



Enjoy your summer

## Eat Local • Eat Fresh

Summer brings a full spectrum of delicious locally grown fruits and vegetables here in BC, such as berries, cherries, corns, greens, mushrooms, tomatoes, peas, etc. Since local fresh produce items are picked at their peak, they are tastier, fresher, and more flavorful.



## BC Corn

Local corn can be found in yellow, white, or bicolor, and are grown mostly in Chilliwack, Abbotsford, Richmond, and Delta. They are at their best during late summer to early fall. When sweet corn is available fresh, they can be cooked, and eaten on the cob. If you cut the kernels off the cob, you can add them as an ingredient to other dishes, such as soups, stews, casseroles, and salads.

**Corn** is packed with vitamins B1, B5, and C, folate, dietary fiber, phosphorous, and manganese. Look for well-formed ears of corn with light green color tight husks, and clean, golden-brown silk. Store them in the refrigerator with the husk for two to three days.



## HAWAIIAN PAPAYAS



**Solo Papayas** are the sweetest among all papaya varieties. The flesh is in deep-yellow, and is fragrant, and juicy with hints of melon, and peaches.

**Papayas** are fat, and cholesterol free. They are an excellent source of beta carotene, enzymes, vitamins A, B, and C. They are also rich in fiber, carbohydrates, potassium, folic acid, minerals, copper, magnesium, and are low in sodium.

Calavo is the leading importer and marketer of sweet, delicious, and nutritious Hawaiian papayas. The Calavo Solo variety papayas are grown in the warm climate of Hawaii's Big Island. More than 50% of Hawaii's papayas are exported under the Calavo brand. These flavorful papayas are available fresh, and year round.



## Papaya Salad with Prawns

\* Papaya Salad with Prawns recipe: <https://happykitchen.rocks/recipe/papaya-salad-prawns/>

### For the salad:

- 1 papaya
- 1 ripe mango
- 1 avocado
- ½ small cantaloupe melon
- 1 tbsp. olive oil
- 1 clove garlic, minced
- 200 grams prawns, peeled

### For the dressing:

- 2 tbsp. mint leaves, finely chopped
- 2 tsp. lime juice
- 1 tsp. honey
- 3 tbsp. extra virgin olive oil
- Salt and freshly ground black pepper
- Fresh mint leaves to garnish

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Direction:

**Step 1: [FRUIT]** Cut papaya, mango and avocado and pit them. Use a tablespoon to take out the flesh and save papaya skins for serving. Peel the cantaloupe melon and remove the seeds. Dice everything, transfer in a medium-sized mixing bowl and mix well.

**Step 2: [PRAWNS]** Heat olive oil in a skillet or frying pan over medium heat. Add minced garlic and prawns and fry for about 4-5 minutes, stirring occasionally, until prawns turn pink. Add to the fruits.

**Step 3: [DRESSING]** For the dressing, whisk together chopped mint leaves, lime juice, honey and extra virgin olive oil in a small bowl. Season with salt and freshly ground black pepper to taste. Pour the dressing into the bowl with the salad and mix. Divide the salad amongst papaya halves or salad bowls. Garnish with fresh mint leaves. Enjoy!



## Organic Stone Fruits



Summer brings about two of our favorite local organic items at Fresh Direct Produce - **BC Organic Peaches** and **Nectarines**. Flavorful, juicy, sweet peaches and nectarines are grown in the Okanagan valley by our grower partners. Peaches have been grown in the Okanagan since the late 1800s, and some of our growers have been using organic practices before there was such a thing as "certified organic". They grew this way because it was better for the Earth, and their soils, and it was the right thing to do. We receive arrivals daily so our peaches and nectarines are right off the farm and fresh as possible.



## Organic Peaches

At this point of the season our **Organic BC Peaches** are all freestone varieties which means the meat of the fruit easily separates from the pit. Peaches can be used in many different ways besides just eating them as a tasty snack. Peach pies, smoothies, and even grilling peaches are great ways to enjoy BC organic peaches. Many people can and freeze peaches as well, for enjoyment long after the season is over. Our organic peach season is at the peak right now, and we should have good supplies into mid to late September.

## Organic Nectarines

**Organic BC Nectarines** are a smaller crop than peaches, but we still have a few weeks of good volume this season. Some people think a nectarine is a cross between a peach and something else, which is not true - they are their own unique variety and they are a "fuzzless" peach. They have a sweet, succulent flavor and a firm, but soft flesh. Nectarines can be enjoyed by eating them fresh, added to salads, in lots of baking recipes and added into sauces for meats and other entrees. One of the best ways to ripen your organic nectarines is to place them in a brown paper bag, out of direct sunlight. Check on them daily, and enjoy them when they ripen up.



Enjoy this special time of year and get your Organic BC Peaches and Nectarines from Fresh Direct Produce. We only have a few weeks left until these delicious treats are gone until next season.

### Stone-Fruit Galette

\* Stone-Fruit Galette recipe: <http://www.marthastewart.com/908598/stone-fruit-galette>

**Prep Time: 20 minutes / Cook Time: 2 hours 40 minutes / Servings: 8**

#### Ingredients:

- 1½ pounds peaches, nectarines, or apricots, sliced ½ inch thick (4¾ cups)
- 1/3 cup granulated sugar (½ cup if using apricots)
- 1 tsp. fresh lemon juice
- ¼ tbsp. coarse salt
- 1 tbsp. cornstarch
- 1 disk Pate Brisee
- All-purpose flour, for surface
- 1 large egg, lightly beaten
- Sanding sugar (optional), for sprinkling
- Whipped cream, for serving

#### Direction:

**Preheat oven to 375° F.**

**Step 1:** Line a rimmed baking sheet with foil, then parchment. Stir together fruit, granulated sugar, lemon juice, salt, and cornstarch.

**Step 2:** Roll out Pate Brisee into a 13-inch round, about 1/8 inch thick, on a lightly floured surface. Transfer to baking sheet. Arrange fruit in center, leaving a 2-inch border. Fold over border to enclose fruit, leaving center open. Brush crust with egg, and sprinkle with sanding sugar.

**Step 3:** Bake until golden brown and bubbling in center, about 1 hour 10 minutes. Let cool on baking sheet 10 minutes, then slide galette on parchment onto a wire rack. Let cool completely. Serve with whipped cream.

