

CALIFORNIA NAVEL ORANGES

Oranges are one of the most commonly grown fruits in the world. They come in many varieties, and the navel orange, sometimes called sweet orange, is one of the most common.

Navel Oranges from California are sweet, seedless, full of zest, and deliciously juicy. They are easily peeled and are great as a healthy snack or squeezed into a refreshing drink. They are rich in vitamins A, B6, and C, fibre, potassium, folate, beta-carotene, calcium, citrates, and low calories.

Choose Navel oranges that have unblemished skin, are firm, and feel heavy for their size. They can be stored for up to two weeks at room temperature and even longer when refrigerated.



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.

CANDIED ORANGE SLICES

* Recipe taken from: <https://www.bakedbyanintrovert.com/candied-orange-slices/>

Prep Time: 10 minutes **Cook Time:** 1 hour 5 mins **Serving:** 40 slices

INGREDIENTS:

- Ice water
- 8 cups (1920 ml) water, divided
- 4 oranges
- 4 cups (800 g) granulated sugar, plus more for coating

INSTRUCTIONS:

1. Fill a large bowl with ice water and set it aside.
2. Add 4 cups (960 ml) of regular water to a large saucepan and bring it to a boil over high heat. Add the orange slices. Boil for 2 minutes. Transfer the orange slices to the bowl of ice water and discard the boiled orange water.
3. Add the remaining 4 cups (960 ml) of water and the sugar in the same sauce pan. Bring to a boil over medium heat, stirring occasionally until the sugar has completely dissolved.
4. Turn the heat to medium-low and add the orange slices. Simmer for 45-60 minutes or until the rinds are slightly translucent. Gently swirl the oranges every 15 minutes to make sure they are evenly coated with the sugar water.
5. Transfer the slices to a cooling rack set over a large baking sheet. Let them sit for up to 24 hours or until dry.
6. Dip the candied orange slices in granulated sugar, if desired. Use immediately or store them in an airtight container in the refrigerator for up to 1 month.



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TREE RIPENED KENT MANGOES FROM PERU

Kent Mangoes offer a sweet and succulent flavour. They are juicy, and their flesh is tender with little or no fibres. Kent mangoes are large in size with dark green skin that often exhibit a dark red blush. As they ripen, the skin will become golden with orange blush tones and develop a sweet aroma.

Kent mangoes are rich in amino acids, vitamins A, B, C, and E, flavonoids, beta-carotene, niacin, calcium, iron, magnesium, potassium, and dietary fibre.

Choose ripe mangoes that give slightly to gentle pressure and give off a sweet aroma. Avoid mangoes that are overly soft or have bruising. To ripen, leave it on counter at room temperature for a few days.

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 during the holiday season. 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. Cranberries’ antioxidants 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.



PASTRY WRAPPED CRANBERRY BAKED BRIE

* Recipe taken from: <https://www.halfbakedharvest.com/pastry-wrapped-cranberry-baked-brie/>

Prep Time: 15 minutes

Cook Time: 30 mins

Serving: 8

INGREDIENTS:

Cranberry sauce

- 2 cups fresh cranberries
- ½ cup orange juice
- ¼ cup maple syrup
- 1 tsp vanilla extract
- ¼ tsp cinnamon
- 1 pinch sea salt

Brie

- 1 sheet frozen puff pastry, thawed
- 1 (8-12 oz) wheel of brie cheese
- 2/3 cup toasted pecans, roughly chopped
- 1 egg, beaten
- Coarse sugar, for sprinkling

INSTRUCTIONS:

1. To make the cranberry sauce: in a medium pot, bring the cranberries, orange juice, maple syrup, vanilla, cinnamon, and salt to a boil over medium heat. Boil 10-15 minutes or until the cranberries burst and the sauce becomes jammy.
2. Preheat the oven to 425° F.
3. Lay the puff pastry flat on a parchment-lined baking sheet. Place the brie in the center of the pastry and remove a little of the rind from the top of the brie. I leave the rind on the bottom and sides intact. Spread the cranberry sauce over top and then sprinkle over the pecans. Fold the corners of the pastry over the brie. Brush the pastry with beaten egg and sprinkle lightly with sugar.
4. Bake for 20-25 minutes or until the pastry is deep golden brown.
5. EAT and enjoy with your favourite bread or crackers, or just with a spoon.



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