

## Organic TABLE GRAPES



Compared to wine grapes, **Table Grapes** are larger in size, seedless, with thick pulp, thinner skins, and have less acidity, and sugar. They are most popular eaten fresh, added to fruit salads, and desserts, or used on the savory side in green salads, sauces, curries, stews, and stuffings. They are also served alongside poultry, fish, and seafood. There are numerous varieties of table grapes on the market and are categorized as green, red, black grapes, and as seeded or seedless. Green grapes are delicately flavored with both sweet and tart flavors, while red grapes are sweet with spicy undertones. Black grapes can be sweet as well but often have tart skins. Some common varieties of table grapes we see in the marketplace are Red Globe, Concord, Flame, Thompson Seedless, Crimson Seedless, Cotton Candy, Autumn King, and many more.



Grapes are packed with nutrients as well as being very sweet and delicious. They are a great source of phytonutrients, and other essential vitamins such as Vitamins K, A, C, and B6. They are rich in thiamine, riboflavin, niacin, and minerals potassium, calcium, magnesium and phosphorus. Grapes have a high-water content; they contain dietary fiber and flavonoids that help slow down the aging process. Some sources claim that grapes can help reduce high blood pressure, and grape juice can relieve pain from migraines. They can also boost your immune system and help eliminate fatigue.

Contact your Fresh Direct Sales Rep and let's plan some organic grape promotions that your customers will enjoy.

## Chicken with Roasted Grapes and Shallots

**Total Time: 1 hr 35 mins / Yield: 4 servings**

### Ingredients:

- 1-¼ lb assorted seedless grapes (such as green, red, or black), cut into small clusters
- 6 large shallots (about 10 oz.), peeled, halved through root end
- 1 tbsp. chopped fresh thyme + 6 large sprigs
- 2 tbsp. olive oil, divided
- 4 to 4-½ lb chicken, remove excess fat from cavity

### Direction:

**Preheat oven to 400°F.**

**Step 1:** Gently toss grape clusters, shallots, chopped thyme, and 1 tablespoon olive oil in large bowl to coat. Rub chicken with remaining 1 tablespoon olive oil; sprinkle inside and out with salt and freshly ground black pepper. Place thyme sprigs in cavity. Place chicken in large roasting pan; arrange grape mixture around chicken. Roast until instant-read thermometer inserted into thickest part of chicken thigh registers 165°F and grapes are shriveled, about 1 hour 10 minutes.

**Step 2:** Transfer chicken to platter; let rest 10 minutes. Using slotted spoon, arrange grapes and shallots around chicken. Transfer pan juices to small pitcher; spoon fat from surface of juices and discard. Serve chicken with pan juices alongside.



\* Chicken with Roasted Grapes and Shallots recipe: <https://www.epicurious.com/recipes/food/views/chicken-with-roasted-grapes-and-shallots-356329>

## BABY MANGOES *from Colombia*

Baby mangoes, also known as sugar mango or mango de azúcar, is native to India, where they are called the "king of the fruits". They have an unrivalled sweetness and a creamy pulp that melts in your mouth.

Baby mangoes are packed with vitamins A, B1, and C, antioxidants, and magnesium. They are saturated fat, sodium, and cholesterol free. Just half a cup of baby mangoes provide 22% of the recommended daily intake of vitamin A. Vitamin A helps stimulate the production of white blood cells, helps bone turnover, and regulates cell growth. One serving (100g) of baby mangoes provides 61% of the recommended daily intake of vitamin C, which helps support the immune system; helps with wound healing; produces collagen; and increases the amount of iron that our bodies can absorb from plants. One serving (100g) of baby mangoes provides 2% of the recommended daily intake of vitamin B1, also known as thiamin, which helps convert blood sugar into energy, and it is essential for a muscular, cardiovascular, and nervous system function.

Select Baby mangoes that are slightly firm with a sweet aroma. Store unripe mangoes in a dark, room temperature container to ripen them, and store ripe mangoes in the fridge for up to 6 days.



## STONE FRUITS

Summer brings two of our favorite items at Fresh Direct Produce – **Peaches** and **Nectarines**. We have yellow and white flesh peaches and nectarines, and other stone fruits such as plumcots and apriums – hybrids of plums and apricots.

Stone fruits are sweet treats that you can indulge in and feel good about eating – they’re super healthy. They are low in fat (with the plum containing no fat), sodium-free, cholesterol-free, and high in vitamin C. These stone fruits all have a different taste profile and while all are juicy and sweet when ripe, their skin color isn’t an indication of how ripe (and how sweet) it is; the color is only an indication of the variety. They ripen until the moment they’re picked from their tree, with the exception of plums, which continue to ripen at room temperature after being picked. All can be refrigerated for around a week to maintain how hard or soft it is without damaging the eating quality.



### WHITE / YELLOW NECTARINES

**Nectarines** are a smaller fruit than peaches with smooth-skin. They’re from the same family, the Prunus family, a genus that is categorized by a hard shell that surrounds its seed in the center of the fruit. That hard shell and seed are known as a stone; thus, they are commonly called stone fruits.

Nectarines are quite similar to peaches in appearance except for the lack of fuzziness on the skin. Their flesh comes in shades of deep yellow or creamy white with the outer surface in colours of pink, red, white, or yellow. Nectarines are used in baked goods, salads, sauces, smoothies, jams, jellies, and of course, eaten fresh.

### WHITE / YELLOW PEACHES

**White Peaches** are typically very sweet, low in acid, and are the most popular kind of peaches in China, Japan, and some other Asian countries. Their skin is fuzzy, and creamy white in color with blushes of red, and pink. They tend to have paler skin than yellow peaches but have the same blush, softness, and overall look of a standard peach.

Peaches are low in fat, saturated fat, sodium, and are cholesterol free. They are high in vitamins A, and C, dietary fiber, niacin, and potassium.



## Peach or Nectarine Cake

\* Easy Fresh Peach or Nectarine Cake recipe: <https://whereismyspoon.co/easy-fresh-peach-or-nectarine-cake-romanian-cake-recipe/>

**Preparation: 30 mins / Cook Time: 40 mins / Total Time: 1 hr 10 mins**

#### Ingredients:

##### Cake:

- 150 g / 5.3 oz / 1-¼ cups all-purpose flour
- 100 g / 3.5 oz butter
- 100 g / 3.5 oz / ½ cup sugar
- a pinch of salt
- 1 egg
- 1 tbsp dry breadcrumbs
- 650 g / 23 oz peaches

##### Topping:

- 3 eggs
- 3 tbsp sugar
- 3 tbsp all-purpose flour
- icing sugar

#### Direction:

**Preheat oven to 200°C / 390°F.**

##### Cake:

- Step 1:** Line a baking dish of approximately 21x32 cm/ 8x13 inch with baking paper. Place the flour, butter, sugar, salt and egg in the food processor. Mix shortly until the dough comes together. The dough is pretty soft, but if you think it is way too sticky add an extra tablespoon flour.
- Step 2:** Place the dough in small heaps into the prepared baking dish. Press the dough evenly in the dish with your fingers (you can flour the fingers a bit first) or a floured spoon. Bake for about 15 minutes until lightly golden but not quite done yet.
- Step 3:** In the meantime prepare the fruit. Remove the stones from peaches and quarter them. If they are very large, cut them into eights.
- Step 4:** Take the cake out of the oven, sprinkle it evenly with the breadcrumbs and arrange the peach quarters/eights on top. Place back in the oven and bake for another 10 minutes.

##### Topping:

- Step 1:** In the meantime separate the eggs. Beat the egg whites until stiff. Beat the egg yolks with the 3 tablespoons sugar. Add the flour to the egg yolk mixture and incorporate. Fold in the beaten egg whites.
- Step 2:** Pour this mixture over the cake and continue baking for another 15 minutes or until golden brown and baked through.
- Step 3:** Dust with icing sugar before serving.

