spikes. The skin is thick and rough, and its colour ranges from pale green, grayish green, or bluish green. The pulp is creamy white or light yellow along with a tender, and delicate texture. It has a pleasing, sweet-smelling fragrance and is very sweet. When fully ripened, the thick knobby skin becomes brown or yellowish and can be easily separated.

Sweetsop is highly medicinal, nutritious, and therapeutic. It has a high carbohydrate and protein content and is rich in vitamin C, vitamin B, calcium, potassium, iron, magnesium and phosphorus.

Besides eating sweetsop fresh, it can also be mixed with breakfast cereal, as a filling in crepes, or even made into popsicles.



CINNAMON SUGAR APPLE CAKE

* Recipe taken from: <https://pinchofyum.com/cinnamon-sugar-apple-cake>

Total Time: 1 hour

Yield: 12

INGREDIENTS:

APPLE CAKE:

- 1-½ cups **brown sugar**
- 1/3 cup **oil**
- 1 **egg**
- 1 cup **buttermilk** (or 1 cup milk + 1 tablespoon white vinegar)
- 1 teaspoon **vanilla**
- 1 teaspoon **baking soda**
- 2-½ cups **flour**
- 2-½ cups **chopped apples**

CINNAMON SUGAR TOPPING:

- ½ cup **sugar**
- 1 teaspoon **cinnamon**
- 1 tablespoon **butter**, melted

INSTRUCTIONS:

1. Preheat oven to 325 degrees. Mix or whisk ingredients in order given, stirring until just combined. Fold in your apples.
2. Pour batter into a buttered 9 x 13 pan (alternatively, you can line with parchment paper).
3. Combine the last 3 ingredients to make a topping and sprinkle / spread it evenly over the batter.
4. Bake for 45 minutes. Test with toothpick if needed. Serve with honey butter or whipped cream if you want.

CHERRIES

Cherries are one of the most beloved fruits. Classified as drupes (stone fruits), they have an outer fleshy layer, thin skin, and a single seed in the middle. They may look like berries, but they're a fruit. Cherries are in the same category as peaches, plums, nectarines, apricots, and pluots. Cherries come in two types: sweet cherries and sour cherries. Sweet cherries are big, sturdy with firm flesh, and usually eaten fresh. Sour cherries, also called "tart" cherries, have less sugar than sweet cherries. As a result, they have a sour-sweet flavour and are often used in cooking, as dried, or in making juice.

Cherries are not only delicious but also packed with vitamins, minerals, and compounds with powerful health effects. In addition, they are a potent source of antioxidants and anti-inflammatory compounds. Due to their higher nutritional value, they are recognized by nutrition experts as "super fruits."

Cherry season is from May until August. Choose cherries with bright, shiny, and firm skin with the stem attached. Fresh cherries can be kept in the refrigerator for up to 10 days.



ORGANIC HONEYDEW

The **orange flesh honeydews** and cantaloupes are closely related. Orange honeydew melons are a cross between a cantaloupe and a honeydew, but they do not have the netted skin of the classical cantaloupes. Instead, they are oval to round, with white to pale green skin. Orange honeydews are flavorful, juicy, and sweet with a creamy taste. They contain approximately 90% water, so their calorie count is very low, and they can be a healthy choice when you need to feed a craving for sweets. They are high in vitamin C, which is essential for your body's healing, and growing new cells. They are also rich in iron, vitamins B-6 and C, potassium, fibre, and other essential nutrients. You can enjoy honeydews in various ways; they can be used fresh, added to fruit salads, or made into sorbet.

Look for honeydews with a creamy white or pale cream rind. Around the stem end, the melon should be a bit soft and feel heavy for its size. You should also be able to smell the melon's aroma when they're fully ripened.

Late April to early May is traditionally the time that the organic melon season starts with our grower partners. Ask your Sales Rep about these tasty melons!

MELON SORBET

* Recipe taken from: <https://abeautifulmess.com/sorbet-without-an-ice-cream-machine/>

INGREDIENTS:

- 4-5 cups **melon**, cut into small cubes, outer skin removed (or any kind of berries, peaches, or plums)
- ½ cup **water**
- ½ cup **sugar**
- 1 sprig of **fresh mint**
- 2 teaspoons **meringue powder**
- 2 tablespoons **water**

INSTRUCTIONS:

1. Cut up the melon and place in a big ziplock bag. Freeze overnight.
2. In a pot, whisk together the sugar and water over medium/high heat until the sugar dissolves. Remove from heat, add the mint, and allow to steep for 30 minutes. Remove the mint and reserve the syrup until you need it.
3. In a small bowl, whisk together the meringue powder and water. Whisk until you create a lot of foam. This is an egg white substitute. You could use egg whites if you prefer. But since we aren't cooking them so it's safer to use the substitute. This adds a nice creamy texture to the sorbet.
4. In a food processor, combine the frozen fruit, syrup, and meringue powder water mixture. Blend just until smooth. Store in freezer until served.

