

Korean JEJU MANDARINS

Korean Jeju Mandarins are grown in the scenic and fresh air mountain areas on Jeju Island, the very southern part of Korea. Jeju Island is a volcanic island with an average annual temperature of 16°C / 60.8°F and has over 1800-hours of sunshine year around. With this ideal growing environment, long cultivating history, and dedicated growers, Jeju Mandarins have a premium taste and texture. Their quality is prime in early December.

Products will be available in December. Talk to your sales rep about booking the Korean Jeju Mandarins for the holiday season.



MANDARIN MARMALADE

Mandarin Marmalade recipe: <https://honestcooking.com/make-mandarin-marmalade/>

INGREDIENTS:

- 2.2 kg Mandarin oranges (about 14-16)
- 800 g caster sugar
- 5-½ cups water (1375 ml)
- 4 tbsp. fresh lemon juice
- Peels from 2 mandarin oranges (optional)

Notes:

The seeds are full of pectin and pectin is needed for jam setting. To test: chill a small plate in a freezer for at least 1 hour. Place a dollop of jam onto the plate and run a clean finger down the middle of the small puddle of jam. When the jam reaches the run consistency, the two separated pools should remain parted.

DIRECTIONS:

1. Wash and scrub the oranges well. Peel the oranges and remove piths, carefully cut the peels of 2 oranges into thin strips with a sharp knife. Soak peels with a pinch of salt in hot water for 10 minutes and drain well.
2. Cut the orange segments in half, crosswise, break out the segments and remove the seeds with a skewer. Wrap the seeds in a muslin cloth (or a tea bag holder).
3. Put the orange segments, water, lemon juice, sugar, peels and bag of seeds into a large pot.
4. Once boiling, reduce heat to medium low and let it bubble for about an hour (mine cooked for 90 minutes), uncovered, stirring occasionally until liquid is reduced to half and has reached gel point.
5. Ladle the hot jam into the sterilized jars, leaving about ½ inch gap from the top and seal while the jam is still hot. Invert the bottles to cool before placing them in the refrigerator for at least 2 weeks.



Sugared FRUIT CENTERPIECES

What is more elegant than sugared fruits on a pretty bowl or on a pedestal cake plate for your Christmas party table? It is easy to make sugar frosted fruits at home :

INGREDIENTS:

- Fresh fruits (any kind)
- 4 tsp warm water
- 2 tsp marshmallow cream
- 1 cup sugar

DIRECTIONS:

1. Wash and dry all the fruits you plan to use. Spread out sheets of wax or parchment paper for your fruit to dry on.
2. Mix the water and marshmallow cream thoroughly in a small bowl. Using a paintbrush, brush a generous amount of the marshmallow cream mixture on a piece of fruit and then holding it over the bowl of sugar, spoon the sugar over the fruit. You can use a wooden skewer to hold the fruits if that makes it easier for you. Place the fruit gently on the paper to dry. Allow your fruit to dry overnight before moving into your centerpiece, or using it to decorate a cake.



* Sugared Fruit Centerpieces: <http://celebrateanddecorate.com/chloes-inspiration-sugared-fruit-centerpieces/>



BRUSSELS SPROUTS

Brussels sprouts are a superfood and are in the same family as kale, cauliflower, and mustard greens. They grow as buds along the length of a thick and fibrous stalk. These hearty winter vegetables are available year round, but their peak growing season is from autumn until early spring. Brussels sprouts make a healthy addition to any diet and are easy to incorporate into side dishes and entrées. They can be roasted, boiled, sautéed, or baked.

Brussels sprouts have high levels of many kinds of nutrients and have been linked to several health benefits. They are an excellent source of vitamins A, C, and K. They are also a good source of iron, beta carotene, folic acid, magnesium, and fiber.

Look for Brussels sprouts that are firm, compact, and have a vibrant green color. They should be free of yellowed or silted leaves and should not be puffy or soft in texture. The smaller the Brussels sprouts, the more tender and sweet they are. They can be stored in a plastic bag in the refrigerator for up to three days.



BRUSSELS SPROUTS IN GARLIC BUTTER

Brussels Sprouts in Garlic Butter recipe: <https://www.food.com/recipe/brussels-sprouts-in-garlic-butter-21761>

INGREDIENTS:

- 15 Brussel sprouts, halved lengthwise
- 1-½ tbsp. butter
- 1-½ tbsp. olive oil
- 3 cloves garlic, smashed
- Freshly grated parmesan cheese (optional)
- Salt and pepper

DIRECTIONS:

1. Melt butter and olive oil in a medium skillet (over medium-high heat) until butter is foamy.
2. Reduce heat to medium, add smashed garlic and cook until lightly browned.
3. Remove garlic and discard.
4. Add sprouts cut side down, cover, and cook without stirring on medium-low heat 10-15 minutes or until tender when pierced with a knife.
5. The cut side of the sprouts should get nice and brown, with a nutty, buttery flavor enhanced by garlic.
6. Top with freshly grated parmesan and salt & pepper to taste.



Organic CELERY

Celery is in the Apiaceae family along with carrots, parsnips, parsley, and celeriac. It can be eaten raw, or cooked. The crispy and refreshing juicy crunch make celery perfect for salads, stuffed inside turkeys for roasting, and give flavor to dressings, and casseroles. Its crunchy stalks also make the vegetable a popular on-the-go snack. It also makes a great addition to smoothies, stir-fries, soups, and juices.

Although it is well known for being low in calories, celery is packed with many nutritional contents and the health benefits go far beyond the use as a diet food. It is a great source of important antioxidants, such as vitamin C, beta carotene, flavonoids, and so on.

Look for celery bunches with bright green leaves without brown spots or yellowing. The stalks should be firm, green and crisp. Store celery in a plastic bag and place in the high humidity produce drawer in the refrigerator for up to 2 weeks.

CELERY SOUP

Celery soup recipe: <https://www.epicurious.com/recipes/food/views/celery-soup-51246210>

INGREDIENTS:

- 1 chopped head of celery
- 1 chopped large waxy potato
- 1 chopped medium onion
- 1 stick unsalted butter
- Salt
- 3 cups low sodium chicken broth
- 1/4 cup fresh dill
- 1/2 cup heavy cream
- Celery leaves
- Olive oil
- Flaky sea salt

DIRECTIONS:

1. Combine 1 chopped head of celery, 1 chopped large waxy potato, 1 chopped medium onion, and 1 stick unsalted butter in a medium saucepan over medium heat; season with salt.
2. Cook, stirring, until onion is tender, 8–10 minutes.
3. Add 3 cups low sodium chicken broth; simmer until potatoes are tender, 8–10 minutes. Purée in a blender with 1/4 cup fresh dill; strain. Stir in 1/2 cup heavy cream. Serve soup topped with celery leaves, olive oil, and flaky sea salt.

