

KALE

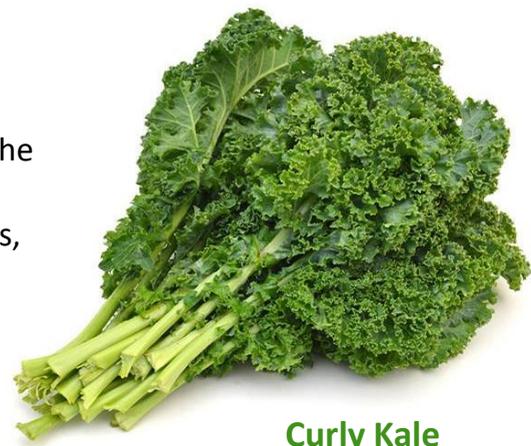
Kale, a leafy green vegetable, is packed with all sorts of beneficial compounds. It is one of the healthiest and most nutritious plant foods in the world. It is in the same vegetable family as cabbage, cauliflower, brussel sprouts, and broccoli. Kale can be used raw in salads, and juices, cooked in stews, stir-fries, soups or baked for kale chips.

Kale is packed with beneficial fiber, vitamins A, C, and K, magnesium, iron, calcium, and is a rich source of antioxidant polyphenols. Kale contains very little fat, but a large portion of the fat is an omega-3 fatty acid called alpha linolenic-acid, which is one of the most important acids when it comes to lowering glucose levels and increasing insulin sensitivity.

Curly Kale is the most common type of kale at the local market. It is usually in bright green, dark green or sometimes purple. The tips are very curvy looking, and has a peppery bitter taste.

Dinosaur Kale, also called Black or Lacinato Kale, has a darker shade of green with a lightly wrinkled and firm texture. It is slightly sweeter and is more tender than the curly green kale.

Choose kale with smaller sized leaves for salads or cooking. The leaves are usually more tender, and have a milder favour than those with large leaves. Store unwashed kale in a plastic bag, and put in the refrigerator for up to one week.



Curly Kale



Dinosaur Kale

Crunchy Chickpea Kale Caesar

* Crunchy Chickpea Kale Caesar recipe: <https://www.goodhousekeeping.com/food-recipes/a38876/crunchy-chickpea-kale-caesar-recipe/>

Preparation: 10 mins / Total Time: 35 mins / Servings: 4

Ingredients:

- 1 large bunch kale, remove stems, chopped
- 2 small peppers, seeded and thinly sliced
- 15 oz chickpeas, rinsed and drained
- 2 tbsp. extra-virgin olive oil
- Kosher salt
- 5 oz mayonnaise
- 2 tbsp. lemon juice
- 2 tbsp. finely grated parmesan
- 1 tbsp. Dijon mustard
- 2 cloves garlic, finely chopped
- 1 tsp anchovy paste
- Freshly ground black pepper

Direction:

Step 1: Pat chickpeas very dry with paper towels. On rimmed baking sheet, toss with olive oil, 1/4 teaspoon salt and 1/2 teaspoon pepper. Roast in 425°F oven for 30 minutes, shaking occasionally; let cool.

Step 2: In a large bowl, whisk mayonnaise, lemon juice, parmesan, Dijon, garlic, anchovy paste, and 1/4 teaspoon salt. Add kale and peppers; toss to coat. To serve, top salad with chickpeas.



Navel Oranges ...

From Australia

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

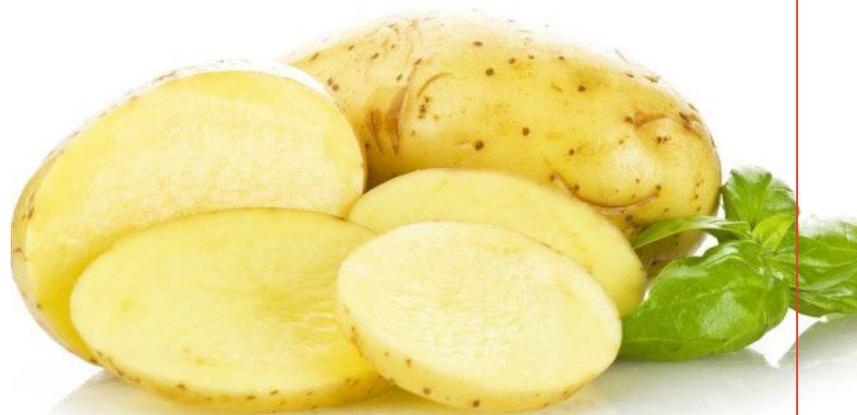
Choose Navel Oranges that have unblemished skin, are firm, and feel heavy for their sizes. They can be stored for up to two weeks at room temperature, and even longer when refrigerated.



ORGANIC PUGLY POTATOES

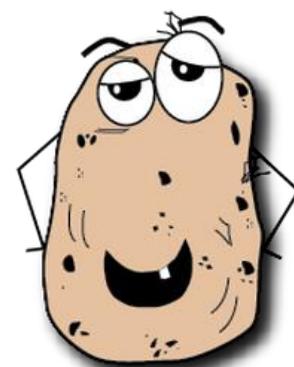


One of the fastest growing sectors in the produce industry is the marketing and sales of produce that isn't cosmetically perfect. Growers often have product that don't meet the #1 grade, and they have historically had difficulty finding a place for this product on the retailer's shelf. There is a growing trend of offering "ugly" produce at lower price points. This is a win for all people involved! Customers are paying less for good quality produce that isn't as attractive as #1 product, retailers are offering product at lower price points and moving more product than just #1 grade, and our growers are moving more of their crop through higher utilization.



It is now a great time to try the **Pugly Potatoes** from Fraserland Organics in Delta, BC. Fraserland developed their Pugly line of red, russet, and yellow potato bags as a solution for their crop that didn't make the #1 grade due to minor skin defects or unique shapes and sizes. Pugly's still have the great taste of Fraserland Potatoes, and they offer you a lower price point while you support a fantastic local farm right here in the Lower Mainland.

Organic potatoes are a great source of potassium. The concentration is highest in the skin and just beneath it; eating the potato with the skin is always beneficial. They also contain calcium, iron, and phosphorus. Potatoes are also an excellent source of Vitamin C, and they also contain vitamins A, B, and P. Did you know that water accounts for about 70-80% of their weight? Potatoes are also one of the best natural sources of starch. Potatoes can also help reduce blood pressure, stimulate brain functions, and help with healthy skin, and reduce inflammation. They are a fantastic vegetable in a balanced diet.



These potatoes are a great low cost option for organic BC potato. Ask your Fresh Direct salesperson about promotional opportunities on Pugly potatoes.

Loaded Mashed Potato Balls

Loaded Mashed Potato Balls recipe: <https://damndelicious.net/2015/11/14/loaded-mashed-potato-balls/>

Preparation: 20 mins / Cook Time: 15 mins / Total Time: 35 mins

Ingredients:

- 3 cups mashed potatoes
- 4 slices bacon, diced
- 2 cups vegetable oil, or as needed
- 1 cup shredded cheddar cheese
- 2 tbsp. chopped fresh chives
- ½ tsp cayenne pepper (optional)
- 2 large eggs, beaten
- 1-½ cups Panko*
- 2 tbsp. freshly grated parmesan

* Panko is a Japanese-style breadcrumb and can be found in the Asian section of local grocery stores

Direction:

- Step 1:** Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.
- Step 2:** Heat vegetable oil in a large stockpot or Dutch oven over medium high heat.
- Step 3:** In a large bowl, combine mashed potatoes, cheese, chives, cayenne pepper and bacon.
- Step 4:** Using a small cookie scoop, roll the mixture into 1 1/4-to-1 1/2-inch balls, forming about 25.
- Step 5:** Working one at a time, dip balls into eggs, then dredge in Panko, pressing to coat.
- Step 6:** Working in batches, add balls to the Dutch oven and cook until evenly golden and crispy, about 2-3 minutes. Transfer to a paper towel-lined plate.
- Step 7:** Serve immediately, garnished with Parmesan, if desired.



For more information on these items, please contact your sales representative by calling:
 Vancouver: **604.255.1330** Calgary: **403.235.1366**
 or visit our website : www.freshdirectproduce.com



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