



It's time to enjoy BC Cherries!!



It is again the season of abundant local cherries and berries. The local cherries and berries are sweeter and tastier as they are picked at their peak ripeness.

Cherries are a member of the same fruit family as peaches, plums, apricots, and almonds. They are packed with health benefiting nutrients, rich amount of vitamins, minerals, and antioxidants. Due to the high nutritional value, cherries are recognized by nutrition experts as a "super fruit".

Cherries come in two types: **sweet cherries**, which are big, meaty, sweet, and are eaten fresh; or **sour cherries**, with a sour-sweet flavor, which are often used in cooking, or making juice.

Grilled Chicken with Cherries, Shallots, and Arugula



Ingredients:

- 1 small shallot, halved lengthwise, and thinly sliced
- 1 teaspoon red wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 pound (2 halves) boneless, skinless chicken breast
- Coarse salt, and freshly ground black pepper
- 8 oz (2 cups) sweet cherries, pitted, and halved
- 1 cup baby arugula

Direction:

Preheat grill to medium-high.

Step 1: Combine shallot, vinegar, and 1 tablespoon oil, and set aside.

Step 2: Drizzle remaining oil over chicken. Season with salt, and pepper. Grill chicken until cooked through, 4 to 5 minutes per side. Let stand for 5 minutes.

Step 3: Toss shallot mixture, cherries, and arugula in a small bowl. Season with salt, and pepper. Serve on top of grilled chicken.

* Grilled Chicken with Cherries, Shallots, and Arugula recipe: <http://www.marthastewart.com/1050294/grilled-chicken-cherries-shallots-and-arugula>

Sweetsop

Sweetsop is also known as **sugar apple** or **custard apple**. It is closely related to soursop but a lot smaller in size and without spikes. The skin is thick, and rough in pale green, grayish green, or bluish green. The pulp is creamy white or light yellow along with a tender, and delicate texture. It has a pleasing, sweet-smelling fragrance, and is very sweet. When fully ripened, the thick knobby skin becomes brown, or yellowish, and can be separated apart easily.

Sweetsop is highly medicinal, nutritious, and therapeutic. It has a high carbohydrate and protein content, and is rich in vitamin C, vitamin B, calcium, potassium, iron, magnesium and phosphorus.

Besides eating sweetsop fresh, it can also be mixed with breakfast cereal, as a filling in crepes, or even made into popsicles.



Sweet Sop & Honey Frozen Yogurt

* Custard Apple & Honey Frozen Yogurt recipe: <http://www.taionetrading.com/atemoya/>

Ingredients:

- 3 cups full-cream yogurt
- 1 cup Sweet Sop pulp, and juice
- 3 tablespoons honey

Direction:

Step 1: Line a fine sieve with muslin or a clean tea towel and place it over a large bowl.

Step 2: Pour the yoghurt into the muslin and leave in the fridge to strain for at least two and a half hours but preferably overnight.

Step 3: Put the strained yoghurt into another large bowl and mix through the custard apple pulp and honey until well combined.

Step 4: Freeze in an ice cream maker for 1 hour and then transfer to the freezer to set for a further 2 hours.

Step 5: If you don't have an ice cream maker, you can just freeze this mixture in a large bowl in the freezer, whipping vigorously with a whisk at 45 minute intervals until it is set (about 3-4 hours).





Organic LETTUCE

We have started receiving **Organic Romaine Lettuce** from a couple of our lower mainland grower partners. Romaine Lettuce has a longer shape, tight bunch, and slightly bitter leaves. Romaine lettuce is highly nutritious. This variety of head lettuce has deep green leaves with a crisp texture. If you want to maximize the health benefits of your salads, romaine lettuce is a great item due to its low calorie content, and high water volume. Romaine Lettuce can also be used in a stir fry, as lettuce wraps, or as a low calorie substitute for hamburger buns or bread for your sandwich. Looking for some veggies for your smoothies or juices? Give romaine a try. Have you ever tried grilled romaine on the BBQ – it's easy. Cut the head of romaine in half lengthwise, add some balsamic vinegar, salt, pepper and garlic and grill it up. It's a delicious, light side dish for your meal and there's little to no clean up. Romaine lettuce has a high level of antioxidants, dietary fiber, and other crucial vitamins such as vitamins A, B1, C, and K, as well as minerals including folate, manganese, potassium, copper, iron, and molybdenum.



Organic Red and Green Leaf Lettuce has also started up this week. These lettuces are loose, have a mild flavor and make a great start to any salad. Red Leaf lettuce is more delicate than green leaf, and can show tip damage more easily. Red leaf can also be of such a deep color that it approaches purple in color. Keep a close eye on your red leaf to make sure the edges are not wilting. Green Leaf has a slightly harder exterior, and more crunch than red leaf. From a nutritional standpoint, red leaf is slightly more nutrient rich than green leaf lettuce. Red leaf lettuce contains 127% of the daily recommended amount of Vitamin A and 149% of the daily recommended amount of Vitamin K. Both red leaf and green leaf have small amounts of Vitamin C as well. Red leaf is considered a calorie free food, and fat free. It is also rich in

beta carotene, and retinoid which contributes to normal vision, healthy skin and immune support. Green leaf contains Vitamins A, K, B, and C as well as trace minerals, including calcium, magnesium, and potassium. Both of these lettuces can be used in salads, wraps, smoothies, juices, omelets, and garnishes for sandwiches or burgers.

Keep an eye out for more local organic items that will be available in the coming weeks – including BC red cherries, zucchini, tomatoes, red, yellow and orange bell peppers, fennel, cabbages, bunch carrots, and beets. We will continue to carry the best of BC's organic produce that is available.

Shiitake Mushroom Lettuce Rolls

Ingredients:

- 2 large garlic cloves – skinned and crushed
- 2 teaspoons finely grated fresh ginger root
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground cayenne
- 2 tablespoons low-sodium Tamari soy sauce
- 1 tablespoon toasted sesame oil
- 3 tablespoons peanut or grapeseed oil
- 1 lb (455 g) shiitake mushrooms – stems removed and discarded, caps cut in 1/4" cubes
- 4 scallions – root ends trimmed, top trimmed 3" from edge and very finely sliced (3/4 cup)
- 3 tablespoons roasted peanuts – coarsely chopped
- 1 tablespoon lime juice
- 12 medium Boston lettuce leaves (4" long) – rinsed and spin-dried



Direction:

Step 1: Place the garlic, ginger, salt, cayenne, Tamari and sesame oil in a small bowl. Whisk until well blended and set aside.

Step 2: Heat a large non-stick frying pan over high heat. Add the peanut or grapeseed oil and mushrooms. Sauté for 7 to 8 minutes until the mushrooms are golden-brown, tossing only from time to time. Reduce heat to medium. Drizzle with the ginger-soy mixture. Quickly toss and sauté for only 15 seconds. Transfer mushrooms to a large bowl and cool until slightly warm to the touch.

Step 3: When ready to serve, add the scallions and peanuts to the mushrooms. Drizzle with the lime juice and stir until well blended. Spoon about 2 tablespoons' worth of the mushroom mixture into each lettuce leaf. Arrange the boats on a platter and garnish with the basil chiffonade. Serve immediately.

* Shiitake Mushroom Lettuce Rolls with Basil Chiffonade recipe: <https://foodandstyle.com/lettuce-boats-with-spicy-shiitake-mushrooms-and-basil-chiffonade/>