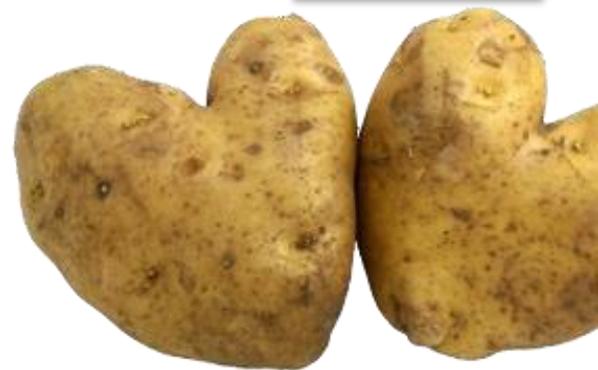


ORGANIC PUGLY POTATOES



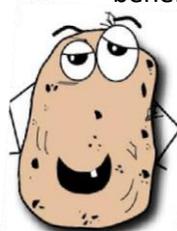
It is a great time to try the **Pugly Potatoes from Fraserland Organics** in Delta, BC. Fraserland developed their Pugly line of red, russet, yellow, and purple potato bags as a solution for their crop that didn't make the #1 grade due to minor defects in appearance. However, Puglies still have the great taste of Fraserland Potatoes and are offered at a lower price point while you support a fantastic local farm right here in the Lower Mainland.



A keyword associated with organic farming is "Sustainability." Each season, in order to comply with Canada No. 1 Grade standards, an average of 25% of our potato crop is graded out due to minor skin defects or odd shapes and sizes. Wasting 25% of a great tasting nutritious crop based on appearance doesn't seem very sustainable to us, so in 2015 we joined the "Ugly Veg Movement" with the Pugly Potato!
- Fraserland Organics -

The #1 grade and Pugly potatoes are a great source of potassium and fibre. Moreover, the concentration of these nutrients is highest in the skin and just beneath it.

Therefore, if you eat only the skin of your cooked potato, you can also benefit from more protein, calcium, iron, and phosphorus than eating only its flesh. Potatoes are also one of the best natural sources of starch. They are packed with vitamins C, A, B, and P. Consuming potatoes regularly can also help reduce blood pressure, stimulate brain functions, help promote healthy skin, and reduce inflammation. They are a fantastic vegetable in a balanced diet!



ORGANIC LEMONS



Lemons are a sour, zesty, and juicy bright yellow citrus fruit. They are oval and can add brightness to sweet and savoury dishes. They can be used as a garnish for drinks, water, fish dishes, shrimp, lobster, calamari, and with all kinds of delicious baked goods.

Lemons have many health benefits, including aiding digesting, helping with dental problems, throat infections, skin disorders, high blood pressure, and they are great for your hair and skin. Lemon juice is a well-known treatment for kidney stones, reducing strokes, and lowering body temperature. If you drink lemon juice mixed with lukewarm water and honey, it can help reduce body weight.

Lemons also have many nourishing elements like vitamins C, B6, A, and E. They are also an excellent source of niacin, thiamin, riboflavin, copper, calcium, iron, magnesium, potassium, zinc and protein. They also contain flavonoids, composites with antioxidant and cancer-fighting properties.

CLASSIC LEMON TART

* Recipe taken from: <https://zestfulkitchen.com/classic-lemon-tart-recipe/>

Prep Time: 20 minutes

Cook Time: 40 mins

Serving: 8 (one 9" tart)

INGREDIENTS:

- ¼ cup lemon zest
- ½ cup lemon juice (4 lemons)
- 2 large eggs
- 7 large egg yolks
- ½ cup honey
- Salt
- 4 tbsp unsalted butter, cut into 4 pieces and chilled
- 2 tbsp heavy cream
- 1 fully baked 9" tart crust
- Berries & Confectioner's sugar, optional

INSTRUCTIONS:

1. Heat oven to 375°F (190°C) with rack set in middle position.
2. Whisk lemon juice, lemon zest, egg and yolks, honey, and pinch salt in medium saucepan until smooth. Add butter and cook over medium-low heat, stirring constantly with rubber spatula, until mixture thickens and registers 170°F 6–8 minutes.
3. Immediately pour mixture through a fine-mesh strainer into bowl and stir in cream.
4. Pour warm lemon curd into cooled 9-inch tart crust. Set tart on baking sheet and bake until filling is shiny and opaque and centre jiggles slightly when shaken, 10–15 minutes, rotating pan halfway through baking.
5. Transfer tart with baking sheet to wire rack and let cool completely, about 2 hours.
6. To serve, remove outer metal ring of pan, slide a thin spatula between tart and tart pan bottom, and carefully slide tart onto serving platter.
7. Top with berries and dust with confectioners' sugar, if using.



Want to know how you can decorate your lemon tart? Scan to watch video on our Instagram page!

WINTER JUJUBES

Winter Jujubes, also known as red or Chinese Dates, are native to Southern Asia and are popular worldwide. These small fruits are similar in size to an olive and can be eaten fresh, dried, infused into tea, and made into juice or wine. The taste and texture of fresh Winter Jujubes are similar to apples, sweet and crisp. Dried jujubes taste like dates with a chewy texture and are often used in Asian soups, snacks, candies, and desserts.

Winter Jujubes are loaded with essential vitamins and minerals, and dried jujubes are commonly used as a traditional medicine in Asia. They're rich in vitamin C, potassium, fibre, antioxidant, and immune-boosting properties. In addition, fresh jujubes are low in calories and contain zero fat. However, during drying, the sugar in the fruit becomes concentrated, so dried jujubes are higher in sugar and calories compared to the fresh ones.

Select fresh Winter Jujubes that are firm and have smooth skin. Avoid fruits that have wrinkled skin and are blemished, or soft. Fresh Winter Jujubes can be kept at room temperature for up to four days or in the refrigerator for up to two weeks.

What're the best way to eat fresh Jujube fruits?

Salads: Add sliced jujubes to salads. Toss arugula with walnuts, gorgonzola cheese, and a sweet vinaigrette.

Breakfast: Slice thin and add to morning oatmeal or on top of yogurt for added sweetness.

Baked: Bake sliced jujube fruit with pork chops.

Jujube Chips: Slice thinly and place in a single layer on a parchment-lined baking sheet. Bake at 250°F until dehydrated.



ASIAN PEARS

- Major Asian Pear varieties from Korea, and China
- Various sizes available to meet the needs of your targeted customers
- Superior quality, and consistent supply

GOLDEN PEARS

Available:
August - June



- Yellow skin
- Nice round shape
- White flesh
- Sweet, crispy, and juicy

YA PEARS

Available:
September - May



- Pale yellow skin
- Light brown speckles
- Oval shape with white flesh
- Crunchy, juicy, and slightly tart

SINGO PEARS

Available:
August - April



- Golden brown skin
- Big round shape
- Semi-transparent flesh
- Extra sweet, crispy, and juicy

FRAGRANT PEARS

Available:
September - June



- Jade green skin with a touch of blush
- Small oval shape
- White flesh
- Fragrant, and sweet

CORONATION GRAPES

Coronation Grapes, also known as blue grapes, are a blue, seedless variety with jelly-green flesh, and a musky, sweet taste. Popular throughout Canada, Coronation Grapes are great for snacking and a perfect ingredient for desserts, sauces, jams, jellies, and juice. They are also replacements for berries in baked goods such as muffins, scones, or loaves. Coronation Grapes are available from late summer to early fall.

Choose Coronation Grapes that are firm, plump, deep-blue and tightly attached to the stems. Avoid those that are wet, mouldy, or shrivelled at the stem.

Store unwashed, loosely covered Coronation Grapes in the refrigerator for up to 10 days. To freeze, wash, dry, and de-stem Coronation Grapes, pack in airtight containers and freeze for up to a year.

