



Fresh Direct Produce brings amazing taste from Taiwan

Where is Taiwan?

Taiwan is an island state located on the Southeast side of China, and bordered by the South China Sea, East China Sea, and the Philippine Sea. The diverse geographical and climate conditions make it an ideal region to grow an astonishing variety of delicious tropical and sub-tropical fruits and vegetables.

The Taiwanese government is very committed to developing agriculture as an important sector for its island economy. Through years and years of agricultural practices, Taiwan has developed advanced agricultural technologies and systems to ensure a consistent supply of high quality produce.

What is unique about the fruits of Taiwan?

Taiwan's fruits such as **Golden Mango**, **Guava**, **Starfruit**, **Chiromaya (Custard Apple)**, **Jujube Dates**, **Red Dragon Fruits**, and **Ponkan** are somewhat bigger than their relatives grown in other regions. Taiwan also has some very unique fruits, like the **Rosa Apple**.



Fresh Direct Produce has imported high quality fruits and vegetables from Taiwan for many years, and is able to provide its customers with a variety of local repacking options. Please call to arrange your customized produce programs, to meet your needs!

Golden Mango: 金煌 芒果



Golden Mangoes resemble the Ataulfo in look, but are much bigger in size. The pits are small and the flesh is silkier, creamier and juicier with very little fiber. Fully ripened golden mangoes are very sweet.

Golden Mangoes are a very versatile fruit. They can be enjoyed raw as a healthy, and delicious snack. They are also a perfect addition to chicken and prawn dishes, light summer salads, cocktails, smoothies, and sweet desserts.

Tree Ripened Israeli Aya Mangoes

While consumers are increasingly seeking out ready-to-eat mangoes, Israel provides premium varieties. Different varieties are available from mid-June to late December, including Aya, Kasturi, Haden, Tommy, Maya, Omer, Noa, Shellu, Kent, and Keitt.

Aya Mangoes are a fibreless mango variety with very juicy flesh, and sweet aroma. They're jet fresh, excellent quality, tree ripened, and are ready to eat!



Blueberries ● ● ●

Blueberries are one of the most nutrient dense fruits in the world and they contain a broad range and high level of antioxidants.

Anti-aging

Blueberries are not only rich in antioxidants as a whole, they are especially rich in proanthocyanidins, which have been 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.





Organic BC YELLOW PEACHES

Yellow-Fleshed Peaches tend to be more acidic compared to the White-Fleshed Peaches. They have a yellow-orange flesh with a deep-red blush exterior and fuzzy skin. With their sweet, and tender flesh, Organic Yellow Peaches offer a wide range of uses other than eating out of hand. They can be poached in red wine for an easy dessert, or added in a savory salad as a unique side dish.

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

Choose Yellow Peaches with an even golden yellow color, and a well-defined crease. They should feel heavy for their size, have a bit of give when held in the palm of your hand, and should smell like peaches. Avoid fruit with green around the stem or with shriveled skin.



Peach Plum Rose Tarts



Ingredients:

Pastry

- 1 batch easy flakey pie dough, or puff pastry

Direction:

Preheat oven to 400°F.

- Step 1:** Place the fruit slices in a microwave safe bowl, and add just 2 tablespoons of water, cover the bowl with plastic wrap, and microwave for about 3 minutes.
- Step 2:** The slices should be soft and malleable, alternatively you may boil or sauté the fruits in a skillet with a tablespoon of butter and covering the skillet on low heat for about 3 minutes until they soften up. Let the fruits cool in the fridge or freezer.
- Step 3:** Roll out the pastry and cut it into about 10-12 strips, each 1.5 inch by 6 inch (the longer the strips, the more intricate the rose will look.)
- Step 4:** Once the fruits are room temperature or colder, take a strip of the pastry (refrigerate the remaining strips) and brush it with about 1/2 teaspoon of jam on the entire surface.
- Step 5:** Start arranging the fruit slices on the top half of the dough. The fruit slice should have the flesh half on the dough and the skin side of the fruit slice outside of the dough making each slice like the shape of a rainbow.
- Step 6:** Arrange the remaining slices overlapping and in the same manner. Do not over stack the pastry, but make sure the slices always overlap.
- Step 7:** When the entire half of the surface of the pastry strip is covered with fruit slices in length, take the bottom half of the pastry and fold it over the top half where the fruit is arranged, pressing slightly the pastry to make sure it sticks to the fruit.
- Step 8:** Take the short edge of the long pastry strip and start rolling it over as if you're making a cylinder. Press the edges of the pastry together to seal it well and you've got a rose shape with the skin side of the fruit slices curling out. Place the rose tart in a standard size muffin pan cavity. Refrigerate the tart while you work on the rest.
- Step 9:** Bake the tarts for 15-20 minutes until the pastry is golden and the fruits are tender.
- Step 10:** Dust with confectioner's sugar of desired. Serve.

* Peach Plum Rose Tarts recipe: <http://www.twopurplefigs.com/peach-plum-rose-tarts/>



Brush jam on pastry strip,
and overlap fruit slices
with skin out



Fold pastry over the fruit
while exposing half of it



Roll pastry



Rose shaped tart



Bake for 15-20 minutes