

Organic LETTUCE



Organic Romaine Lettuce has just started to arrive from Myers Organic Farm, one of our lower mainland grower partners. Romaine Lettuce has a longer shape, tight bunch, and slightly bitter leaves. Romaine lettuce is highly nutritious. This variety of head lettuce has deep green leaves with a crisp texture. If you want to maximize the health benefits of your salads, romaine lettuce is a great item due to its low calorie content, and high water volume. Romaine Lettuce can also be used in a stir fry, as lettuce wraps, or as a low calorie substitute for hamburger buns or bread for your sandwich. Looking for some veggies for your smoothies or juices? Give romaine a try. Have you ever tried grilled romaine on the BBQ – it's easy. Cut the head of romaine in half lengthwise, add some balsamic vinegar, salt, pepper and garlic and grill it up. It's a delicious, light dish for your meal and there's little to no clean up. Romaine lettuce has a high level of antioxidants, dietary fiber, and other crucial vitamins such as vitamins A, B1, C, and K, as well as minerals including folate, manganese, potassium, copper, iron, and molybdenum.



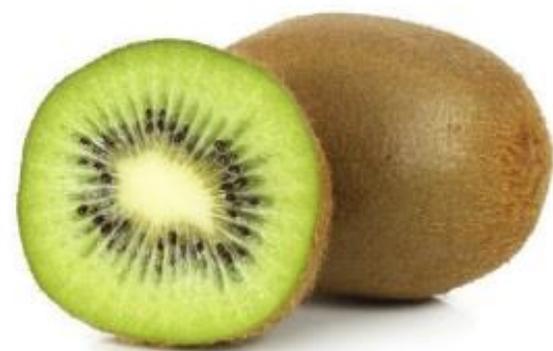
Organic Red and Green Leaf Lettuce have also started up this week. These lettuces are loose, have a mild flavor and make a great start to any salad. Red Leaf lettuce is more delicate than green leaf, and can show tip damage more easily. Red leaf can also be of such a deep color that it approaches purple in colour. Keep a close eye on your red leaf to make sure the edges are not wilting. Green Leaf has a slightly harder exterior, and more crunch than red leaf. From a nutritional standpoint, red leaf is slightly more nutrient rich than green leaf lettuce. Red leaf lettuce contains 127% of the daily recommended amount of Vitamin A and 149% of the daily recommended amount of Vitamin K. Both red leaf and green leaf

have small amounts of Vitamin C as well. Red leaf is considered a calorie, and fat free food. It is also rich in beta carotene, and retinoid which contributes to normal vision, healthy skin and immune support. Green leaf contains Vitamins A, K, B, and C as well as trace minerals, including calcium, magnesium, and potassium. Both of these lettuces can be used in salads, wraps, smoothies, juices, omelets, and garnishes for sandwiches or burgers.

Keep an eye out for more local WA and BC organic items that will be available in the coming weeks – including WA and BC red and rainier cherries, zucchini, OTV and grape tomatoes, red, yellow and orange bell peppers, fennel, green cabbages, purple kohlrabi, bunch carrots from Ralph's Greenhouse, and beets. We are looking forward to carrying the best of BC and Washington's organic produce that is available.

Kiwifruit ... New Zealand

Kiwifruit is originated from China, and was introduced to New Zealand in the early 20th century. Also known as Chinese gooseberry, Kiwifruit is an oval-shaped, dull brown coloured fruit with a fuzzy skin. The flesh is either bright green or yellow with a row of black seeds. The taste of a kiwifruit is sometimes described as a mixture of strawberries, bananas, and pineapples.



Despite the small size of a Kiwi fruit, it is packed with Vitamin C, which can strengthen our immune system, promote wound healing, and better absorb of iron. A kiwifruit contains 93 mg of Vitamin C, which is 12 times more than an apple, 3.5 times more than citrus, and 3 times more than a lemon. The fruit is also rich in dietary fiber that helps stimulate intestinal peristalsis, and helps shorten the time it takes for harmful substances to stay in the intestines. Kiwifruit also contains Vitamin E, beta-carotene, calcium, magnesium, and amino acids.

Select kiwifruits without bruises or soft spots, firm but not hard. A ripe kiwifruit should yield to gentle pressure. Kiwifruit can be stored in a plastic or paper bag at room temperature for up to 4 to 6 days, and in the refrigerator for a few weeks.

Creamy Coconut Kiwi Smoothie

Ingredients:

- 2 kiwifruits, peeled and quartered
- ½ medium avocado
- 1 cup coconut water
- 2 tbsp. canned coconut milk
- 1 lemon, juiced (more to taste)
- 4 to 5 ice cubes

Direction:

Place all ingredients in a blender and blend on high until smooth, and creamy.



* Creamy Coconut Kiwi Smoothie recipe: https://www.thekitchn.com/recipe-creamy-coconut-kiwi-smoothie-recipes-from-the-kitchn-205391?utm_campaign=yummly&utm_medium=yummly&utm_source=yummly

English Peas ...

English Peas, sometimes called Sweet Peas or Garden Peas, are known for their sweet flavor and bright, beautiful green colour. Unlike Sugar Peas or Snow Peas, the pods are not edible, and the round peas inside of the English Peas need to be removed or shelled before eating. They can be eaten raw or cooked, and are a great way to add some colour to your favourite dishes.

Look for peas that are shiny, firm, with brightly coloured pods that feel swollen, and heavy. They can be wrapped and kept in the refrigerator for up to three days.



Broiled Shrimp with Spicy Pea Puree

* Broiled Shrimp with Spicy Pea Puree recipe: <https://www.realsimple.com/food-recipes/browse-all-recipes/broiled-shrimp-with-spicy-pea-puree>

Preparation: 40 mins / Total Time: 40 mins / Servings: 4

Ingredients:

- 1 jalapeño
- 8 oz sugar snap peas, trimmed
- ½ tsp kosher salt (additional for boiling peas)
- 10 oz shelled fresh or frozen English Peas
- ½ cup packed fresh flat-leaf parsley leaves, and tender stems
- 4 tbsp. olive oil, divided (additional for serving)
- 3 tsp lemon zest
- 3 tbsp. fresh lemon juice
- 2 cloves garlic, finely chopped
- Freshly ground black pepper
- 1-¼ lbs peeled, and deveined tail-on jumbo shrimp
- 1 tsp chopped fresh thyme
- 2 cups (4 oz) pea shoots

Direction:

Step 1: Broil jalapeño on a foil-lined baking sheet, turning, until charred, 7 to 9 minutes. Transfer to a bowl, cover, and let steam for 5 minutes; peel, stem, and seed jalapeño.

Step 2: Cook snap peas in a pot of boiling salted water until crisp-tender, about 2 minutes. Remove with a slotted spoon. Add English peas to pot and cook until tender, 3 to 4 minutes. Reserve ¼ cup cooking water; drain.

Step 3: Place English peas in a food processor. Add jalapeño, parsley, reserved cooking water, 2 tablespoons oil, 2 teaspoons lemon zest, 2 tablespoons lemon juice, half the garlic, and several grinds of pepper. Process until smooth, scraping sides of bowl as needed.

Step 4: Toss shrimp with thyme, several grinds of pepper, and remaining garlic, 2 tablespoons oil, 1 teaspoon lemon zest, 1 tablespoon lemon juice, and ½ teaspoon salt. Transfer to prepared baking sheet and broil, flipping once, until opaque, 1 to 2 minutes per side.

Step 5: Serve shrimp over pea puree. Top with snap peas, pea shoots, and a drizzle of oil.



Golden Papaya ...

From Brazil

Golden Papayas, are a pear shaped variety with thin golden yellow skin, soft, and juicy orange-red flesh.

Papayas are considered one of the healthiest fruits in the world. They are a popular fruit that are sweet with vibrant color, and are grown in tropical climates. They are fat, and cholesterol-free, and loaded with nutrients, including vitamins A, B, and C, antioxidants, calcium, beta carotene, and enzymes. Papayas are also rich in fiber, carbohydrates, potassium, folic acid, minerals, copper, magnesium, and are low in sodium.