

## YELLOW PITAHAYA



**Yellow Pitahayas**, also known as Yellow Dragon Fruits, are a type of cactus from Southeast Asia, Mexico, Central and South America, and Israel. Dragon Fruits come in three different colors. Two of the varieties have reddish pink skin: one has white flesh while the other has red. Yellow Pitahayas have a bright yellow thick scaly skin. They are the sweetest among the varieties; the flesh is juicy with numerous tiny edible black seeds scattered throughout. Yellow Pitahayas are smaller than the red varieties, and are packed with antioxidants. They can be diced, and added to fruit salads or desserts with other tropical fruits.

Yellow Pitahayas are low in calories, and offer numerous nutrients, including vitamins B1, B2, B3, and C, phosphorus, calcium, fiber, iron, and antioxidants. They also have a high fiber content, which can assist with poor digestion, and constipation.

To choose a ripe pitahaya, look for bright, even-colored skin. The fruit should be firm and will give a little when pressed gently. To ripen a pitahaya, keep at room temperature until ripens. Refrigerate a ripe pitahaya in a plastic bag for up to 5 days.

## PALEO OVERNIGHT OATS WITH CHERRIES, DRAGON FRUIT, & FIGS

\* Paleo Overnight Oats with Cherries, Dragon Fruit & Figs recipe: <http://foodrhythms.com/JustinaElumeze/recipes/paleo-overnight-oats-with-cherries-dragon-fruit-figs/22741>

### Ingredients:

- 1 dragon fruit
- 1 very ripe banana
- ½ cup gluten-free oats
- ½ cup almond or coconut milk
- 1 tbsp. vanilla paste
- 2 tbsp. chia seeds
- ¼ cup organic natural yogurt
- ¼ cup agave syrup or honey
- 3 tbsp. organic cocoa powder
- 1 fig
- Handful cherries
- Handful frozen blueberries

### Direction:

- Step 1:** Mash up the banana.
- Step 2:** Mix together the milk, oats, vanilla paste, syrup or honey, yogurt, cocoa powder, and chia seeds.
- Step 3:** Leave in the fridge overnight or for at least 6 hours. Place in a bowl and garnish with dragon fruit, fig, cherries, and blueberries



## PURPLE ASPARAGUS

**Purple Asparagus** is a different variety from the Green and White Asparagus. The interior of the Purple Asparagus is the same as the Green Asparagus but it has the highest levels of anti-oxidants among the 3 varieties. Purple Asparagus contains about 20 percent more sugar so it is sweeter and fruitier in taste compared to the green or white varieties. It is less fibrous, more tender, and can be eaten raw in a salad to give it a pop of color. However, purple Asparagus turns green when cooked so it is more often eaten raw.



## WHITE ASPARAGUS

**White Asparagus** is the same as the regular Green Asparagus except the white colour variety is grown underground without light or covered under a layer of dirt or dark plastic. Since no sunlight is able to reach the spears, the vegetable doesn't produce chlorophyll to make it turn green. White Asparagus has a more delicate flavor, is mild and slightly bitter in taste. The skin of the spears are thicker than the Green Asparagus and is more fibrous. When preparing White Asparagus, the bottom two-thirds of each spears should be peeled with a vegetable peeler. They should also be cooked thoroughly before serving. Steamed, boiled, roasted, grilled, baked, and sautéed are the most common ways to prepare White Asparagus.

Select asparagus that produces juice droplets when the ends are gently squeezed. Fresh asparagus stalks are firm, straight, and smooth. Avoid those with dried, flaky ends, and limp stalks. Asparagus can be stored in a plastic bag and put in the refrigerator for up to four days with the ends wrapped in wet paper towels. Do not wash asparagus before storing.



## Organic LEMONS

**Organic Lemons** are a great item to promote during the holidays and the New Year! During the holidays, lemons can be used as a garnish for festive drinks, water, fish dishes, shrimp, lobster, calamari, and with all kinds of delicious baked goods. Lemons can also brighten up any holiday dish or platter all on their own.

Lemons have many health benefits including aiding digestion, helping with dental problems, throat infections, skin disorders, high blood pressure, and they are great for your hair and skin. Lemon juice is a well known treatment for kidney stones, reducing strokes, and lowering body temperature. If you drink lemon juice mixed with lukewarm water and honey, it can help reduce body weight. Lemons also have many nourishing elements like vitamins A, B6, C, and E. Lemons are also an excellent source of niacin, thiamin, riboflavin, copper, calcium, iron, magnesium, potassium, zinc and protein. They also contain flavonoids which are composites that contain antioxidant and cancer fighting properties.



## Organic NAVEL ORANGES

Oranges are one of the most commonly grown fruits in the world. They come in many varieties, and navel orange, sometimes called sweet orange, is one of the most common.

**Navel Oranges** are the “winter” oranges, and can be found blooming from winter through late spring. They are seedless, easily peeled, and deliciously juicy. Navel Oranges can be consumed fresh 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.

## Organic GRAPEFRUITS

**Organic Grapefruits** are available year-round. They come in a variety of colour from white or yellow to pink and red, and they can range in taste from acidic to sweet. Grapefruits are an incredibly healthy food to include in your daily diet. They contain 92% water, giving it one of the highest water contents of any fruit. They can be added to salads, as drinks, condiments, and desserts.

Grapefruits are rich in nutrients, antioxidants, and fiber. Many studies have suggested that increasing the consumption of grapefruits can promote a healthy complexion, increased energy, and lower overall weight.

Look for grapefruits with thin, smooth, firm and shiny skin and that feel heavy for their size. Avoid grapefruits with wrinkled skins or soft spots. Store grapefruits at room temperature for 1 week or in the refrigerator for up to 3 weeks.



### BROWN SUGAR BROILED GRAPEFRUIT

\* Brown Sugar Broiled Grapefruit recipe: <http://www.eatingwell.com/recipe/250644/brown-sugar-broiled-grapefruit/>

#### Ingredients:

- 2 red or pink grapefruit
- 8 tsp packed light brown sugar
- ¼ tsp ground cinnamon or cardamom
- 2 tsp melted butter
- 2 tbsp. heavy cream
- 2 tbsp. non-fat or low-fat plain Greek yogurt
- 1 tsp granulated sugar
- ¼ tsp vanilla extract

#### Direction:

- Step 1:** Position oven rack about 3 inches from the heat source; preheat broiler. Line a rimmed baking sheet with foil.
- Step 2:** Cut each grapefruit in half, then trim a thin slice off the bottom so it sits level. With a paring knife or grapefruit knife, cut around each segment; remove any seeds. Place the grapefruit halves on the prepared baking sheet. Combine brown sugar and cinnamon (or cardamom) in a small bowl. Brush each grapefruit half with butter, then sprinkle with about 2 teaspoons of the sugar mixture.
- Step 3:** Broil the grapefruit, watching carefully and rotating the pan front to back once halfway through, until the tops are bubbling and golden brown, 7 to 12 minutes.
- Step 4:** Meanwhile, beat cream in a small bowl until stiff. Beat in yogurt, granulated sugar and vanilla just until combined. Serve each grapefruit topped with a heaping tablespoon of the vanilla cream.

