



ORGANIC FRESH CRANBERRIES

Fresh Cranberries are harvested in the fall and available from late September through December. Their sweet and tart flavour adds a touch of originality to any recipe and matches perfectly with roast turkey at Thanksgiving dinners. Cranberries can be frozen for up to a year, so you can stock up on a few bags around the holidays to use throughout the year.

Cranberries are among the top antioxidant-rich and high-nutrient foods, more than other “superfoods” like spinach, blueberries, or green tea. Some of the antioxidants found in cranberries include anthocyanins, ellagic acid, quercetin, resveratrol, selenium, and vitamins A, C, and E. Cranberries have very low sugar content so you can pair them with honey, maple syrup, or chocolate drizzle for added sweetness.

Patience Fruit & Co. is a family-owned company based in Quebec, Canada, and is one of the largest suppliers of Organic Cranberries.



We have a deep respect for nature, and we tend to her needs as much as we do our cranberries. Since the beginning, we have practiced organic farming, using no chemical fertilizers or pesticides. Certain things cannot be rushed if you want to do them right. That is why we personally tend to our berries every at step of the way, from seed to shrub to dried fruit. By showering our cranberry fields with care and attention, we ensure that they will live on practically forever.

- Patience Fruit & Co. -



TREE RIPENED AUSTRALIAN R2E2 MANGOES

R2E2 is a large, attractive mango variety with orange skin tinged with a red blush and firm lemon-yellow flesh. Its sweet, mild flavour is rich in amino acids, vitamins A, B, C, and E, flavonoids, beta-carotene, niacin, calcium, iron, magnesium, potassium, and dietary fibre.

How to choose & store?

R2E2 mangoes are known for their long shelf life, which makes them a popular variety for export. Choose the mango that gives slightly to gentle pressure. Keep unripe mangoes at room temperature. Once ripe, you can store them in the refrigerator for 2 to 3 days.



MANGO SHEET CAKE

* Recipe taken from: <https://georginaeliza.co.uk/recipe/mango-sheet-cake/>

INGREDIENTS:

- 160 ml almond milk (unsweetened)
- 1 tbsp apple cider vinegar
- 170 g plain white flour
- ¼ tsp baking soda
- ¾ tsp baking powder
- ¼ tsp salt
- 100 g sugar
- 100 ml vegetable oil
- 100 ml whipped cream
- 1 mango
- ½ pomegranate
- 6 sprigs mint

INSTRUCTIONS:

1. Pre-heat your oven to 180°C. In a large bowl, combine your milk and apple cider vinegar. This should curdle once you've mixed it together- leave aside for a minute or so. Then, add the oil, sugar, flour, baking soda, baking powder and salt and whisk together until all combined.
2. Line the bottom of a deep 15 cm square baking tin with baking paper. I use a tin which has a removable bottom. Pour your cake batter into your tray and then bake in your preheated oven for 30 minutes or until a knife comes out of the centre clean. Then leave the cake to fully cool. If you want to do this ahead of time, cover your cake in plastic food wrap, and ready to decorate the following day.
3. Place your cream into a standing mixer and mix on a high speed until it is fully whipped - this should take around 1-2 minutes. Peel and chop your mango into small chunks. Get the pomegranate seeds out of the pomegranate (if you are using ready to go pomegranate you can miss this step and just use 2 tbsp pomegranate). Get your mint sprigs ready.
4. Spread your whipped cream on the sheet cake evenly. Scatter the mango, pomegranate and mint on top of the cream. Cut into even square shapes. Devour immediately! I hope you enjoy :)



Scan to watch video recipe on our Instagram page!



CALIFORNIA FUYU PERSIMMONS

Persimmons are orange-red fruits with a rich flavour profile, a blend of pear, dates, and brown sugar with hints of cinnamon. Sweet and delicious persimmons are packed with health-promoting nutrients such as vitamins, minerals, dietary fibres, and antioxidants. Fuyu persimmons are sweeter than Hachiya persimmons and can be eaten while still firm.

Look for persimmons with taut, glossy skin, avoiding fruit with soft spots or bruises. Keep persimmons at room temperature until ripe. Then they can be refrigerated for couple weeks.

POMELOS

Pomelo, the biggest fruit in the citrus family, has over 3,000 years of growing history and is mainly grown in Southeast Asian countries such as China, Thailand, Vietnam, and Malaysia.

There are different varieties of pomelo, such as **Golden Pomelo**, **Honey Pomelo**, **Shatin Pomelo**, and **Pink Pomelo**. Pomeles have a thick, soft rind and a long shelf life. They are also sweet, tangy, and have juicy pulp. The colour of the pulp varies from pale yellow to pink and red, depending on the variety. The membranes of the segments are bitter and usually discarded, but they are sometimes used in Chinese cuisine. Pomeles can be eaten fresh, made into juice, or added to salads.

Pomeles are very rich in vitamin C and are also a good source of potassium and fibre. Frequent eating of pomeles can help regulate blood sugar, digestion, and hypertension.

When buying pomeles, choose fruits that are heavy for their size, blemish-free, and have a fragrant smell.



MANGO POMELO SAGO PUDDING

* Recipe taken from: <https://www.siftandsimmer.com/mango-pomelo-sago/#recipe>

Prep Time: 20 minutes

Cook Time: 5 mins

Serving: 4

INGREDIENTS:

- ½ cup small tapioca pearls
- 3 cup water
- 2 tbsp granulated sugar + additional to taste
- ½ can (200ml) coconut milk, divided canned
- 1 cup ice
- 2 large fresh mangoes peeled and diced into small chunks, reserve some for garnish
- 1 cup whole milk or evaporated milk
- a few pomelo segments

INSTRUCTIONS:

1. In a small saucepan, add 3 cups of water and the small tapioca pearls. Bring to a boil over high heat, and then turn off the heat.
2. Cover with a lid and let it sit for 10-15 minutes, until pearls are transparent (or almost transparent), stirring intermittently.
3. Once the tapioca pearls are translucent, drain the tapioca pearls in a colander and rinse under cold running water.
4. Drain and transfer the tapioca pearls to a bowl and stir in 2 tablespoon of sugar along with 100ml of coconut milk.
5. Add about ¾ of the diced mangoes to a blender, along with remaining 100ml coconut milk, milk, ice and blend until smooth. Taste to see if it's sweet enough to your liking. If not, add sugar to taste and blend again.
6. Add the pureed mango coconut milk mixture into your serving vessel.
7. Layer with the cooked tapioca pearls, diced mango, pomelo segments, and top with additional coconut milk if you wish. Repeat with the remaining.
8. Serve chilled.

