

## COMMUNITY SUPPORT

It was two months ago that the whole world began to change when COVID 19 was declared a pandemic.

Our teams at Fresh Direct and our extended families at Emperor and Islands West have all experienced different challenges and are overcoming them. We have not only carried on business as usual, to supply retailers and consumers with healthy produce, but we also increased our donation efforts in our communities.

For the past few weeks, we have made various types of donations to over 15 charitable organizations in Greater Vancouver, Victoria, and Calgary. Many of these organizations have a grassroots approach to support the most vulnerable populations in our communities, organizations such as Covenant House, Union Gospel Mission, Downtown Eastside Women's Centre, food banks, The Salvation Army, Vancouver Neighbourhood Food Network, Community Kitchen Calgary, The Mustard Seed in Victoria and Calgary, Living Edge, hospitals, etc.

In addition, thousands of masks have also been donated to seniors' homes, Community Police and some charities. We are committed to utilizing our business as a platform for making a healthy difference in our community, and we hope you will look for these opportunities as well.



Supporting the front line workers at hospitals



Supporting Feed The Need program

## FRESH PRODUCE BOX

Fresh Direct and Islands West Produce have partnered to provide weekly healthy and delicious "Fresh Produce Boxes". Companies, firms, and agencies are purchasing regular weekly orders of Fresh Produce Boxes to distribute to their teams at their places of work and/or donating them to volunteers and people in need. We seek to help our communities to reduce grocery shopping trips while eating the healthiest produce. For every Fresh Produce Box sales during this pandemic, we are donating \$2.00 to a local charity.

Please place your order by:  
contacting Katrina Colley at  
[Katrina.Colley@freshdirectproduce.com](mailto:Katrina.Colley@freshdirectproduce.com)  
250-217-9249.



### Sample box:

broccoli, carrot, cucumber, garlic, ginger, onion, potato, tomato, apple, banana, lemon, orange, strawberry  
**Note:** Subject to substitutions due to product availability. Minimum order of 20 boxes for delivery within Greater Vancouver and Victoria area.



## It's RHUBARBS season!!

What is **Rhubarb**? Rhubarb is often called a fruit but it is actually a vegetable. They have long fibrous stalks that range from dark red to pink to pale green. Their leaves should not be eaten due to the high levels of oxalic acid. Rhubarbs have a rich tart flavor and are normally cooked with sugar as sweet desserts, jams, sauces, tarts, crumbles, cocktails, and rhubarb wine. They can also be roasted, sautéed, stewed, or pureed. Their dried roots have been utilized in traditional Chinese medicine for thousands of years.

Rhubarb is a good source of magnesium, dietary fiber, vitamin C, and K, calcium, potassium, and manganese. They are low in saturated fat, cholesterol, and sodium.

Look for plump, firm, and crisp stalks. Opt for the darker red stalks as they are sweeter with a more intense flavor. To maximize the shelf life of rhubarb, refrigerate in a plastic bag for up to 7 days. Do not wash until ready to eat.



### STRAWBERRY RHUBARB CRISP

\* Strawberry Rhubarb Crisp recipe: <https://www.onceuponachef.com/recipes/strawberry-rhubarb-crisp.html>

**Preparation: 20 mins / Cook Time: 50 mins / Total Time: 1 hr 10 mins / Serving: 6-8**

#### Ingredients:

##### For the filling

- 1 lb rhubarb stalks, trimmed and sliced ½-inch thick
- ½ lb strawberries, hulled and quartered
- ½ cup granulated sugar
- 1- ½ tsp. cornstarch
- 1 tsp vanilla extract

##### For the topping

- ¾ cup all-purpose flour, spooned into measuring cup and leveled-off with a knife
- ½ cup packed light brown sugar
- 2 tbsp. granulated sugar
- ¼ tsp salt
- 6 tbsp. unsalted butter, cut into ½-inch cubes
- ¾ cup old fashioned rolled oats
- ½ cup chopped pecans

#### Direction:

**Step 1:** Preheat the oven to 350°F.

##### For the filling

**Step 2:** In a large bowl, combine the rhubarb, strawberries, sugar, cornstarch, and vanilla. Stir until the fruit is evenly coated with the sugar mixture, and the sugar mixture is no longer white.

**Step 3:** Transfer the fruit mixture to a 2-quart or 8-inch baking dish (no need to butter it) and set aside while you prepare the topping.

##### For the topping

**Step 4:** In the bowl of a food processor, combine the flour, brown sugar, granulated sugar and salt. Process until well combined, about 30 seconds. Add the cold butter and pulse until the mixture resembles coarse crumbs, with a few pea-sized clumps of butter within. Transfer to a medium bowl and stir in the oats and chopped pecans.

**Step 5:** Spoon the topping evenly over the fruit without packing down. Bake for 45-55 minutes, until the fruit is bubbling around the edges and the topping is golden brown. Cool for 20 minutes before serving. Spoon into shallow bowls and serve with vanilla ice cream.

**Note:** If your baking dish is shallow, place it on top of a foil-lined sheet pan to catch any spills that might bubble over the edges.

**Note:** Don't be tempted to increase the strawberries in the recipe, or you'll end up with fruit soup (they release a lot of juice).



## Organic MINI WATERMELON

At 90% water, **Watermelons** are the fruit with the highest water content and their 6% sugar is where they get their light sweetness. They are a satisfying thirst quencher. Although composed mostly of water, watermelons have a fair amount of healthy attributes. The irresistible red hues of watermelon flesh are due to the presence of antioxidants. They have a high concentration of beta carotene and vitamin A, both of which support good eyesight. Watermelons are very low in calorie count, so they are a great choice for people who are on diets.

If you have trouble storing a huge watermelon in your refrigerator or lugging one home from the supermarket, mini watermelons would be perfect for you. **Mini Watermelons**, sometimes called "personal watermelons", are about the size of a cantaloupe and are seedless. They are sweet, crisp and very juicy. The rind of a mini watermelon is thinner than a regular size watermelon, therefore, easier to cut through. Mini watermelons are a great addition to fruit salads or fruit drinks, and they're also perfect for snacking.

