



Enjoy this holiday season with Fresh Cranberries

Cranberries are a must during the holiday season. Their sweet, and tart flavor match perfectly with roast turkey at Christmas dinners. They also add a bright festive touch when you incorporate them into your home's holiday decorations.

Cranberries are one of the top antioxidant-rich, and high nutrient foods, more than other "superfoods" like spinach, blueberries, or even green tea. Some of the antioxidants found in cranberries include anthocyanins, ellagic acid, quercetin, resveratrol, selenium, and vitamins A, C, and E.

Introducing:

PATIENCE^{TM MC}
FRUIT & CO
organic ♥ biologique

Patience Fruit & Co. is a family owned company based in Quebec, Canada, and is one of the largest suppliers of Organic Cranberries. "At Notre-Dame-de-Lourdes, a tiny corner of nature in Québec, home to 700 people and millions of cranberries. These little berries thrive in the sandy, acidic soil that makes up much of Centre-du-Québec and the land surrounding the village—land that is often overlooked as being less rich by traditional agriculture, but on which both our berries and our people flourish.

Like many fruit shrubs, the cranberry is a hardy plant that has learned to adapt to its northern soil. Contrary to popular belief, cranberries do not grow in water. Rather, cranberry fields are flooded at harvest time to make berry-picking easier, a scene that is always spectacular to watch."

Cranberry and White Chocolate Mini Cheesecakes

* Cranberry and White Chocolate Mini Cheesecakes recipe: <https://www.theendlessmeal.com/white-chocolate-mini-cheesecakes/?pp=1>

Preparation: 30 mins / Cook Time: 25 mins / Servings: 12

Cranberry Jam:

- 2 cups fresh or frozen cranberries
- ¾ cup sugar
- ¼ cup water
- 1 teaspoon vanilla

Cookie Crumb Crust:

- 1 cup cookie crumbs (gluten-free, if needed)
- 2 tbsp. butter, melted
- 2 tbsp. sugar

Cookie Crumb Crust:

- 3 oz white chocolate, chopped
- ¼ cup half and half
- 1 ½ – 250 g (8 oz) packages of PHILADELPHIA® Cream Cheese
- ½ cup sugar
- ½ cup sour cream
- 2 large eggs
- 1 tsp vanilla

Sugared Cranberries and Rosemary:

- ½ cup sugar, divided
- ¼ cup water
- 36 cranberries
- A few sprigs of rosemary

Direction:

Step 1: Preheat oven to 375°F. Place twelve 1/2 cup canning jars in baking dish or roasting pan.

Step 2: Add the cranberries, sugar, water, and vanilla to a small pot over high heat. Bring to a boil then reduce the heat to medium. Continue to simmer for 10 mins then remove from the heat.

Step 3: In a medium-sized bowl, mix the cookie crumbs with the melted butter and sugar. Divide between the canning jars and press them down lightly to create the crust.

Step 4: When the cranberry jam is no longer hot (warm is ok) divide it between the jars on top of the cookie crumb base.

Step 5: Place the white chocolate and half and half in a small saucepan over medium heat. Let the chocolate melt then whisk to combine.

Step 6: In a large bowl, beat the PHILADELPHIA® Cream Cheese, the sugar, sour cream, eggs, vanilla, and melted white chocolate with electric beaters until the batter is smooth, about 5 minutes. Divide the batter between the canning jars, leaving a 1/4 inch gap at the top. Carefully pour water into the pan so that it reaches halfway up the sides of the canning jars.

Step 7: Bake in the oven for 25 minutes, or until the cheesecakes are slightly puffed and the tops are dry and matte looking. Turn off the oven and open the oven door halfway. Let the oven cool with the cheesecakes inside for a half hour. Garnish with sugared cranberries and rosemary

Sugared Cranberries and Rosemary:

Step 1: In a small pan, heat ¼ cup of the sugar and the water until the sugar melts. Remove the pan from the heat and set it aside to cool. Place the remaining ¼ cup of sugar in a small bowl.

Step 2: When the sugar water is cool, dip the rosemary in it then shake off the excess. Then, dip the rosemary in the sugar. Set the rosemary on a parchment-lined plate. Repeat with the cranberries, shaking them in the sugar to coat them. Let them dry completely before using them to decorate the mini cheesecakes.



Korean Jeju Mandarins

Korean Jeju Mandarins are grown in the scenic and fresh air mountain areas on Jeju island, the very southern part of Korea. Jeju island is a volcanic island with average annual temperate at 16°C / 60.8°F and has over 1800-hours of sunshine year around. With this ideal growing environment, long cultivating history, and dedicated growers, Jeju Mandarins have a premium taste and texture. Their quality is prime in early December.

Products will be available in December. Talk to your sales rep about booking the Korean Jeju Mandarins for the holiday season.



Slow cooker upside down mandarin and almond pudding

* Slow cooker upside down mandarin and almond pudding recipe: <https://www.taste.com.au/recipes/slow-cooker-upside-down-mandarin-almond-pudding/1a7c1e74-d4f6-48ed-ae3e-c8a12f5c097b?r=recipes/mandarinrecipes&c=D5bZGVjg/Mandarin%20recipes>

Ingredients:

- 2 tbsp. brown sugar
- 3 large mandarins
- 125 g butter, softened
- ¾ cup caster sugar
- 2 eggs, lightly beaten
- ¾ cup self-raising flour
- ¾ cup almond meal (ground almonds)
- Double cream, to serve
- Honey, to serve

Direction:

- Step 1:** Grease a 6cm-deep, 9cm x 19cm (base) loaf pan. Line base and sides with baking paper, allowing a 2cm overhang. Sprinkle brown sugar over base. Thinly slice 1 mandarin. Arrange slices over sugar. Juice remaining mandarins.
- Step 2:** Using an electric mixer, beat butter and caster sugar until light and fluffy. Add eggs, one at a time, beating until just combined. Stir in flour, almond meal and 1/4 cup mandarin juice until just combined.
- Step 3:** Carefully spoon mixture over mandarin. Smooth top. Place pan in the bowl of a 5 L slow-cooker. Cover with lid. Turn slow-cooker on high. Cook for 2 hrs 30 mins or until a skewer inserted in centre comes out clean. Stand in pan for 5 mins. Turn onto a plate. Serve warm with cream and honey.



INDIAN OKRA

Okra, also known as “lady fingers” or bhindi, is a tubular vegetable that grows in warm and tropical areas. Studies have shown that okra can help stabilize blood sugar levels. It can be boiled, fried, sautéed, deep fried, or pan fried.

Okra is very low in calories, contains no saturated fats or cholesterol, and is a rich source of dietary fiber, minerals, and vitamins. It has healthy amounts of vitamins A, B6, C, and K, anti-oxidants, folates, iron, calcium, manganese, and magnesium.

Select Okra that is dry, firm, brightly colored pods without blemishes. It should feel coarse and fuzzy like a peach when touched.

Skillet-Roasted Okra and Shrimp

* Skillet-Roasted Okra and Shrimp recipe: <https://www.myrecipes.com/recipe/skillet-roasted-okra-shrimp>

Cook Time: 30 mins / Servings: 6-8

Ingredients:

- ½ lb fresh Okra, halved lengthwise
- 3 tbsp. olive oil, divided
- 1 pt. grade tomatoes
- 1 lb peeled, large raw shrimp, deveined
- ½ tsp dried crushed red pepper
- 3 garlic cloves, minced
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 2 tbsp. chopped fresh flat-leaf parsley

Direction:

- Step 1:** Sauté okra in 1 tbsp. hot olive oil in a large cast-iron skillet over medium-high heat 4 to 5 minutes or until lightly browned.
- Step 2:** Transfer okra to a large bowl. Add tomatoes and 1 tbsp. oil to skillet; sauté 3 minutes or until skins begin to burst.
- Step 3:** Transfer tomatoes to bowl with okra. Add shrimp and remaining 1 tbsp. oil to skillet; sprinkle shrimp with red pepper. Sauté 2 to 3 minutes or just until shrimp turn pink. Add garlic; sauté 30 seconds.
- Step 4:** Stir in okra mixture, and sauté 1 to 2 minutes or until hot. Stir in salt, pepper, and parsley.

