

Enjoy your Summer

EAT LOCAL • EAT FRESH

Summer brings a full spectrum of delicious locally grown fruits and vegetables here in BC, such as berries, cherries, corn, greens, mushrooms, tomatoes, and peas. Since local fresh produce items are picked at their peak, they are tastier, fresher, and very flavorful.

BC CORN

Local corn can be found in yellow, white, or bicolor, and are grown mostly in Chilliwack, Abbotsford, Richmond, and Delta. They are at their best during late summer to early fall. When sweet corn is available fresh, they can be cooked, and eaten on the cob. If you cut the kernels off the cob, you can add them to other dishes, such as soups, stews, casseroles, and salads.

Corn is packed with vitamins B1, B5, and C, folate, dietary fiber, phosphorous, and manganese. Look for well-formed ears of corn with tight light green color husks, and clean, golden-brown silk. Store them in the refrigerator with the husk on for two to three days.



LOCAL BLUEBERRIES

Fresh 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. We’ll soon have our pick of six main blueberry varieties from BC to enjoy immediately or to stock up and freeze for later use in our favourite desserts, starting with the large, firm, light blue Duke blueberries – good for right away and good for later!

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, so as 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 of handfuls a day.

LADY PEA AND CORN PATTIES

<https://www.myrecipes.com/recipe/lady-pea-corn-patties>

Total Time: 1 hr 15 mins / Yield: 4 servings

INGREDIENTS:

- 1 cup fresh corn kernels
- 1 tsp olive oil
- 1-½ cups cooked Lady peas
- 1 to 2 tbsp. reserved cooking liquid from Lady Peas
- 2 green onions, sliced
- 1 tbsp. finely chopped fresh flat-leaf parsley
- 1 tbsp. chopped cilantro
- ½ tsp freshly ground black pepper
- 1-¼ tsp kosher salt
- 2 large eggs, lightly beaten
- 1-½ cups panko (Japanese breadcrumbs)
- 2 tbsp. butter
- 2 tbsp. olive oil

DIRECTIONS:

1. Sauté corn in 1 tsp. hot olive oil in a medium skillet over medium-high heat for 3 minutes or until tender.
2. Process 1 cup lady peas in a food processor until smooth, adding up to 2 tbsp. reserved cooking liquid as needed. Stir together green onions, next 5 ingredients, whole peas, pureed peas, corn, and 1/2 cup panko.
3. Gently shape mixture into 8 patties; cover and chill 30 minutes. Dredge patties in remaining panko.
4. Melt 1 tbsp. butter with 1 tbsp. olive oil in a large skillet over medium heat; add 4 patties, and cook 3 minutes on each side or until lightly browned.
5. Drain on paper towels. Add remaining oil and butter to skillet, and repeat procedure with remaining patties.

Sauce:

- Stir together 1 cup sour cream, 2 tsp. lime zest, 3 tbsp. lime juice, and 2 tbsp. chopped cilantro.



DRAGON FRUITS

Dragon Fruits are a type of cactus from Southeast Asia, Mexico, Central and South America, and Israel. Dragon Fruits are sweet, and juicy, with numerous tiny edible black seeds scattered throughout the fruit. There are three types of Dragon Fruits: red skin with white flesh, red skin with red flesh, and yellow skin with white flesh (Yellow Pitahaya). They can be diced, and added to fruit salads or desserts along with other tropical fruits.

Red Dragon Fruits have dark red purple skin with purple red flesh. They are sweeter, slightly smaller, and have higher nutritional value than the white heart dragon fruit. They have more cartotene, which helps to improve the body's immunity, and protect the fiber parts of the crystals of our eyes.

Yellow Pitahayas, also known as Yellow Dragon Fruits, have a bright yellow thick scaly skin. They are the sweetest among the varieties; the flesh is juicy with numerous tiny edible black seeds scattered throughout. Yellow Pitahayas are smaller than the red varieties, and are packed with antioxidants.

Dragon Fruits are low in calories, and are rich in vitamins C, B1, B2, and B3, antioxidants, and minerals such as iron, calcium, and phosphorus. They also have a high fiber content, which can assist with poor digestion, and constipation.

To choose a ripe dragon fruit, look for bright, even-colored skin. The fruit should be firm and will give a little when pressed gently. To ripen a dragon fruit, keep at room temperature until ripened. Refrigerate a ripe dragon fruit in a plastic bag for up to 5 days.



LOCAL *Organic* KALE



Curly Kale



Dinosaur Kale



Redbor Kale

Kale, a leafy green vegetable, is packed with all sorts of beneficial compounds. It is one of the healthiest and most nutritious plant foods in the world. It is in the same vegetable family as cabbage, cauliflower, brussel sprouts, and broccoli. Kale can be used raw in salads, and juices, cooked in stews, stir-fries, soups or baked for kale chips.

Kale is packed with beneficial fiber, vitamins A, C, and K, magnesium, iron, calcium, and is a rich source of antioxidant polyphenols. Kale contains very little fat, but a large portion of the fat is an omega-3 fatty acid called alpha linolenic-acid, which is one of the most important acids when it comes to lowering glucose levels and increasing insulin sensitivity.

Green Kale, also called Curly Kale, is the most common type of kale at the local market. It is usually bright green, dark green, and sometimes purple with curled-in tips. Curly Kale has a peppery bitter taste.

Black Kale, also called Dinosaur, Tuscan, or Lacinato Kale, has a darker shade of green with a lightly wrinkled and firm texture. It is slightly sweeter and is more tender than the curly green kale.

Red Kale, also called Redbor Kale, has frilly, well-curled deep red or purple color leaves with deep purple stem. It is fluffier, dense, and softer in texture, and is slightly sweeter than curly green kale. It is used similarly to other green kale varieties, however, it will lose some of its beautiful color when cooked. The purple stems should be removed before cooking.

Choose kale with smaller sized leaves for salads or cooking. The leaves are usually more tender, and have a milder favour than those with large leaves. Store unwashed kale in a plastic bag in the refrigerator for up to one week.