



Local

Blueberries ● ● ●

It's time for our summer favourites – **Blueberries**. We enjoy these indigo-hued berries year-round in pies, muffins, and other desserts that we've grown to love, but we're inching towards that time of the year when we can enjoy them fresh as they ripen from California to BC.

Fresh blueberries are considered a "superfruit" for good reason. On top of being tasty and healthy, they take little effort to enjoy. With no need to peel or core, a good rinse of a ½ cup of blueberries will yield a colourful serving of antioxidants, vitamin C, and natural sugars. We'll soon have our pick of six main blueberry varieties from BC to enjoy immediately or to stock up and freeze for later use in our favourite desserts, starting with the large, firm, light blue Duke blueberries – good for right away and good for later!

Anti-aging

Blueberries are not only rich in antioxidants, they are also especially rich in proanthocyanidins, observed to have additional anti-aging properties to protect the body from oxidative stress, slow cognitive decline, improve memory, and reduce inflammation.

Lowers cholesterol

Another compound found in blueberries is called pterostilbene. It has the ability to lower cholesterol, so as to reduce the risk of heart disease.

Aids digestion

Being a natural source of soluble and insoluble fiber, blueberries can help regulate your gastrointestinal tract by just eating a couple handfuls a day.

Stone Fruits *of summer*

It's one of the sure signs of the pending summer – the arrival of stone fruits. We're talking about peaches, nectarines, plums... and there are yellow and white flesh peaches and nectarines, and plumcots and apriums – hybrids of plums and apricots. The varieties list on and our mouths are just watering at the thought of it all.

Stone fruit are sweet treats that you can indulge in and feel good about eating – they're super healthy. This lineup is low in fat (with the plum containing no fat), sodium-free, cholesterol-free, and high in vitamin C. These stone fruits all have a different taste profile and while all are juicy and sweet when ripe, their skin colour isn't an indication of how ripe (and how sweet) it is; the colour is only an indication of the variety. They ripen until the moment they're picked from their tree, with the exception of plums, which continue to ripen at room temperature after being picked. All can be refrigerated for around a week to maintain how hard or soft it is without damaging the eating quality.



Nectarines

Nectarines are a smaller crop than peaches with smooth-skin. They're from the same family, the Prunus family, a genus that is categorized by a hard shell that surrounds its seed in the center of the fruit. That hard shell and seed are often referred to 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 come in shades of deep yellow or creamy white with the outer skin in colours of pink, red, white, or yellow. Nectarines are used in baked goods, salads, sauces, smoothies, jams, jellies, and of course, eaten fresh.

White Peaches

White peaches are typically very sweet, low in acid, and are the most popular kind of peaches in China, Japan, and some other Asian countries. Their skin is fuzzy, and creamy white in color with blushes of red, and pink. They tend to have paler skin than yellow peaches, but have the same blush, softness, and overall look as a standard peach.

White peaches are low in fat, saturated fat, sodium, and are cholesterol free. They are high in vitamins A, and C, dietary fiber, niacin, and potassium.





Gold Pomelo *from Thailand*

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 Gold Pomelo, Honey Pomelo, Shatin Pomelo, and Pink Pomelo. Pomelos have a thick, soft rind and a long shelf life. They are sweet with 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. Pomelos can be eaten fresh, made into juice, or added to salads.

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

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

Cutting Instruction:



Thai Pomelo and Shrimp Salad

Ingredients:

- 1 pomelo
- 12-16 medium shrimp, peeled, deveined
- 1 clove of peeled garlic, minced
- 2-3 pieces of shallots or 1/6 purple onion, minced
- 1/4 bunch fresh basil, chopped finely
- 1/4 bunch fresh cilantro, chopped
- 1/4 cup dry-roasted unsalted cashews or peanuts
- 2 tbsp. shredded unsweetened coconut (baking type)
- 2 tbsp. of vegetable oil
- optional: 1 red chili, minced

Dressing:

- 1/3 cup fresh-squeezed lime juice
- 2 tbsp. fish sauce
- 1 tsp honey or syrup to taste

Preparation: 25 mins / Servings: 6

Direction:

- Step 1:** Peel the pomelo as illustrated above, put the edible flesh in a large bowl.
- Step 2:** Heat two tablespoons of oil in a wok. Sauté the minced shallots until they turn to a golden color, add in minced garlic, sauté until you smell the fragrant garlic. Add shrimp, stir until they are cooked.
- Step 3:** Remove the wok from the heat, cool for a few minutes.
- Step 4:** Put the cooked ingredients in the bowl with the pomelo pulp. Then add all remaining ingredients: minced red pepper, shredded coconut, peanuts, lime juice, fish sauce, honey, basil, and cilantro, mix well. Refrigerate.
- Step 5:** Remove from the fridge at least half an hour before serving. Garish with peanuts and cilantro.



Organic WATERMELON

Watermelon. A few things instantly come to mind – “summer”, “barbeques”, “picnics”... watermelons are making appearances at summertime gatherings as we’re right in peak of the Organic watermelon season. As we get deeper into summer, we will start seeing even more availability of watermelons as they start coming from California this month, and availability will start to move north towards WA and BC. We have a great selection of full size watermelons in bins available from our grower partners at Access Organics. They are in Mendota, CA, and their label is “Goldie”.

At 90% water, watermelon is the fruit with the highest water content and its 6% sugar is where it gets its light sweetness. It’s a satisfying thirst quencher. Although it is composed mostly of water, watermelon has a fair amount of healthy attributes. The irresistible red hues of watermelon flesh are due to the presence of antioxidants. It has a high concentration of beta carotene and vitamin A, both of which support good eyesight.

Watermelons are plentiful at this time of year, but how many do you buy at once? That’s right – you’ll want to pick a good one.

