



## Black & Green Sugarcanes

*From China*

**Sugarcane** is a very nutritious fruit and is used in a number of cuisines around the world, especially in Southeast Asia, and other tropical climates. Sugarcane can be eaten fresh in stalks, or consumed in the form of juice. The beautiful green colored juice isn't just sweet and delicious, it is also extremely nourishing and considered to be a real goldmine for health. It's rich in antioxidants which help fight infections, and boost immune systems. It's also rich in iron, magnesium, calcium, and other electrolytes which are great for dehydration. Moreover, sugarcane juice is a diuretic that helps treat urinary tract infections, kidney stones, and the proper functioning of the kidneys. Due to its high potassium levels, sugarcane is also good for the well-being of the digestive system, keeping it in good shape. It helps prevent stomach infections, and is considered to be particularly useful in treating constipation. While sugarcane is high in soluble fiber, it helps reduce the bad cholesterol levels in the body and aids in shedding weight.



### Sugarcane Jelly

\* Sugarcane Jelly recipe: <http://soulkitchen.in/sugar-cane-jelly-recipe>

**Prep Time: 10 minutes / Cook Time: 180 minutes / Servings: 3**

#### Ingredients:

- 2 cups Sugarcane juice
- 2 tsp gelatin
- Sugar (to taste – optional)

#### Direction:

**Step 1:** Mix 1/2 a cup sugarcane juice with gelatin and keep aside to dissolve for 30 minutes.

**Step 2:** Mix sugar with the remaining juice and keep aside.

**Step 3:** Dissolve the gelatin by heating the sugarcane gelatin mixture in a double boiler.

**Step 4:** Once it is fully dissolved pour the balance juice to this, mix well, once cold pour into wet molds and refrigerate until set.

**Step 5:** Once set, slowly transfer into a dish without breaking it loose with the shape intact. Enjoy!



## Navel Oranges

Oranges are one of the most commonly grown fruits in the world. They come in many varieties, and 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.





## Organic LEMONS



**Organic Lemons** are a great item to promote during the Holidays and the New Year! During the holidays, lemons can be used as a garnish for festive drinks, water, fish dishes, shrimp, lobster, calamari, and with all kinds of delicious baked goods. You can even lighten up holiday favorites like gravy with lemons – check out our recipes below! Lemons can also brighten up any holiday dish or platter all on their own. We have organic lemons from a number of grower partners during this time of the year. Sundance Organics in Oceanside, CA has been growing and shipping organic lemons and avocados since 1971. Sundance gives back and aids communities with the Buy 1 / Grow 1 program, which donates profits from every citrus sale toward growing fruit in impoverished agrarian communities. They believe that great tasting organic food is not only good for our bodies, it is good for our world.



Once we enter the New Year all our customers will be focused on healthy foods and healthy eating. Lemons are a key part to good healthy eating, and will be a key component of many cleanses that our customers will be doing in the New Year. Lemons have many health benefits including aiding digesting, helping with dental problems, throat infections, skin disorders, high blood pressure, and they are great for your hair and skin. Lemon juice is a well known treatment for kidney stones, reducing strokes, and lowering body temperature. If you drink lemon juice mixed with lukewarm water and honey, it can help reduce body weight. Lemons also have many nourishing elements like Vitamins C, B6, A, and E. Lemons are also an excellent source of niacin, thiamin, riboflavin, copper, calcium, iron, magnesium, potassium, zinc and protein. They also contain flavonoids which are composites that contain antioxidant and cancer fighting properties.

Make sure Organic Lemons are part of your Holiday and New Year's promotional plans – our customers will be looking for them! Speak with your Fresh Direct Sales Rep for promotional opportunities!



### Lemony Brown-butter Crinkle Cookies

\* Lemony Brown-butter Crinkle Cookies recipe: <https://www.marthastewart.com/1163624/lemony-brown-butter-crinkle-cookies>

**Prep Time: 35 mins / Total Time: 1 hr 55 mins / Servings: 3 dozen**

#### Ingredients:

- 1 stick unsalted butter
- ¾ teaspoon baking powder
- ¾ teaspoon kosher salt
- ½ cup dark-brown sugar
- 1 teaspoon finely grated lemon zest, plus 3 tablespoons fresh juice
- ¾ cup confectioners' sugar
- 2-¾ cups unbleached all-purpose flour
- ½ teaspoon ground cinnamon
- ½ cup granulated sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract

#### Direction:

**Step 1:** Melt butter in a saucepan over medium-high. When it boils, reduce heat to medium; simmer until foamy. Continue cooking, stirring occasionally and scraping bottom of pan, until foam subsides, butter turns golden brown with a nutty aroma, and milk solids separate into brown specks that sink to bottom, 2 to 7 minutes. Remove from heat; transfer to a large heatproof bowl and let cool 10 minutes. Meanwhile, whisk together flour, baking powder, cinnamon, and salt in another bowl. Stir granulated and brown sugars into brown butter until combined, then stir in eggs, lemon zest and juice, and vanilla. Add flour mixture; stir until a dough forms. Transfer to a piece of plastic wrap, shape into a disk, and wrap tightly. Refrigerate until firm, at least 1 hour and up to 2 days.

**Step 2:** Preheat oven to 350 degrees with racks in upper and lower thirds. Place confectioners' sugar in a bowl. Scoop 1 tablespoon dough and roll into a ball between your palms; toss with confectioners' sugar (do not shake off excess). Transfer to a parchment-lined baking sheet. Repeat with remaining dough and confectioners' sugar, leaving 1 inch between each cookie (you will need 2 baking sheets). Bake, rotating sheets halfway through, until cookies spread slightly, crackle, and are set at edges, 15 to 18 minutes. Let cool on sheets on a wire rack 5 minutes, then carefully transfer to rack; let cool completely. Store in a single layer in an airtight container up to 2 days.

