

CHINESE MANDARINS

We are excited to announce the arrival of the Chinese Mandarin Season!

We want to ensure that our customers have access to the best mandarin supply in the local market; all of our mandarins came in with a nice, tangy flavour with higher sugar levels.

We perform a thorough local inspection on each arrival of inventory before we ship to our customers to guarantee consistent, reliable product quality!

With convenient pack sizes, creative new box designs, and with our high speed packing machines, we can add a variety of custom options to satisfy our customers' needs and requirements.

As this is one of the most popular products we carry, please talk to your sales rep and book your inventory today to make sure that you will have stock all season long!



Conventional

5 lb box

Simply Fresh®



Solsweet™



SunRise™

5 lb / 4 lb / 3 lb / 2 lb mesh bag



2 lb Organic



Organic

3 lb Organic



4 lb Organic



KABOCHA SQUASHES

The harvest of our BC hard squash started in August and it will continue until the first frosts hit our growing regions. These delicious squash are harvested and then placed into cool, dark spaces for storage until they are packed and shipped out to wholesalers and retail chains.

Kabocha Squashes, also called Japanese Pumpkins, are a starchy winter vegetable, same as acorns, butternuts, and pumpkins, which contain more carbohydrates than leafy vegetables, such as cauliflowers, and peppers. Similar to pumpkins and sweet potatoes, Kabocha Squashes have a very sweet taste, and a velvety texture. They are perfect for roasting, stuffing, pureeing, baking, soups, deep frying (eg. Japanese Tempura), and are commonly used in sweet dishes due to the sweet flavors. They have a coarse, and deep-green skin with a reddish-yellow flesh on the inside. Kabocha Squashes are a rich source of vitamins A, B, and C, iron, betacarotene, copper, beta-carotene, magnesium, dietary fiber, and antioxidants.

Select Kabocha Squashes that feel heavier than expected, with a rich, deep green skin color and a dull and firm rind. Some varieties have a bright orange rind that matches their bright orange flesh or have orange patches on the skin. Store them in a cool, dry place for up to one month.





Organic FRESH CRANBERRIES

Fresh Cranberries are harvested in the fall and are available from October through December. Their sweet, and tart flavor match perfectly with roast turkey at Thanksgiving dinners. Cranberries can be frozen for up to a year, so you can stock up on a few bags around the holidays to use throughout the year.

Cranberries are one of the top antioxidant-rich, and high nutrient foods, more than other “superfoods” like spinach, blueberries, or even green tea. Some of the antioxidants found in cranberries include anthocyanins, ellagic acid, quercetin, resveratrol, selenium, and vitamins A, C, and E.

Introducing:
PATIENCE^{TM MC}
FRUIT & CO
organic ♥ biologique

Patience Fruit & Co. is a family owned company based in Quebec, Canada, and is one of the largest suppliers of Organic Cranberries. “At Notre-Dame-de-Lourdes, a tiny corner of nature in Québec, home to 700 people and millions of cranberries. These little berries thrive in the sandy, acidic soil that makes up much of Centre-du-Québec and the land surrounding the village—land that is often overlooked as being less rich by traditional agriculture, but on which both our berries and our people flourish.

Like many fruit shrubs, the cranberry is a hardy plant that has learned to adapt to its northern soil. Contrary to popular belief, cranberries do not grow in water. Rather, cranberry fields are flooded at harvest time to make berry-picking easier, a scene that is always spectacular to watch.”

ROASTED TURKEY WITH CRANBERRIES

* Roasted Turkey with Cranberries recipe: <https://www.ricardocuisine.com/en/recipes/7182-turkey-roast-with-cranberries>

Preparation: 45 mins / Bake time: 4 hours / Servings: 8

Ingredients:

- 2¾ cups (290g) fresh or frozen cranberries
- 1 cup (250 ml) apple jelly
- 1 cup (250 ml) cranberry juice
- 3 tbsp. (25 g) cornstarch
- ¼ tsp five-spice powder
- 1 roast boneless turkey breast, about 4 lbs (1.8 kgs), with skin
- 2 tbsp. butter
- 2 onions, finely chopped
- Salt and pepper

Direction:

- Step 1:** In a food processor, purée 2 cups (210 g) of cranberries with the apple jelly, cranberry juice, cornstarch and five-spice powder until smooth. Strain through a sieve. Set aside.
- Step 2:** In a large skillet over medium-high heat, brown the turkey roast in the butter. Season with salt and pepper. Place in the slow cooker.
- Step 3:** In the same skillet, brown the onions. Add butter, if needed. Add the cranberry mixture. Bring to a boil, stirring constantly. Transfer to the low cooker. Add the remaining whole cranberries (¾ cup/80 g).
- Step 4:** Cover and cook on Low for 4 hours.
- Step 5:** Serve with mashed potatoes and a green vegetable.



HOMEMADE CRANBERRY SAUCE WITH APPLE

* Roasted Turkey with Cranberries recipe: <https://www.ricardocuisine.com/en/recipes/7182-turkey-roast-with-cranberries>

Preparation: 5 mins / Cook time: 1 hr 15 mins / Servings: 8

Ingredients:

- 12 oz fresh cranberries
- 1 cup sugar
- ¾ cup water
- ¼ tsp ground cinnamon
- ¼ tsp salt
- 1 cup cooking apples, peeled and diced

Direction:

- Step 1:** In a medium saucepan, bring sugar, water, cinnamon, and salt to a boil over medium heat. Stir occasionally until sugar is dissolved.
- Step 2:** Stir in cranberries and apples. Simmer until slightly thickened and the berries begin to pop, about 10 minutes.
- Step 3:** Remove from heat and cool to room temperature, about 1 hour.

