

PIÑATA® APPLES

Piñata Apples are medium to large size, and have an orange glow marked with red stripes over a yellow background. They are slightly conical with broad shoulders and ribbing. The whole apple has a noticeable melon scent. Their skin is thin and the white flesh is crisp, fine grained, and juicy. Piñata apples are said to have a “classic” apple taste. Their flavor has a slightly tropical or fruity twist of banana, pineapple, honey, and coconut. Their high sugar and acid content lends them a tangy-tart taste, comparable to Fuji, Braeburn, or Gala.

Their thin skin, crisp texture, and unique flavor makes them a good fresh eating variety. Piñata apples do not brown very quickly, making them a nice addition in salads. This variety holds up well to poaching and baking because of their crisp texture and flavor. They pair well with pork dishes such as stuffed pork tenderloin.

Piñata apples are low in calories and high in several key nutrients. They are plentiful in dietary fiber and vitamin C, and also contain lower amounts of Vitamin A, calcium, and iron.



CINNAMON BAKED APPLES

Cinnamon Baked Apples recipe: <https://minimalistbaker.com/easy-cinnamon-baked-apples/>

Prep time: 10 mins / Cook time: 1 hr

INGREDIENTS:

- 6-7 medium to large apples
- 2 tbsp. lemon juice
- 1 tbsp. coconut oil (*optional*)
- 2/3 cup coconut sugar
- 1-½ tsp ground cinnamon
- ¾ tsp fresh grated ginger
- 1 pinch nutmeg
- 3 tbsp. cornstarch or arrowroot starch (for thickening the sauce)
- 3 tbsp. fresh apple juice or water
- 1 pinch sea salt

DIRECTIONS:

1. Preheat oven to 350°F (176°C) and set out a 9 × 13 inch (or similar size) baking dish.
2. Peel and core apples, quarter, and use a paring knife to thinly slice lengthwise. The thinner the better! Just try to be consistent so they cook evenly.
3. Add to baking dish and top with lemon juice, coconut oil (*optional*), coconut sugar, cinnamon, ginger, nutmeg, cornstarch, apple juice (or water), and a healthy pinch of salt. Toss to combine. Then loosely cover with foil.
4. Bake for 45 minutes (*covered*). Then carefully remove foil and bake for an additional 10-15 minutes or until the apples are very fork tender (especially in the center of the dish) and slightly caramelized.
5. Enjoy as is or with Coconut Whipped Cream or Vanilla Bean Coconut Ice Cream! Best when fresh, though leftovers can be kept covered in the refrigerator up to 3-4 days or in the freezer up to 1 month. Reheat in the microwave or in a 350°F (176°C) oven (*covered*) until warmed through. Add a bit of water if the “caramel” sauce is too thick.



NAVEL ORANGES

Oranges are one of the most commonly grown fruits in the world. They come in many varieties, but the navel orange, sometimes called sweet orange, is one of the most common.

Navel Oranges are the “winter” oranges, and can be found blooming from winter through late spring. They are seedless, easily peeled, and deliciously juicy. Navel Oranges can be consumed fresh or squeezed into a refreshing drink. They are rich in Vitamin A, B6, and C, fiber, potassium, folate, beta-carotene, calcium, citrates, and low in calories.

ORANGE BREAD

Orange Bread recipe: <https://www.happyfoodstube.com/orange-loaf-cake/>

Prep time: 15 mins / Cook time: 1 hr

INGREDIENTS:

- 2 eggs (small-medium)
- 1-½ cup (150g) granulated sugar
- Orange zest (from 1 Orange)
- 3 medium oranges, juice only
- 1 stick (110g) unsalted butter, softened
- 2 cups (300g) all purpose flour
- 3 tsp baking powder

DIRECTIONS:

1. Preheat oven to 375°F (190°C).
2. In a large mixing bowl, cream the eggs with sugar until smooth and pale.
2. Add orange zest (from ½ orange), freshly squeezed orange juice and softened butter. Mix with the electric mixer.
3. Sift in the flour and baking powder (mix these two ingredients beforehand) and mix well with the mixer. Pour the batter into a loaf tin (10x4 inch/25x10cm) lined with baking paper.
4. Bake in a preheated oven at 375°F/190°C for 1 hour or until an inserted skewer comes out clean.
5. When ready, take out from the oven and pour some more orange juice over the loaf. Let it sit for about 10 minutes before transferring onto a wired rack. Let cool completely.



Organic BROCCOLI



Broccoli is a cruciferous vegetable closely related to kale, cauliflower, Brussels sprouts, cabbage, collard greens, and turnips. It can be eaten cooked or raw, but some research shows that gentle steaming provides the most health benefits. Boiling can leach up to 90% of the valuable nutrients from broccoli, while steaming, roasting, stir-frying, and microwaving tends to preserve the nutrients.

Broccoli has a reputation as a superfood and is a rich source of vitamins, minerals, antioxidants, and bioactive compounds. It is high in many nutrients such as fiber, vitamins B1, B2, B3, B6, C, and K, folate, iron, magnesium, potassium, and zinc.

Choose broccoli with deep green floret clusters that are compact and feel heavy for its size. Avoid yellowing or bruised florets. The cut ends of the stalks should be fresh, firm and not overly thick. Store unwashed broccoli in a plastic bag in the refrigerator for up to 7 days.

HONEY GARLIC BUTTER SHRIMP & BROCCOLI

Honey Garlic Butter Shrimp & Broccoli recipe: <https://butteryourbiscuit.com/honey-garlic-butter-shrimp-broccoli/>

Marinade: 30 mins / Prep time: 15 mins / Cook time: 5 mins

INGREDIENTS:

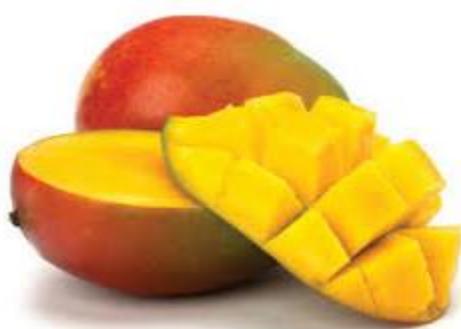
- ½ cup honey
- ¼ cup soy sauce
- 1 teaspoon fresh grated ginger
- 2 tablespoons minced garlic
- ¼ teaspoon red pepper flakes
- ½ teaspoon cornstarch
- 1 lb large shrimp, peeled, deveined and tails removed if desired
- 2 tbsp. butter
- 2 cups chopped broccoli
- 1 tsp olive oil
- Salt & pepper

DIRECTIONS:

1. In a small bowl add the honey, soy sauce, ginger, garlic, red pepper and mix until combined.
2. Place the peeled and deveined shrimp into a bowl and add 1/3 of the sauce. Toss and marinate 30 minutes.
3. Whisk in the cornstarch to the reserved marinade and set aside.
4. Heat a skillet (I use cast iron) or wok on high heat, add olive oil and broccoli, salt and pepper and cook 5-6 minutes just until soft. Remove from pan and set aside.
5. Add the butter to the skillet and add shrimp discarding and marinade. Cook until the shrimp turns pink about 2 minutes each side.
6. Add in the reserved sauce and bring to a simmer. Add in the broccoli and toss until heated through.
7. Serve with white rice or pasta.



Tree Ripened KENT MANGOES FROM PERU



Kent Mangoes offer a sweet and succulent flavor. They are juicy, and their flesh is tender with little or no fibers. Kent mangoes are large in size with dark green skin that often exhibit a dark red blush. As they ripen, the skin will turn into a golden and orange blush tones, and develop a sweet aroma.

Kent mangoes are rich in amino acids, vitamins A, B, C, and E, flavonoids, beta-carotene, niacin, calcium, iron, magnesium, potassium, and dietary fiber.

Choose ripe mangoes that give slightly to gentle pressure and give off a sweet aroma. Avoid mangoes that are overly soft or have bruising. To ripen, leave on counter at room temperature for a few days.

FRESH MANGO SALSA

Fresh Mango Salsa: <https://cookieandkate.com/fresh-mango-salsa-recipe/>

Prep time: 15 mins / Yield: 3 cups

INGREDIENTS:

- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- ⅛ to ¼ teaspoon salt, to taste

DIRECTIONS:

1. In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer before serving.

