

Organic MINI WATERMELON

At 90% water, **Watermelons** are the fruit with the highest water content and their 6% sugar is where they get their light sweetness. They are a satisfying thirst quencher. Although composed mostly of water, watermelons have a fair amount of healthy attributes. The irresistible red hues of watermelon flesh are due to the presence of antioxidants. They have a high concentration of beta carotene and vitamin A, both of which support good eyesight. Watermelons are very low in calorie count, so they are a great choice for people who are on diets.

If you have trouble storing a huge watermelon in your refrigerator or lugging one home from the supermarket, mini watermelons would be perfect for you. **Mini Watermelons**, sometimes called “personal watermelons”, are about the size of a cantaloupe and are seedless. They are sweet, crisp and very juicy. The rind of a mini watermelon is thinner than a regular size watermelon, therefore, easier to cut through. Mini watermelons are a great addition to fruit salads or fruit drinks, and they’re also perfect for snacking.



Beef and Watermelon Stir-fry

* Beef and Watermelon Stir-fry recipe: <https://www.myrecipes.com/recipe/beef-watermelon-stir-fry>

Preparation: 25 mins / Total Time: 55 mins / Serving: 4-6

Ingredients:

- 1 lb sirloin strip steak, cut into thin strips
- 3 garlic cloves, minced
- 2 tsp cornstarch
- 2 tsp cold water
- 2 tsp lite soy sauce
- 1-½ teaspoons sesame oil
- 2 tbsp. dry white wine
- 2 tbsp. hot water
- 2 tbsp. hoisin sauce
- 1 tsp kosher salt
- ½ teaspoon ground black pepper
- 2 tbsp. canola oil, divided
- 1 medium-size sweet onion, halved and sliced
- 12 oz fresh sugar snap peas
- 1 tsp grated fresh ginger
- ½ tsp dried crushed red pepper
- 16 oz watermelon, rind removed and cut into sticks (about 2 cups)
- 2 cups hot cooked rice

Direction:

Step 1: Toss together first 6 ingredients and 1 tbsp. wine. Let stand 30 minutes. Meanwhile, stir together hot water, hoisin, and remaining 1 tbsp. wine.

Step 2: Remove beef from marinade, discarding marinade. Sprinkle with salt and black pepper; cook half of beef in 1-½ tsp. hot canola oil in a large skillet over high heat, without stirring, 45 seconds or until browned; turn beef, and cook 30 seconds or until browned. Transfer to a warm plate. Repeat with remaining 1-½ tsp. oil and beef.

Step 3: Stir-fry onion in remaining 1 tbsp. hot canola oil in skillet over medium-high heat for 2 minutes or until tender. Add sugar snap peas, ginger, and crushed red pepper; stir-fry 2 minutes. Add beef and hoisin mixture; stir-fry 1 minute or until slightly thickened. Remove from heat. Stir in watermelon. Add salt, black pepper, and red pepper to taste. Serve immediately with hot cooked rice.



ATEMOYA *From Brazil*

Atemoya is also known as **sweetsop**, **sugar apple** or **custard apple**. It is closely related to soursop but a lot smaller in size and without spikes. The skin is rough in pale green, grayish green, or bluish green. The pulp is creamy white or light yellow with a tender, and delicate texture. It has a pleasing, sweet-smelling fragrance, and can reach up to around 24-25 brix level. When fully ripened, the fruit becomes softer, and can be separated apart easily.

Atemoya is highly medicinal, and nutritious. It has a high carbohydrate and protein content, and is rich in vitamins B and C, calcium, potassium, iron, magnesium and phosphorus.

Besides eating sweetsop fresh, it can also be mixed with breakfast cereal, as a filling in crepes, or even made into popsicles.





STRAWBERRIES

Strawberries, with a unique tangy sweet taste, are one of the most popular fruits in the world. There are more than 600 varieties of strawberries, and they vary in flavour, size, and texture. Strawberries are best eaten raw and their flavor is best at room temperature. They're usually added to salads, used in jams, jellies, and desserts.

Strawberries are sodium, fat, and cholesterol free. They are low in calories, and are packed with vitamins C, and K, fiber, folic acid (folate), manganese, potassium, and have high levels of antioxidants.

Choose strawberries that are firm, plump, unblemished, fragrant, and free of mould. Look for those that have a glossy red color with bright green caps because they don't ripen further after they're harvested. Keep unwashed strawberries in the fridge for up to seven days. Avoid washing or removing their caps until ready for use.

Strawberry Banana Bread

* Strawberry Banana Bread recipe: <https://therecipecritic.com/strawberry-banana-bread/>

Serving: 2 loaves

Ingredients:

- ½ cup (1 stick) butter, softened
- 1 cup granulated sugar
- 2 large eggs, beaten
- 3 ripe bananas, mashed
- 2 cups flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1½ cups fresh strawberries chopped & tossed in 1 tbsp. of flour

Direction:

Preheat oven to 375F°.

Step 1: Spray two 9x5 loaf pans with non-stick spray. Set aside.

Step 2: In a large bowl, using a hand mixer with paddle attachment, cream butter and sugar together until light and fluffy.

Step 3: In a small bowl, beat eggs using a fork. Add eggs to sugar mixture and beat until combined. Add mashed bananas and mix until combined.

Step 4: Sift all dry ingredients: flour, baking soda, and salt. Slowly add sifted dry ingredients to banana mixture and mix until flour is just combined. DO NOT OVERMIX! Fold in floured covered strawberries.

Step 5: Pour batter into prepared loaf pans and bake at 375F° for 15 minutes. REDUCE heat to 350F° and bake for an additional 30 minutes until edges are slightly brown or until toothpick inserted into center comes out clean. Let cool completely before removing from loaf pans.



ORIENTAL SWEET POTATOES

Sweet Potatoes are considered a SUPERFOOD. They are high in fiber, and have antioxidants like Vitamin E and beta-carotene. Antioxidants are essential for good brain functioning, and it's one of the few sources of Vitamin E that is low in fat and calories. Sweet potatoes also have a low glycemic index, meaning they are a food that is characterized by slow absorption, a modest rise in glucose levels, and a smooth return to normal levels. This is very important for people who suffer from diabetes, who are dependent upon stable blood glucose levels. Potassium is also found in sweet potatoes. Potassium is important in maintaining fluid, electrolyte balances and healthy cells. Naturally low in calories, and high in nutritional value, sweet potatoes are some of Mother Nature's best work!

Oriental (Japanese or Murasaki) Sweet Potatoes look like potatoes on the inside with dark purple skin. They can be steamed, boiled, baked, roasted, or added into stir-fry dishes. The taste of the Oriental Sweet Potatoes is very different to the orange variety, and are compared with the taste of chestnuts. They have a much creamier texture, and less noticeable fibrous strings.

Choose firm, smooth sweet potatoes that show no signs of blemishes, bruises, sprouts, or decay. Store them at room temperature for up to one week. Sweet potatoes can last up to four weeks if stored in a cool, dry, dark location with adequate ventilation.

