



DECEMBER 2019 ISSUE

## Organic ZUCCHINI



**Zucchini**, also known as courgette, is a member of the gourd family. It is a summer squash which means that it is a squash that is harvested while immature and its rind is still tender and edible. The skin is usually dark green, but it can also be light green, orange, or deep yellow.

Although it is often said to be a vegetable, Zucchini is botanically classified as a fruit. Whether eaten raw or cooked, there are many ways to enjoy Zucchini. Unlike cucumbers, which are best eaten raw, Zucchini is usually served cooked. It can be steamed, boiled, grilled, stuffed, baked, barbecued or fried. Zucchini can also be used as a pasta alternative by slicing it into "zoodles" with a spiral slicer or mandoline.

Zucchini is very low in calories, contains zero fat, and is high in water and fiber. It contains significant amounts of vitamins B6, C, and K, riboflavin, folate, potassium, manganese, and antioxidant.

### Sweet Corn and Zucchini Pie

\* Sweet Corn and Zucchini Pie recipe: <https://pinchofyum.com/sweet-corn-zucchini-pie>

Prep time: 15 mins / Cook time: 45 mins / Yield: 6-8 servings

#### Ingredients:

- 4 tbsp. butter
- Half of a yellow onion, diced
- 2 ears sweet corn
- 2 large zucchini, thinly sliced (about 4 cups)
- 8 oz sliced mushrooms
- 1 tbsp. dried basil
- 1 tsp dried oregano
- ½ tsp salt
- 12 oz shredded cheese
- 4 eggs, beaten

#### Direction:

Preheat oven to 375°F.

**Step 1:** Heat the butter in a large, deep skillet over medium high heat. Add the onions, zucchini, and mushrooms. While the veggies sauté, cut the corn kernels off the cob. Add them to the pan and continue to sauté until the veggies are soft, 5-10 minutes. Remove from heat.

**Step 2:** Once the mixture has cooled for a few minutes, stir in the basil, oregano, salt, cheese, and the beaten eggs. Line a pie pan (9-inch or larger) with parchment paper or just grease a pan with non-stick spray. Transfer the mixture to the pan. Arrange the top so the zucchini slices lay flat and look nice. Top with a little extra cheese for looks, cover with greased foil, and bake for 20 minutes. Remove foil and bake for an additional 5 minutes to brown the top. Let stand for 10-15 minutes before cutting into slices.



## WINTER JUJUBES

**Winter Jujubes**, also known as red or Chinese Dates, are native to Southern Asia and have now become popular around the world. These small fruits are similar to the size of an olive that can be eaten fresh, dried, infused into tea, and made into juice or wine. The taste and texture of fresh Winter Jujubes is similar to apples, sweet and crisp. Dried jujubes taste much like dates which have a chewy texture, and are often used in Asian soups, snacks, candies, and desserts.

Winter Jujubes are loaded with essential vitamins and minerals, and dried jujubes are commonly used as a traditional medicine in Asia. They're rich in vitamin C, potassium, fiber, antioxidant, and immune-boosting properties. Fresh jujubes are low in calories and contain zero fat. However, during drying, the sugar in the fruit becomes concentrated, so dried jujubes are higher in sugar and calories compared to the fresh ones.

Select fresh Winter Jujubes that are firm and have smooth skin. Avoid fruits that have wrinkled skin, and are blemished, or soft. Fresh Winter Jujubes can be kept at room temperature for up to four days or in the refrigerator for up to two weeks.

### What's the best way to eat fresh Jujube fruits?

**Salads:** Add sliced jujubes to salads. Toss arugula with walnuts, gorgonzola cheese, and a sweet vinaigrette.

**Breakfast:** Slice thin and add to morning oatmeal or on top of yogurt for added sweetness.

**Baked:** Bake sliced jujube fruit with pork chops.

**Jujube Chips:** Slice thinly and place in a single layer on a parchment-lined baking sheet. Bake at 250°F until dehydrated.



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## OPO SQUASH

The **Opo squash** is also called long melon, long squash, bottle gourd, or white-flowered gourd. It is a cylindrical-shaped smooth-skinned squash in yellow to light green. Inside, it has white flesh with seeds. The younger and smaller ones are usually sweeter, tastier, and the flesh is softer.

Opo squash is low in calories and rich in fiber. It is a good source of vitamins A, B, and C, niacin, thiamine, riboflavin, calcium, potassium, iron, folate, and zinc.

Choose heavy and firm Opo squash with no blemishes, and stem still attached. Squash can be kept on the counter until ready to use or in a cool and dry environment.

## CHINESE EGGPLANTS

**Chinese Eggplants** are long, have a thinner skin, more delicate flavor, and less bitter seeds compared to American eggplants. The skin color is in violet to deep purple, and the inner flesh is white, and semi-firm. They are widely used in Asian cuisines for braising, stir-frying, sautéing, and grilling.

Chinese Eggplants are very low in calories, and fat, but rich in soluble fiber content. The skin contains significant amounts of antioxidants. They have a good amount of vitamins B1, B3, B5, and B6, manganese, copper, iron, and potassium.



Select Chinese Eggplants that are firm, shiny, bright-colored with a heavy, and solid feel. Avoid eggplants that are wrinkled, have blemishes, bruises, or patches. The stalk should be stout, firm, and green. They can be stored in the refrigerator set at high relative humidity for a few days.

### Ma Po Eggplant in Garlic Sauce

\* Ma Po Eggplant in Garlic Sauce recipe: <https://www.foodandwine.com/recipes/ma-po-eggplant-in-garlic-sauce>

Cook Time: 45 mins / Yield: 6-8 servings

#### Ingredients:

- 1 pound ground pork, preferably from the shoulder
- 2 tbsp. rice vinegar
- 1 tbsp. sambal oelek or other Asian chili sauce
- 1 tbsp. cornstarch
- $\frac{1}{4}$  cup soy sauce
- Six 8 oz Asian eggplants, halved lengthwise
- 1 tbsp. peanut oil, plus more for brushing
- Kosher salt
- $\frac{2}{3}$  cup chicken stock or low-sodium broth
- $\frac{1}{4}$  cup dry sake
- 1- $\frac{1}{2}$  tablespoons sugar
- 1 tbsp. toasted sesame oil
- 1 tsp chili-bean sauce
- 3 scallions, minced, plus thinly sliced scallions, for garnish
- 4 garlic cloves, minced
- 1- $\frac{1}{2}$  tbsp. minced peeled fresh ginger
- Steamed rice, for serving

#### Direction:

- Step 1:** In a large bowl, mix the pork with the vinegar, sambal oelek, cornstarch and 1 tablespoon of the soy sauce. Cover and refrigerate for at least 2 hours or up to 8 hours.
- Step 2:** Preheat the broiler and position the rack 8 inches from the heat. Brush the eggplants with peanut oil and season with salt. Arrange the eggplants cut side down on a rimmed baking sheet and broil for 12 to 15 minutes, turning once, until lightly charred and tender.
- Step 3:** Meanwhile, in a medium bowl, whisk the chicken stock with the sake, sugar, sesame oil, chili bean paste and remaining 3 tablespoons of soy sauce. In a wok or large skillet, heat the 1 tablespoon of peanut oil until shimmering. Add the minced scallions, garlic and ginger and stir-fry over high heat until fragrant, 1 minute. Add the pork and stir-fry until no pink remains, 3 to 5 minutes. Add the chicken stock mixture and bring to a boil. Simmer over moderately high heat, stirring occasionally, until slightly thickened, about 3 minutes.
- Step 4:** Arrange the eggplants cut side up on a platter and spoon the pork on top. Garnish with thinly sliced scallions and serve with steamed rice.



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