

APPLES

HONEYCRISP, ROYAL GALA, AMBROSIA

Honeycrisp Apples were developed in 1960 through an apple cross-breeding program and were released in 1991 to the market. They have a light green or yellow background covered with a red-orange flush and a hint of pink. Honeycrisp Apples are crisp, crunchy, juicy, sweet, refreshing, and have a little trace of acidity.



Royal Gala Apples are a cross between a **Golden Delicious**, and a **Kidd's Orange Red**, which were discovered in the 1930's in New Zealand. They have gained popularity in the United States since the 60's.

Royal Galas are characterised by a blush of pink on the skin, and a striking bright yellow-red color. With a mildly sweet flavor and long availability window, this apple is one of today's most popular varieties. Galas are among the top 3 apple varieties grown in Washington State. Due to their early harvest date and softer-eating, Gala apples tend to be smaller in size than most, making this one a great choice for snacking, and for kids.



Ambrosia Apples are glossy, and have a pink-tinged orange/red flush over a creamy-yellow and green background. Ambrosia Apples are tender with a juicy and crispy flesh. Since they are a low-acidic apple, Ambrosia Apples are a great snacking variety for kids and seniors.



APPLE PIE

* Apple Pie recipe: <https://tasty.co/recipe/apple-pie-from-scratch>

Cook Time: 1 hour / Yield: 8 servings

Ingredients:

Pie Dough

- 2-½ cups flour (315 g)
- 1 tsp salt
- 1-½ sticks butter, cold, cubed
- 8 tbsp. ice water, or as needed

Filling

- 2-½ lb apple, peeled and cored, then cut into wedges (5 Honeycrisp apples)
- ¾ cup sugar (150 g)
- 2 tbsp. flour
- ½ tsp salt
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ½ lemon
- 1 egg, beaten
- 1 tbsp. sugar

Topping

- 1 scoop vanilla ice cream

Direction:

- Step 1:** In a medium-sized bowl, add the flour and salt. Mix with fork until combined. Add in cubed butter and break up into flour with a fork. Mixture will still have lumps about the size of small peas. Gradually add the ice water and continue to mix until the dough starts to come together. You may not need all of the water, but if the dough is too dry then add more. The dough should not be very tacky or sticky. Work the dough together with your hands and turn out onto a surface. Work into a ball and cover with cling wrap. Refrigerate.
- Step 2:** Peel the apples, then core and slice. In a bowl, add the sliced apples, sugar, flour, salt, cinnamon, nutmeg, and juice from the lemon. Mix until combined and all apples are coated. Refrigerate.
- Step 3:** Preheat the oven to 375°F (200°C).
- Step 4:** On a floured surface, cut the pie dough in half and roll out both halves until round and about ⅛-inch (3 mm) thick. Roll the dough around the rolling pin and unroll onto a pie dish making sure the dough reaches all edges. Trim extra if necessary. Pour in apple filling mixture and pat down. Roll the other half of the dough on top. Trim the extra dough from the edges and pinch the edges to create a crimp. Make sure edges are sealed together. Brush the pie with the beaten egg and sprinkle with the sugar. Cut four slits in the top of the pie to create vents.
- Step 5:** Bake pie for 50-60 minutes or until the crust is golden brown and no greyish or undercooked pastry remains. Allow to cool completely before slicing. Top with ice cream and serve.



POMELOS GIFT BOX (4 COLORS)

Pomelo, the biggest fruit in the citrus family, has over 3,000 years of growing history and is mainly grown in Southeast Asian countries such as China, Thailand, Vietnam, and Malaysia.

There are different varieties of Pomelo, such as Golden Pomelo, Honey Pomelo, Shatin Pomelo, Pink Pomelo, and etc. Pomeles have a thick, soft rind and a long shelf life. They are sweet, tangy, and have juicy pulp. The colour of the pulp varies from pale yellow to pink, and red depending on the variety. The membranes of the segments are bitter and usually discarded but they are sometimes used in Chinese cuisine. Pomeles can be eaten fresh, made into juice, or added to salads.

You can now enjoy 4 kinds of fresh and juicy pomeles (**Red Pomelo, Pink Pomelo, Golden Honey Pomelo, and Orange Pomelo**) in a single gift box. Make sure you speak with your sales rep about our 4 color Pomeles gift box to ensure supplies for your customers.



Organic BLUEBERRY



Fresh **Organic 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.

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 which helps 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 handfuls a day.



BLUEBERRY MUFFINS

* Blueberry Muffins recipe: <https://pinchofyum.com/sweet-corn-zucchini-pie>

Prep time: 15 mins / Cook time: 30 mins / Yield: 12 servings

Ingredients:

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- 2 tsp baking powder
- ¼ teaspoon salt
- 1 stick (½ cup) unsalted butter, softened
- 1 cup granulated sugar
- 2 large eggs
- 1-½ tsp vanilla extract
- ¼ tsp almond extract
- ½ cup milk
- 2-¼ cups fresh blueberries
- 2 tbsp. turbinado sugar (raw sugar)

Direction:

Preheat oven to 375°F.

- Step 1:** Line a 12-cup muffin tin with paper liners. Spray the pan or the liners with non-stick cooking spray.
- Step 2:** In a medium bowl, whisk together the flour, baking powder and salt.
- Step 3:** In the bowl of an electric mixer, beat the butter and granulated sugar for about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla extract and almond extract.
- Step 4:** Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. The batter will be very thick. Add the blueberries to the batter and fold gently with a spatula until evenly distributed. Do not overmix.
- Step 5:** Scoop the batter into the prepared muffin tin (an ice-cream scoop with a wire scraper works well here); they will be very full. Sprinkle the turbinado sugar evenly on top of the muffins.
- Step 6:** Bake for about 30 minutes, until lightly golden. Let the muffins cool in the pan for about 10 minutes. Run a knife around the edge of each muffin to free it from the pan if necessary (the blueberries can stick), then transfer the muffins to a rack to cool completely.



Simply Fresh® Asian Vegetables BABY BOK CHOY

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Baby Bok Choy (奶油白菜) is a Chinese cabbage with young, petite, and tender stems in comparison to the regular Bok Choy. Widely prepared in Asian cuisines, they can be stir fried, sautéed, steamed, and added to soups.

Baby Bok Choy contains large amounts of vitamins A, B6, C, and K, potassium, calcium, manganese, and folate. It is also a good source of iron, vitamins B1, and B2, phosphorus, fiber, choline, magnesium, niacin, copper, omega-3 fatty acids, zinc, pantothenic acid, flavonoids, antioxidant phenolic acids and protein. Baby Bok Choy is cholesterol, fat, and saturated fat free, and low in sodium.

