

POMEGRANATES

Pomegranates are one of the world's most popular, and healthiest fruits. Punicalagins are extremely powerful antioxidants found in the juice, and peel of a pomegranate. Pomegranate juice has been analyzed to have greater antioxidant capacity than red wine, grape juice, cranberry juice, green tea, and acai juice. They're also high in potassium, vitamins A, C, and E, folic acid, and fiber.

How to de-seed a pomegranate?

1. Cut off the crown, then cut the pomegranate in half parallel to the first cut.
2. Turn the half upside down, and gently tap it with a wooden spoon.



CHESTNUTS

Chestnuts are large, tasty seeds from the chestnut tree. Chestnuts have been cultivated for thousands of years around the globe with the largest production from the Mediterranean, China, Korea, and Japan. Available from October to December, most chestnuts sold in Canadian markets are sourced from Europe, China and Korea. Chestnuts are rich in various minerals, especially potassium, phosphorus, magnesium and calcium. Unlike most nuts, they contain a substantial quantity of vitamin C.

How to select?

Looks for raw chestnuts with a dark brown exterior with no significant blemishes or cracks, and shell should be shiny, tight and healthy looking. Avoid any nuts which are soft, off-colored, cracked or moldy. Fresh chestnuts dry out quickly so they should be kept in a sealed container in the fridge. They can also be stored in an open mesh bag, placed in a cool and dry place.

Chestnuts should be peeled and cooked before eating. They should not be eaten raw, as the tannic acid in them can upset your stomach. Chestnuts can be roasted in their shells, boiled, braised or puréed. Their sweet nutty flavor combines nicely with poultry, mushrooms, whipped cream, or vanilla.

Here are some ways to prepare chestnuts:

Boil

- Boil chestnuts in water for 25-30 minutes
- Remove chestnuts from pot, and rinse them with cold water before serving

Roast

- Preheat oven to 425°F
- Cut an "X" on top of each chestnut to keep them from exploding while roasting
- Put chestnuts on a baking pan with the "X" facing up
- Roast for 30-40 minutes until the shells open
- Remove chestnuts from oven, peel off the shells before serving

Microwave

- Cut chestnuts in half
- Place them in a bowl, and microwave them for 2-5 minutes

Open Fire

- Cut an "X" on top of each chestnut
- Cook them in a cast-iron pan over an open fire for 5 minutes
- Turn over, and cook for another 5 minutes

CHESTNUT, BACON & CRANBERRY STUFFING

Preparation: 30 mins / Cook Time: 40 mins / Servings: 24 stuffing balls

* Chestnut, Bacon & Cranberry Stuffing recipe: <https://www.bbcgoodfood.com/recipes/3170/chestnut-bacon-and-cranberry-stuffing>

Ingredients:

- 140 g peeled & cooked chestnuts, roughly chopped
- 100 g dried cranberries
- 50 ml ruby port
- 1 small onion, chopped
- 2 rashers unsmoked back bacon, cut into strips
- 50 g butter
- 2 garlic cloves, chopped
- 450 g sausage meat
- 140 g fresh white or brown breadcrumbs
- 2 tbsp. chopped fresh parsley
- ½ tsp chopped fresh thyme leaves
- 1 medium egg, lightly beaten

Direction:

Step 1: Soak the cranberries in the port for an hour. Fry the onion and bacon gently in the butter, until the onion is tender and the bacon is cooked. Add the garlic and fry for another minute or so.

Step 2: Cool slightly, then mix with all the remaining ingredients, including the cranberries and port, adding enough egg to bind – I find it easiest to use my hands. Fry a knob of stuffing in a little butter, taste and adjust the seasoning if necessary.

Step 3: To Cook: This stuffing can be baked in a dish, or rolled into balls that will be crisp on the outside and moist inside. To bake, press the stuffing into a greased ovenproof dish in a layer that is around 4cm thick. Bake at 190°C for gas 5 oven or fan oven at 170°C for about 40 minutes, until browned and, in the case of sausage meat stuffing, cooked right through. Alternatively, roll into balls that are about 4cm in diameter. Roast the stuffing balls in hot fat (they can be tucked around the turkey or done in a roasting tin of their own) for 30-40 minutes, until crisp and nicely browned on the outside.





Organic SWEET POTATOES & YAMS

Organic **Sweet Potatoes** and **Yams**, are two of the holidays busiest commodities. All of our organic sweet potatoes and yams come from California and they are grown by A.V. Thomas Produce. Mr. Thomas started growing yams in Livingston, California, on 10 acres in 1960. Thirty years later, A.V. Thomas Produce grows over 3,000 acres of certified organic sweet potatoes and yams, and sells more than 300 million pounds of sweet potatoes and yams, organic and conventional. They are now the largest sweet potato shipper in California. We choose to partner with AV Thomas due to their high quality standards, food safety standards, and exceptional customer service.

Many people ask us, “What’s the difference between a sweet potato and a yam?” The answer is – Sweet Potato is the large “category” name, and yams are a type of sweet potato. So all yams can be called sweet potatoes, but not all sweet potatoes can be called yams. Sweet Potatoes are yellow to cream colored inside; drier than yams, and have a mild, nutty taste. Yams are moist, sweet and orange when you cut into them. The most popular variety of yam grown in the US is the Beauregard variety. Red yam varieties include garnets – they are extra moist and flavorful with orange insides and a red-copper to plum colored skin.

Sweet Potatoes are considered a SUPERFOOD. They are high in fiber, and in 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 and yams are some of Mother Nature’s best work!



SWEET POTATOES



JEWEL YAM



GARNET YAM

SWEET POTATO FRITTERS WITH SRIRACHA MAYO

* Sweet Potato Fritters with Sriracha Mayo recipe: <https://ciaochowbambina.com/sweet-potato-fritters-sriracha-mayo/>

Ingredients:

- 2 large sweet potatoes (1 lb), coarsely grated and dried with a paper towel
- 2 eggs, beaten
- ½ cup flour
- ½ cup Panko breadcrumbs
- ½ tsp ground cinnamon
- ½ kosher salt
- Olive oil for frying
- 3 tbsp. mayonnaise
- 1 tsp Sriracha sauce

Direction:

- Step 1:** In a large bowl combine sweet potato, eggs, flour, bread crumbs, cinnamon and salt. Mix well. Let mixture rest for about 10 minutes.
- Step 2:** In the meantime prepare the Sriracha Mayo. Combine the mayo and hot sauce, stirring completely. Set aside.
- Step 3:** In a medium skillet, heat 2 - 3 tbsp. olive oil over medium heat. Scoop enough potato mixture to fit in the palm of your hand, about ½ cup. Roll like a meatball then flatten and form into a small pancake shape. Gently deliver pancake to the oil. Sauté for about 5 minutes until cooked through and golden brown, turning once.
- Step 4:** Remove to a paper town lined plate. Keep warm in a low oven. Add more oil to the pan as needed. When all the batter is cooked, place fritters on a serving platter and serve with Sriracha Mayo.



FUYU PERSIMMONS

Persimmons are orange-red colored fruits that are available starting in late September. They reach their peak in October through December. Sweet, and delicious persimmons are rich in health promoting nutrients such as vitamins, minerals, dietary fibers, and anti-oxidants. Fuyu persimmons are sweeter than Hachiya persimmons, and can be eaten while still firm.

Look for persimmons with taut, glossy skin, avoiding fruit with soft spots or bruises. Persimmons may be kept longer if they are stored at room temperature.

