

CHERRIES

Cherries are known to be super fruits: Cherries and berries contain rich amounts of vitamins, and minerals. They are also a potent source of antioxidants, and anti-inflammatory compounds. Due to their higher nutritional value, they are recognized by nutrition experts as "super fruits". Cherries are a member of the same fruit family as peaches, plums, and apricots. They are very versatile fruits, and are often enjoyed raw as healthy treats. They can also make a delicious snack, a colorful and healthy layer in a yogurt parfait, a tangy sweet cheesecake topping, used in tarts and pies, or juice. Cherry season is from May until August. Choose cherries that have bright, shiny, and firm skin with the stem attached. Fresh cherries can be kept in the refrigerator for up to 10 days.



APRICOTS

Apricots are another very versatile fruit with a yellowish-orange furry outer skin, and a soft tangy flesh. They are closely related to peaches, and plums, which also have a large, inedible pit inside the flesh. Apricots can be eaten fresh, canned, or dried. They are a good source of vitamins A, and C, copper, dietary fiber, potassium, and are rich in antioxidants such as flavonoids. Look for a plump, rich orange color apricot that is firm, but gives ever-so-slightly under a bit of pressure from your thumb.

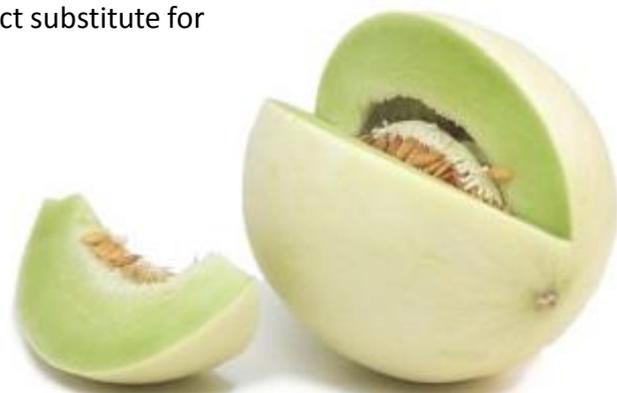


Organic MELONS

Summer is the best time of year to enjoy fruits when many hit their peak freshness and sweetness.

Cantaloupes and other summer melons are some typical take-along snacks for summer picnics, and barbeques. They are known for being super-hydrating, and sweet. Their soft, juicy pulp, and sweet flavor make them the perfect substitute for high-calorie sugary snacks, and desserts.

Honeydews are a refreshing treat during a hot summer. They are also low in calories, and a healthy choice any time you need to feed a craving for sweets. You can enjoy honeydews fresh or added to fruit salads. They are rich in iron, vitamins B-6, and C, potassium, fiber, and other essential nutrients. Look for honeydews with a creamy white, or pale cream rind. You should be able to smell the melon's aroma when they're fully ripened.



MELON AND APRICOT SALAD

Melon and Apricot Salad recipe - https://www.turntablekitchen.com/recipes/summer-melon-and-apricot-salad/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=398132834_13219146_206135

INGREDIENTS:

For the salad:

- 2-3 apricots, pits removed, quartered
- 1 English cucumber, sliced into half-moons
- 1 large avocado, pit removed, then cubed
- ½ small melon, cubed

For the salad:

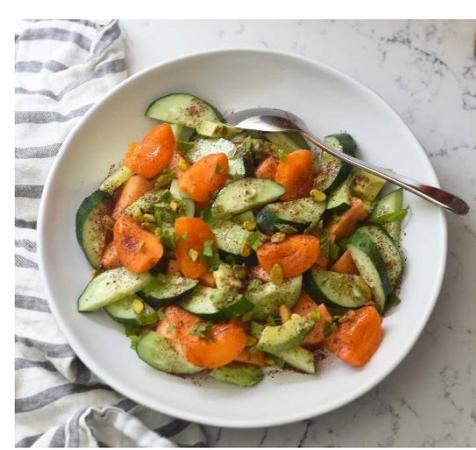
- ¼ cup of lime juice
- ¼ cup of olive oil
- 1 tbsp. of honey
- Kosher salt and freshly ground black pepper, to taste

Sumac, for dusting

- Handful of toasted pistachios
- 1 tbsp. of chopped fresh mint

DIRECTIONS:

1. Combine all of the salad ingredients in a large serving bowl.
2. Combine the dressing ingredients in a small bowl and whisk until emulsified. Drizzle the dressing over the salad. Sprinkle with pistachios and freshly-chopped mint. Toss gently to coat, then give it a generous dusting of sumac, just before serving. Eat right away.



The Dragon Boat Festival June 07, 2019

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 June 7th.

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 participating in 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.



↓ 5 beautiful Zongzi wrapped with fresh produce

Nowadays, people incorporate fresh produce in 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

↓ 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.