

## ATAULFO MANGOES

**Ataulfo Mangoes** are a type of mango that are sweet, and creamy with a buttery texture. Unlike other fibrous varieties, the flesh of Ataulfo Mangoes are custardy especially when they reach peak ripeness with no fiber.

Color isn't the best indicator of ripeness for mangoes. Ripe mangoes will give when firmly squeezed, with just a bit of softness. The color should be yellow to orange, and it should smell sweet, and fragrant. Their skin will turn to deep golden color, and small wrinkles appear when they are fully ripe.

The peak season for Ataulfo Mangoes is from March through June. Now is the perfect time of year for this mouth-watering fruit.



## Coconut Tapioca with Pineapple, Mango, and Lime

\* Coconut Tapioca with Pineapple, Mango, and Lime recipe: <https://www.epicurious.com/recipes/food/views/coconut-tapioca-with-pineapple-mango-and-lime-56389471>

### Ingredients:

- 480 g (2 cups) whole milk
- One 380 g (13.5 oz) can unsweetened coconut milk
- 2 tsp vanilla extract
- 80 g (½ cup) small pearl tapioca
- ¼ pineapple, peeled, cored, and cut into small chunks, or 225 g (8 oz) can pineapple chunks, in their own juices, chopped into smaller pieces
- One 335 g (12 oz) can frozen apple juice concentrate, thawed
- 1 vanilla bean
- ¼ tsp kosher salt
- 1 large or 2 small mangoes, peeled, pitted, and diced
- Finely grated zest and juice of 1 lime

### Direction:

- Step 1:** In a small saucepan, combine the milk, coconut milk, and vanilla and bring to a gentle simmer over medium-low heat. Stir in the tapioca, decrease the heat to low, and cook, stirring occasionally, for about 30 minutes, or until the tapioca is softened. The tapioca will become translucent and will no longer have a white center when it is fully cooked.
- Step 2:** Meanwhile, put the pineapple (either fresh or canned with juice) and the apple juice concentrate in a medium saucepan and bring to a boil over medium-high heat. Using a small paring knife, split the vanilla bean in half lengthwise, and scrape the seeds into the juice.
- Step 3:** Decrease the heat to medium-low and simmer the juice and fruit for 20 to 25 minutes, or until the juice becomes thick and syrupy. It will thicken up and boil a little slower as it reduces. Watch out that it does not over-boil or burn; you may need to decrease the heat as it thickens. Remove from the heat and strain the pineapple from the juice. Put the pineapple in a bowl and refrigerate until chilled.
- Step 4:** Remove the tapioca from the heat and stir in the reduced juice and the salt. Transfer the tapioca mixture to a bowl, cover lightly with plastic wrap, and refrigerate until it cools completely, at least 3 hours or up to overnight.
- Step 5:** Right before serving, fold about half of the diced mango and the lime juice into the tapioca. Divide the pudding evenly into clear glasses. Fold the remaining mango into the reserved chopped pineapple. Spoon the fruit on top of the pudding to cover in an even layer. Garnish with a little grated lime zest. Serve immediately.



## BRAZIL PILARMOSCATO® GRAPES

Unlike regular table grapes, Pilarmoscato® grapes are bagged with a special paper bag during the production process. These paper bags protect the bunches from harmful external agents, such as sun, rain, and insect attacks that can affect the quality of the fruits. These special bags also assist in the uniformity of coloring, and making the skin of the grapes thinner and brighter. While regular table grapes are measured in 14 brix at harvest time, Pilarmoscato® grapes are collected with brix from 18 degrees. These large shiny berries are known to be very sweet, and crispy. Their pulp is firm with low acidity, and with little or no seed.

The Pilarmoscato® grapes are an exclusive grape variety and a trademark registered by the Cooperative Agroindustrial APPC, which represents rural producers from Pilar do Sul (SP).



## Organic PINEAPPLE

**Organic Pineapples** are a delicious tropical fruit with exceptional juiciness and a vibrant tropical flavor that have a sweet and tart taste. They are not only tasty, they are also rich in vitamins, enzymes, and antioxidants. Pineapples can help boost immunity, improve bone and eye health, aid in digestion, and accelerate weight loss.



Pineapples are low in calories but have an incredibly impressive nutrient profile, such as Vitamins A, B5, B6, C, and K, phosphorus, zinc, calcium, beta-carotene, thiamin, and folate. Minerals like potassium, copper, manganese, calcium, sodium, and magnesium are also found in pineapples.

Choose pineapples that are fresh looking with a sweet aroma, and have a firm texture. Avoid fruit that is old looking, dry or with brown leaves. After cutting or ripening, store in the refrigerator for a few days.

## Organic BLUEBERRY

Fresh **Organic blueberries** are considered a “superfruit” for good reason. On top of being tasty and healthy, they take little effort to enjoy. With no need to peel or core, a good rinse of a ½ cup of blueberries will yield a colourful serving of antioxidants, vitamin C, and natural sugars.

### Anti-aging

Blueberries are not only rich in antioxidants, they are also especially rich in proanthocyanidins, observed to have additional anti-aging properties to protect the body from oxidative stress, slow cognitive decline, improve memory, and reduce inflammation.

### Lowers cholesterol

Another compound found in blueberries is called pterostilbene. It has the ability to lower cholesterol which helps to reduce the risk of heart disease.

### Aids digestion

Being a natural source of soluble and insoluble fiber, blueberries can help regulate your gastrointestinal tract by just eating a couple handfuls a day.

## Blueberry Pineapple Cobbler

### Ingredients:

- ¼ tsp cinnamon

### Filling:

- 2 cups blueberries
- 1-½ cups chopped pineapple
- 2/3 cup pure cane sugar (superfine or granulated)
- 1 tbsp. tapioca starch or cornstarch
- ½ tsp cinnamon
- ½ tsp cardamom, optional
- ½ lemon, juiced
- ½ tsp sea salt

### Crust:

- 2 cups all purpose flour
- 1 cup plus granulated sugar
- 2 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 6 tbsp cold butter, cut into small cubes
- ¾ cup whole milk
- 1 tsp vanilla extract

### Direction:

Preheat oven to 400°F.

**Step 1:** Place all filling ingredients into a bowl and toss together until fully incorporated. Allow mixture to sit for 5 to 7 minutes.

**Step 2:** Lightly grease an 8”x8” baking dish, toss the filling mixture one more time and pour into the baking dish.

**Step 3:** Crust: In a medium mixing bowl, sift together the flour, sugar, baking powder, baking soda, and salt. Cut in the butter until a fine, grainy texture forms. Stir in the milk and vanilla and mix until just combined.

**Step 4:** Scoop batter over the fruit mixture, 1/3 cup at a time, until the entire cobbler is covered.

**Step 5:** Sprinkle cinnamon over the top of the cobbler, set onto a baking sheet and bake for 25 to 30 minutes or until the top is golden brown and the filling is bubbling.

**Step 6:** Remove from heat and allow cobbler to cool for at least 20 to 30 minutes to allow the juices to thicken. Serve.

\* Blueberry Pineapple Cobbler recipe:  
<http://www.spoonforkbacon.com/blueberry-pineapple-cobbler/>

