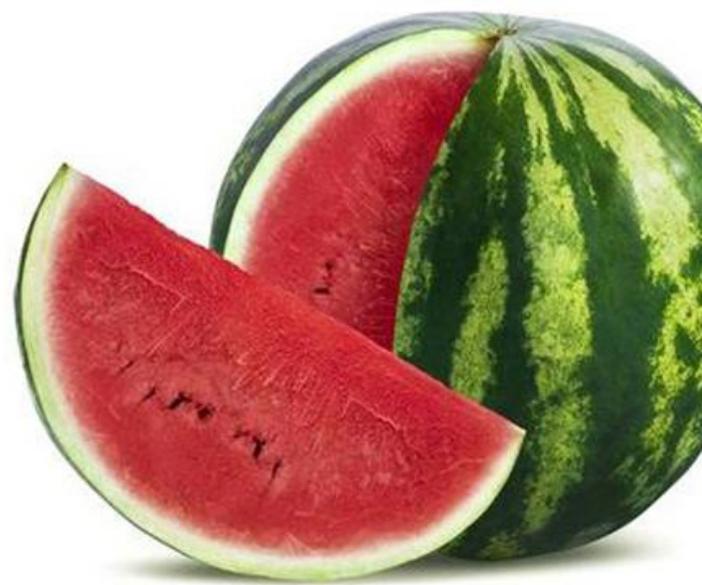


WATERMELONS

When you think about summertime, barbeques, and picnics, **watermelon** is the first thing that comes to mind! Being about 92% water, this refreshing thirst quencher is still considered to be a nutrient-dense food. Watermelons are noted for high carotene content, specifically beta-carotene and lycopene, which gives watermelon its irresistible red hue. They are also packed with potassium and vitamins C, A, and B.

Look for firm and symmetrical watermelons free of cuts, bruises or dents. It should feel heavy for its size and have a dark green colour with a dark field spot (the underside of a watermelon where it touched the ground). If buying pre-cut watermelon slices, look for bright red flesh with dark seeds, avoid pieces with white streaks or have too many white seeds.

Watermelon is most often eaten on its own, but it can also be added to salads and savoury dishes or used to make juices, salsa, jams, sorbets and even wine. This summer treat goes well with avocado, lemon, red onion, mint, salt, pork, white fish, and balsamic vinegar, to name a few!



EAT LOCAL • EAT FRESH

Summer brings a full spectrum of delicious locally grown fruits and vegetables here in BC, such as berries, cherries, corn, greens, mushrooms, tomatoes, and peas. Since local fresh produce items are picked at their peak, they are tastier, fresher, and very flavourful.

BI-COLOUR CORN

Local corn is available in yellow, white, or bicolor and is grown mainly in Chilliwack, Abbotsford, Richmond, and Delta; they are at their best during late summer to early fall. When sweet corn is available fresh, it can be cooked and eaten on the cob. If you cut the kernels off the cob, you can add them to other dishes, such as soups, stews, casseroles, and salads.

Corn is packed with vitamins B1, B5, and C, folate, dietary fibre, phosphorous, and manganese. Look for well-formed ears of corn with tight light green colour husks and clean, golden-brown silk. Store them in the refrigerator with the husk on for two to three days.



GRILLED CORN SUMMER PASTA SALAD

* Recipe taken from: <https://tasty.co/recipe/grilled-corn-summer-pasta-salad>

Serving: 6

Calories: 406

INGREDIENTS:

Pasta Salad

- 2 ears corn
- olive oil, for brushing
- 8 oz dried orecchiette pasta (225 g), cooked according to package instructions
- 2 cups cherry tomato (400 g)
- ½ cup red onion (75 g), diced
- 1 avocado, diced

Cilantro-lime vinaigrette

- 1 ½ cups fresh cilantro (60 g)
- ⅓ cup olive oil (80 mL)
- 3 tbsp lime juice
- 1 clove garlic, roughly chopped
- ½ tsp chilli powder
- 2 tsp honey
- salt, to taste
- pepper, to taste

INSTRUCTIONS:

1. Microwave the corn on a microwave-safe plate on high for 7 minutes. Remove from the microwave, and grip the corn with a dish towel. Then cut off the bottom end with a serrated knife. Slide the corn out of the husk. It should come out fairly easily with none of the silky string mess.
2. Brush the corn with olive oil, then place on a cast iron grill pan or outdoor grill over medium-high heat. Grill for 5-6 minutes on each side, until the kernels are slightly charred.
3. Insert the narrow end of an ear of corn into the center hole of a bundt pan. Holding the corn steady with one hand, saw off the kernels with a serrated knife. The kernels will fall into the pan for easy collection.
4. Make the cilantro-lime vinaigrette: Combine the cilantro, olive oil, lime juice, garlic, chilli powder, honey, salt, and pepper in a food processor and blend until smooth.
5. In a large bowl, add the pasta, corn, tomatoes, red onion, avocado, and vinaigrette, and mix until well-combined.



Scan to see the corn prep tips video!

ORGANIC GRAPEFRUITS

Organic Grapefruits are available year-round. They come in various colours, from white or yellow to pink and red, and they can range in taste from acidic to sweet. Grapefruits are an incredibly healthy food to include in your daily diet. They contain 92% water, giving it one of the highest water contents of any fruit. They can be added to salads, as drinks, condiments, and desserts.

Grapefruits are rich in nutrients, antioxidants, and fibre. Many studies have suggested that increasing the consumption of grapefruits can promote a healthy complexion, increase energy, and lower overall weight.

Look for grapefruits with thin, smooth, firm, and shiny skin and that feel heavy for their size. Avoid grapefruits with wrinkled skins or soft spots - store grapefruits at room temperature for one week or in the refrigerator for up to 3 weeks.



ORGANIC WARBA POTATOES

Warba potatoes are an early producing crop of nugget potatoes. They are harvested before they set their skin. The skin colour is white flesh with pink around the eyes. They're very delicate and are harvested early in the morning to protect them from the sun.



Organic potatoes are a great source of potassium. The concentration is highest in the skin and just beneath it; eating the potato with the skin is always beneficial. They also contain calcium, iron, and phosphorus. Potatoes are also an excellent source of Vitamin C, and contain vitamins A, B, and P. They are also one of the best natural sources of starch. Potatoes can also help reduce blood pressure, stimulate brain function, help with healthy skin, and reduce inflammation. They are a fantastic vegetable in a balanced diet.



POTATO TACOS

* Recipe taken from: <https://www.proportionalplate.com/potato-tacos/>

Prep Time: 5 minutes

Cook Time: 40 mins

Serving: 4

INGREDIENTS:

Potato Tacos

- 2 lbs potatoes
- 3 cloves garlic, minced
- 2 tsp smoke paprika
- 2 tsp cayenne pepper
- ¼ tsp salt
- 1 tbsp oil

For Serving

- 24 white corn tortillas (2 per taco, 3 tacos per person)
- Tomatillo salsa
- 1 lime, cut into wedges
- Cilantro, to garnish

INSTRUCTIONS:

1. Preheat your oven to 425°F and cut your potatoes so they are about the same size, ¾-1" pieces.
2. Parboil the potatoes by just barely covering them in a pot with cold water, adding salt, and simmering until barely fork-tender.
3. Drain the potatoes and add the oil, salt, garlic, smoked paprika, and cayenne pepper. Toss well to coat, and transfer to a sheet pan.
4. Bake for 25-30 minutes - however long it takes them to get golden and crispy.
5. Heat up your tortillas and serve the warm tortillas with the crispy roasted potatoes, salsa, cilantro, and lime wedges.



Scan to watch video recipe on our Instagram page!