

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 them one of the highest water contents of any fruit. They can be drinks, condiments, and added to salads 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 three weeks.



AVOCADOS

Avocados are a type of stone fruit, also known as Alligator Pears or Butter Fruit. They come in different shapes (from pear-shaped to round) and colours (from green to black). The varieties of avocados include: Bacon, Fuerte, Gwen, Hass, Lam Hass, Pinkerton, Reed, Zutano. Hass is one of the most popular varieties of all.

Avocados are considered a “superfood”. They are very nutritious and contain various nutrients, vitamins, and minerals. Avocados are a good source of fatty acids, low in fat and sugar content. They are an excellent source of Vitamins A, B6, B12, C, E, and K, as well as riboflavin, niacin, thiamin, folate, pantothenic acid, magnesium, potassium, copper, manganese, phosphorus, and zinc.

Fresh avocados do not ripen on the tree, they ripen after they have been picked. Ripe avocados are a bit soft when squeezed in the palm of hand. Avoid those that are too soft and have dark sunken spots or bruises. Unripe avocados can be kept at room temperature for about 4-7 days.

CHEESY AVOCADO BACON BREAKFAST BURRITO

* Recipe taken from: <https://www.halfbakedharvest.com/avocado-bacon-breakfast-burrito/>

Prep Time: 20 minutes

Cook Time: 20 mins

Serving: 4

INGREDIENTS:

- 8 eggs
- 2 tsp everything bagel spice
- Kosher salt and black pepper
- ¾ cups shredded cheddar cheese
- ¾ cups shredded fontina cheese
- 3 tbsp salted butter
- 2 cups baby spinach
- 4 large tortillas
- 1 avocado, diced
- ½ cup basil pesto
- 6 slices cooked bacon, crumbled
- 1 cup leftover French fries or roasted potatoes

INSTRUCTIONS:

1. Preheat the oven to 400° F.
2. In a bowl, whisk together the eggs, everything spice, and a pinch each of salt and pepper.
3. Melt the butter in a skillet over medium heat. Pour in the eggs and cook, undisturbed, until beginning to set on the bottom, 1 to 2 minutes. Sprinkle on the cheddar. Using a spatula, lift up the edges of the eggs and let the uncooked eggs run underneath. Scatter the spinach over top, and cook another minute. Remove from the heat.
4. Place one tortilla at a time in the microwave for 20 seconds. Spread on a layer of pesto, then add the eggs, potatoes, cheese, avocado, and bacon. Fold the tortilla over the ingredients. Fold sides and ends of tortillas over filling and roll forward. Repeat with remaining ingredients. Wrap the burritos in foil.
5. Wrap the burritos in foil and place in the oven for 10-15 minutes, until the cheese melts. Unwrap the foil, eat, and enjoy!



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Korean JEJU MANDARINS

Korean Jeju Mandarins are grown in the scenic and fresh air mountain areas on Jeju Island, the southern part of Korea. Jeju Island is a volcanic island with an average annual temperate of 16°C / 60.8°F and has over 1800-hours of sunshine year-round. With this ideal growing environment, a long cultivating history, and dedicated growers, Jeju Mandarins have a premium taste and texture. Their quality is prime in early December.

Products are available now! Talk to your sales rep about booking the Korean Jeju Mandarins for the holiday season.



SHATANG MANDARINS

Shatang mandarins are a very popular citrus fruit. The name “Shatang” means rock sugar in Chinese, which refers to the variety’s higher sugar content. They are originally grown in Guangdong province, China. Shatang mandarins are small and round in shape, bright orange colour, with a very distinctive sweet flavor. They have an easy-to-peel thin skin with ready-to-separate sections. While Shatang mandarins are commonly enjoyed as a snack out of hand, they can also be used in salads, desserts, and main dishes, as well as in bottled juice or soft drinks.

The peak Shatang mandarins season is short, lasting from November to February. “Mandarin”, pronounced as “Gin” in Chinese, means fortune and good luck; therefore, mandarins are a perfect gift with good wishes during the New Year season.

Shatang mandarins are a good source of vitamin C, folate, and beta-carotene. They also contain some potassium, magnesium, and vitamins B1, B2, and B3.



MANDARIN ORANGE CAKE

* Recipe taken from: <https://julieblanner.com/mandarin-orange-cake/>

Prep Time: 25 minutes **Cook Time:** 25 mins **Total Time:** 50 mins

INGREDIENTS:

- 1 cup butter, softened
- 1½ cups white granulated sugar
- 8 egg yolks
- 1-1/3 cups mandarin oranges, crushed
- 1½ tsp vanilla
- ¾ cup milk
- 2 cups cake flour
- 2 tsp baking powder
- ½ tsp salt

Frosting

- 2 cups heavy cream
- ½ cup powdered sugar
- 16 oz pineapple fresh, crushed

Optional

- 3.4 oz vanilla instant pudding mix

INSTRUCTIONS:

1. Preheat oven to 350° F. Grease and flour 2 8” round pans and set aside.
2. In a large bowl/mixer, cream butter and sugar until fluffy. Beat in egg yolks, mandarin oranges and vanilla.
3. In a separate bowl, sift cake flour, baking powder and salt together.
4. Gradually incorporate into wet mixture alternating with milk until just incorporated.
5. Pour into baking pans and bake 25-28 minutes when cake springs back after being touched. Allow to cool 20 minutes before turning onto rack or pedestal.

FROSTING

1. Beat heavy cream until stiff. Add powdered sugar, crushed pineapple and optional vanilla pudding mix.
2. Place one layer of cake onto your serving dish and fill with icing before placing the second layer on top. Ice, garnish and refrigerate until ready to serve.



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