

PINEAPPLES

Pineapples are a delicious tropical fruit with exceptional juiciness and a vibrant tropical flavour with a sweet and tart taste. They are not only tasty, they are also rich in vitamins, enzymes, and antioxidants. As a result, pineapples can help boost immunity, improve bone and eye health, aid digestion, and accelerate weight loss.

Pineapples are low in calories but have an incredibly impressive nutrient profile, such as Vitamins A, B5, B6, C, and K, phosphorus, zinc, calcium, beta-carotene, thiamin, and folate. In addition, minerals like potassium, copper, manganese, calcium, sodium, and magnesium are also found in pineapples.

Choose pineapples that look fresh with a sweet aroma, and have a firm texture. Avoid fruit that is old looking, dry or with brown leaves. After cutting or ripening, store in the refrigerator for a few days.

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All over the world, the pineapple has long been known as the symbol of warmest welcome. And now we're proud to welcome the sweetest pineapple around — the radiant Honeyglow®.

At Fresh Del Monte, we're always looking for new ways to bring you the best picks on the planet, and the Honeyglow® pineapple is our freshest pineapple offering ever, and one of the best fruits to eat.

At our farms in Costa Rica, we've pioneered a unique growing process that ensures every Honeyglow® pineapple ripens more slowly on the stem, and is hand-harvested at peak sweetness and ripeness. And because our two largest pineapple farms are Sustainably Grown Certified by SCS Global Services, our harvest is both sustainable and exclusive in its limited yield.

Because Fresh Del Monte has a variation of environments to produce pineapple, only those fields where pineapples grow to express their optimal quality are selected for the Honeyglow® brand. These selected growing conditions, along with the knowledge of our experienced personnel to take care of the agricultural practices, enabled Fresh Del Monte to successfully launch and grow the Honeyglow® product.

Once the Honeyglow® pineapple passes rigorous quality standards, each pineapple is delicately cradled in open-top packing and shipped within 48 hours. It's as farm-to-table fast as fresh can get! And you're bound to notice the difference as soon as you lay eyes on one. Only the Honeyglow® pineapple has a distinctive honey-colored shell that matches its golden goodness within. Consumers can assure they will receive perfect quality pineapples every single time. Only sweet surprises!

*Information taken from: <https://honeyglowpineapple.com/>



HONEYGLOW®
PINEAPPLE



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MINI HONEYGLOW® PINEAPPLE CHICKEN MEATBALLS

* Recipe taken from: <https://honeyglowpineapple.com/recipe/pineapple-chicken-meatballs/>

Prep Time: 10 minutes

Cook Time: 10 minutes

Serving: 6

INGREDIENTS:

- 1 lb ground chicken
- ½ cup Del Monte® Honeyglow® Pineapple, finely diced
- ⅓ cup green onions, finely chopped
- 1 large egg
- ¼ cup fine dry breadcrumbs
- 2 garlic cloves, minced or grated
- 1" piece fresh ginger, peeled and minced or grated
- 1 tbsp soy sauce or tamari
- 2 tsp toasted sesame oil
- ½ tsp black pepper
- ½ tsp red pepper flakes
- 1 cup prepared teriyaki sauce

INSTRUCTIONS:

1. Preheat the broiler and place the oven rack 8" from the heat. Lightly oil a large sheet pan.
2. In a large bowl, combine chicken, Honeyglow® pineapple, green onions, egg, breadcrumbs, garlic, ginger, soy sauce, sesame oil, pepper, and pepper flakes. Mix with your hands until just combined.
3. Measure out chicken mixture using a tablespoon. Roll each portion into a ball between the palms of your hands and place it on prepared sheet pan.
4. Broil until lightly browned and the internal temperature reaches 165°F, 8-10 minutes.
5. Serve meatballs warm with teriyaki sauce.



RAMBUTAN

Rambutan is a red hairy fruit comparable to the size of a golf ball. It is a common snack in tropical countries such as Thailand, Malaysia, Indonesia, the Philippines and Australia. Its outer skin is red with soft yellowish and neon green prickly pokers that look sharp but are quite soft and pliable. The flesh is white with a refreshing sweet, creamy, rich flowery taste, similar to lychee. The fruit is usually eaten fresh but can also be used in salad or as a fruit topping on ice cream, yogurt, or other desserts.

Rambutan contains carbohydrates, protein, vitamin C, copper, manganese, and gallic acid. It is also an excellent source of iron with good fibre content and is low in calories.

Select rambutan that has firm skin with no bruises. It can be stored at 8-15°C (46-59°F) with 90-95% relative humidity to achieve a storage-life of 14-16 days.



ORGANIC NECTARINES

Nectarines are smaller than peaches with smooth skin. They are from the same family, the Prunus family, a genus categorized by a hard shell surrounding its seed in the center of the fruit. That hard shell and seed are known as a stone; thus, they are commonly called stone fruits.

Nectarines are quite similar to peaches in appearance except for the lack of fuzziness on the skin. Their flesh comes in shades of deep yellow or creamy white, with the outer surface in colours of pink, red, white, or yellow. Nectarines are used in baked goods, salads, sauces, smoothies, jams, jellies, and of course, eaten fresh.

ORGANIC PEACHES

Peaches are typically very sweet, low in acid, and are a very popular kind of stone fruit in China, Japan, and some other Asian countries. Their skin is fuzzy and creamy white with blushes of red and pink. White peaches tend to have paler skin than yellow peaches but have the same bloom, softness, and overall look like a standard peach.

Peaches are cholesterol-free and low in fat, saturated fat, and sodium. In addition, they are high in vitamins A and C, dietary fibre, niacin, and potassium.



SUMMER STONE FRUIT CAPRESE SALAD WITH HEIRLOOM TOMATOES

* Recipe taken from: https://www.spoonabilities.com/stone-fruit-caprese-salad/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=1078377058_51456916_267713

Total Time: 10 minutes

Yield: 5 servings

Calories: 229 kcal

INGREDIENTS:

- 1 Nectarine
- 1 Peach
- 1 Plum
- 1 Apricot
- 1 large (2 small) heirloom yellow tomato
- 1 large (2 small) heirloom red tomato
- 1 bunch of basil
- 1-2 cups cherries
- 2 fresh burrata
- Half a pint multi-color cherry tomatoes
- 1 tsp Sea Salt Fleur De Sel
- Drizzle (about 1 tbsp) Extra Virgin Olive Oil

INSTRUCTIONS:

1. Cut all fruits and vegetables.
2. Plate them at your liking. Suggestion: Plate first the larger pieces like the tomatoes. Then the medium-size ones, and the last elements are the cherries and cherry tomatoes, the burrata, and the fresh basil leaves.

