



Fresh Direct Produce Ltd.
simply fresh simply best



Chinese Mandarins



We are excited to announce the arrival of the Chinese Mandarin Season!

We want to ensure that our customers have access to the best mandarin supply in the local market, all of our mandarins came in with a nice, tangy flavour with higher sugar levels.

We perform a thorough local inspection on each arrival of inventory before we ship to our customers to guarantee consistent, reliable product quality!

With convenient pack sizes, creative new box designs and, with the use of our high speed packing machines, we can add a variety of custom options to satisfy our customers' needs and requirements.

As this is one of the most popular products we carry, please talk to your sales rep and book your inventory today to make sure that you will have stock all season long!



Conventional

5 lb box

Simply Fresh®



Solsweet™



Sunrise™



5 lb / 4 lb / 3 lb / 2 lb mesh bag



Nanfeng Mandarins

1.5 lb
Nanfeng



Organic

3 lb
Organic



Organic Winter Hard Squash is one of the last local BC items that we will have available from our local season. The harvest of our BC hard squash started in August and it will continue until the first frosts hit our growing regions. These delicious squash are harvested and then placed into cool, dark spaces for storage until they are packed and shipped out to wholesalers and retail chains. Our BC organic butternut and spaghetti squash should be available until the New Year, or into January 2018. We are currently carrying organic butternut and organic spaghetti squash from Fountainview Academy in Lillooet, BC and Grown Here Farm in Cawston, BC.

Organic Butternut Squash

Organic Butternut Squash is one of the best winter squashes for storing. It holds its nutty flavor and nutrients well into the winter. It has a silky, mildly sweet flavour. It's an item that goes great with sweet or savoury dishes during mealtime. Organic butternut squash is a simple vegetable to store and prepare. The skin can be peeled away with a potato peeler or it can be baked with the skin on. It is an excellent source of vitamins A, B6, C, and E; minerals like potassium and manganese, as well as dietary fiber, thiamin, niacin, folate, calcium, and magnesium.



Organic Spaghetti Squash

Organic Spaghetti Squash has a very mild flavour and can be eaten on its own with just some seasonings like salt and pepper. It can be prepared by baking, boiling, steaming or cooked in the microwave. Spaghetti squash gets its name from its pale yellow flesh that can be fluffed into stringy threads of pasta. It also has many of the same health and nutritional benefits like we mentioned above.



CHESTNUTS, A warm and hearty treat

NOW
IN
SEASON



Chestnuts are large, tasty seeds from the chestnut tree. Chestnuts have been cultivated for thousands of years around the globe with the largest production from the Mediterranean, China, Korea, and Japan. Most chestnuts sold in Canadian markets are sourced from Europe, China and Korea.

Chestnuts are a good source of minerals like potassium and zinc, and also contain a good source of unsaturated fatty acid and vitamins.

How to select? From October to December, look for fresh chestnuts that have a hard, shiny, unblemished shell and feel heavy for their size.

Chestnuts are peeled and cooked before eating. They can be roasted in their shells, boiled, braised or puréed. Their sweet nutty flavor combines nicely with poultry, mushrooms, whipped cream or vanilla.

Here are some ways to prepare chestnuts:

Boil

- Boil chestnuts for 25-30 minutes with water
- Remove chestnuts from pot, and rinse them with cold water before serving

Roast

- Preheat oven to 425°F
- Cut an "X" on top of each chestnut to keep them from exploding while roasting
- Put chestnuts on a baking pan with the "X" facing up
- Roast for 30-40 minutes until the skins open
- Remove chestnuts from oven, peel off the skin before serving

Microwave

- Cut chestnuts in half
- Place them in a bowl, and microwave them for 2-5 minutes

Open Fire

- Cut an "X" on top of each chestnut
- Cook them in a cast-iron pan over an open fire for 5 minutes
- Turn over, and cook for another 5 minutes



Call us today !
to find out more information

* Braised chicken with chestnut recipe: <http://http://www.chinasichuanfood.com/braised-chicken-with-chestnut/>

Braised Chicken with Chestnut

Ingredients:

- 2 lb chicken wings
- 2 tbsp. cooking oil
- 2 tbsp. light soy sauce
- 1 tbsp. cooking wine
- 1 cup fresh chestnuts, shell
- 2-3 stalk green onion, finely chopped
- 2 garlic cloves, sliced
- 1 section of scallion
- 4 slices ginger
- ¼ middle size red onion
- 2 pieces of star anise
- 2 cups hot water

Sauce

- 2 tbsp. light soy sauce
- 1 tbsp. dark soy sauce
- ½ tsp salt (to taste)
- 1 tbsp. sesame oil

Direction:

- Cook the chicken wings in boiling water for around 30 seconds, remove from pot, and drain.
- Marinate the chicken wings with 2 tablespoons soy sauce for around 15 minutes. Drain before frying.
- Heat 2 tablespoons cooking oil in a pan or wok until really hot. Add chicken wings. Leave for around 1 minute until brown on one side and fragrant. And then turn them over to fry the other side.
- Move them to one side of the wok; add garlic, ginger, scallion and red onion until aromatic. Mix well. Pour around 2 cups of hot water to soak the chicken wings completely. Lower the heat to simmer for around 10 minutes. Add all the other sauce ingredients except sesame oil.
- Add chestnuts and continue simmering until the chestnuts are well cooked (soft to your own preference). Turn up the heat to thicken the sauce. When the sauce is well thickened, add sesame oil. Transfer to serving plate and garnish with chopped green onions before serving.