



Organic

Royal Gala Apples

Royal Gala Apples are a cross between a **Golden Delicious**, and a **Kidd's Orange Red**, which were discovered in the 1930's in New Zealand. They have gained popularity in the United States since the 60's.

Royal Galas are characterised by a blush of pink on the skin, and a striking bright yellow-red color. With a mildly sweet flavor and long availability window, this apple is one of today's most popular varieties. Galas are among the top 3 apple varieties grown in Washington State. Due to their early harvest date and softer-eating, Gala apples tend to be smaller in size than most, making this one a great choice for snacking, and for kids.

With Washington Organic Gala Apples winding down the season at the end of May, Imported Organic Gala Apples from Chile, Argentina, and New Zealand will be filling the gap until local BC, and Washington Organic Gala Apples start to harvest again in August and September.



100%
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2017 CPMA Tradeshow Highlights



The CPMA Convention & Trade Show, Canada's largest event dedicated to the fruit and vegetable industry, was held in Toronto in early May. Toronto, the most populous metropolitan city in Canada, was chilly this May. Yet, it brought key industry leaders and produce lovers together, making the theme "We are Produce" very impactful.

This year, we highlighted what is unique at Fresh Direct, global sourcing capability, and a full line of ethnic items. Out of over 28 countries, we drew public attention to the specialty items we import from Australia, Vietnam, China, and Thailand (e.g. finger limes, red lime, custard apple, pink guava, sour sop, green mango, feijoa, red / yellow / purple dragon fruit, etc.). Most items are rarely seen and known, thus successfully attracting visitors from all walks of the industry. Of course, the dress code of the team of international soccer jerseys was another distinguishing highlight. Davis, Albert, Zan, Susan, Steven, Tim, and Ashley all dressed in different jerseys representing Brazil, Spain, Argentina, Australia, Canada, Columbia and Mexico; and playing soccer at the booth. Surprisingly, we found some real good soccer players on the team . . . guess who?

Meanwhile, Steve was fully engaged with "Passion for Produce", a program that provides rising stars within the produce industry the opportunity to expand their knowledge of the supply chain from "Field to Fork" through mentorship and participation in various events. Throughout the three day program, Steve was immensely impressed by the passion that the organizers and participants demonstrated. The insights that Steve gained from this experience will definitely take him extra miles!





The Dragon Boat Festival May 30, 2017

The Dragon Boat Festival, also known as “Duan Wu” is a cultural holiday originating in ancient China. It falls on the 5th day of the 5th month on the Chinese lunar calendar. This year the festival is on May 30th.

Major traditions tied to this festival include wrapping and eating bamboo leaf wrapped sticky rice, “Zongzi”, hanging Chinese herbal leaves in doorways of homes, and watching or in participating dragon boat racing.



The Festival, once only celebrated in China and most Asian countries, now has international appeal. **Dragon boat racing** has become a modern, and popular sport and recreation almost everywhere in the world. More and more local businesses and associations have also started to capitalize on this event, developing programs to build connections and bonds with the growing Asian populations in their local communities.



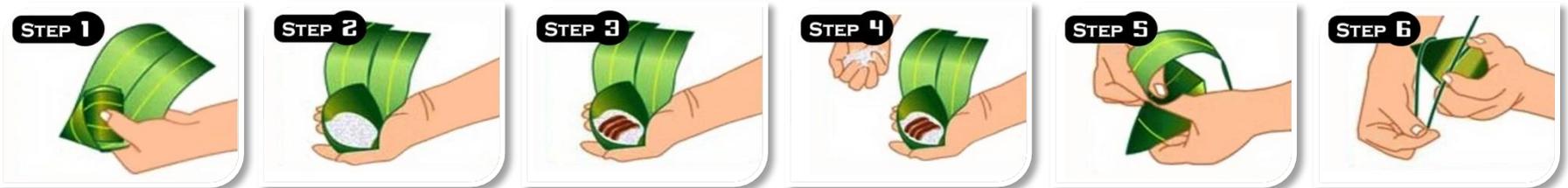
How to wrap Zongzi sticky rice ?

Preparing the rice and bamboo leaves:

- ❖ Wash and soak the rice in a pot of cold water overnight, drain the water before wrapping.
- ❖ For dried bamboo leaves, wash, then blanch them in boiling water until soft and pliable for use; for fresh leaves, soak them in water until ready to use.

Preparing the filling:

Zongzi can be made savory or sweet, so you can use whatever ingredients you like, eg. pork, duck, sausage, scallop, chicken, salted egg yolk, chestnuts, peanuts, lotus seeds, red beans, dates, etc... If you are making savory Zongzi, you can simply add soy sauce to season.



Cook:

Place the wrapped Zongzi in a pot of water over high heat, bring it to a boil, then turn to low-medium heat, slow cook for 2-5 hrs.



5 beautiful Zongzi wrapped with fresh produce

Nowadays, people incorporate fresh produce in wrapping Zongzi. The bright color and unique taste of some produce give the traditional Zongzi a new look, and also a delicious fusion taste. Such items include: **taro root, purple yam, lychee, pineapple, berries and grapes, and even mango!**



Purple Yam



Taro & Corn



Mango & Grape



Spinach & Red Bean



Lychee & Berries