



## Organic STONE FRUITS



Summer brings two of our favorite items – **Peaches** and **Nectarines**. We have yellow and white flesh peaches and nectarines, and other stone fruits such as plumcots and apriums – hybrids of plums and apricots.

Stone fruits are sweet treats that you can indulge in and feel good about eating – they're super healthy. They are low in fat (with the plum containing no fat), sodium-free, cholesterol-free, and high in vitamin C. These stone fruits all have a different taste profile and while all are juicy and sweet when ripe, their skin color isn't an indication of how ripe (and how sweet) they are; the color is only an indication of the variety. They ripen until the moment they're picked from their tree, with the exception of plums, which continue to ripen at room temperature after being picked. All can be refrigerated for around a week to maintain its firmness or softness without damaging the eating quality.

**Nectarines** are smaller than peaches with smooth skin. They are from the same family, the Prunus family, a genus that is categorized by a hard shell that surrounds its seed in the center of the fruit. That hard shell and seed are known as a stone; thus, they are commonly called stone fruits.



Nectarines are quite similar to peaches in appearance except for the lack of fuzziness on the skin. Their flesh comes in shades of deep yellow or creamy white with the outer surface in colours of pink, red, white, or yellow. Nectarines are used in baked goods, salads, sauces, smoothies, jams, jellies, and of course, eaten fresh.



**White Peaches** are typically very sweet, low in acid, and are the most popular kind of peaches in China, Japan, and some other Asian countries. Their skin is fuzzy, and creamy white in color with blushes of red, and pink. They tend to have paler skin than yellow peaches but have the same blush, softness, and overall look of a standard peach.

Peaches are low in fat, saturated fat, sodium, and are cholesterol free. They are high in vitamins A, and C, dietary fiber, niacin, and potassium.

## Gold Pomelo from Thailand



**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 Gold Pomelo, Honey Pomelo, Shatin Pomelo, and Pink Pomelo. Pomeles have a thick, soft rind and a long shelf life. They are sweet and 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.

Pomeles are very rich in vitamin C, and are also a good source of potassium, and fiber. Frequent eating of pomeles can help regulate blood sugar, digestion, and hypertension.

When buying pomeles, choose fruits that are heavy for their size, blemish-free, and have a fragrant smell.

### POMELO MANGO SAGO DESSERT

\* Pomelo Mango Sago Dessert recipe: <https://www.simmerandsunshine.com/recipes/mango-pomelo-sago-dessert>

**Preparation: 10 mins / Cook Time: 30 mins / Serving: 4**

#### Ingredients:

- 3 pieces of pomelo, peeled and pith removed
- 3 pieces of grapefruit, peeled and segmented
- 2 ripe mangoes, chopped
- ¼ cup coconut milk
- ¼ cup sago (small tapioca pearls)
- ½ cup of coconut water, mango juice, or water (optional)

#### Direction:

- Step 1:** Soak the sago in a bowl of room temperature water for 10 minutes to soften. Drain, and then cook in a small pot of boiling water on medium heat for another 8-10 minutes until cooked through. Drain, rinse, and set aside to cool.
- Step 2:** Reserve and set aside some diced mango for serving. Place the remaining diced mangoes into a high speed blender with the coconut milk and blend until smooth. If you like the consistency to be thinner and less pudding like, add the coconut water, mango juice, or water to the blender as well.
- Step 3:** In a large bowl pour in the mango and coconut mixture and fold in the drained and cooled tapioca pearls. Tear in small pieces of pomelo and grapefruit pulp into the mixture and mix. Serve chilled in bowls topped with the reserved chopped mango, additional pomelo, and grapefruit pieces for garnish.



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## LOCAL KALE

**Kale**, a leafy green vegetable, is packed with all sorts of beneficial compounds. It is one of the healthiest and most nutritious plant foods in the world. It is in the same vegetable family as cabbage, cauliflower, brussel sprouts, and broccoli. Kale can be used raw in salads, and juices, cooked in stews, stir-fries, soups or baked for kale chips.

Kale is packed with beneficial fiber, vitamins A, C, and K, magnesium, iron, calcium, and is a rich source of antioxidant polyphenols. Kale contains very little fat, but a large portion of the fat is an omega-3 fatty acid called alpha linolenic-acid, which is one of the most important acids when it comes to lowering glucose levels and increasing insulin sensitivity.

**Green Kale**, also called Curly Kale, is the most common type of kale at the local market. It is usually bright green, dark green, and sometimes purple with curled-in tips. Curly Kale has a peppery bitter taste.

**Black Kale**, also called Dinosaur, Tuscan, or Lacinato Kale, has a darker shade of green with a lightly wrinkled and firm texture. It is slightly sweeter and is more tender than the curly green kale.

**Red Kale**, also called Redbor Kale, has frilly, well-curled deep red or purple color leaves with deep purple stems. It is fluffier, dense, softer in texture, and is slightly sweeter than curly green kale. It is used similarly to other green kale varieties, however, it will lose some of its beautiful color when cooked. The purple stems should be removed before cooking.

Choose kale with smaller sized leaves for salads or cooking. The leaves are usually more tender, and have a milder flavour than those with large leaves. Store unwashed kale in a plastic bag in the refrigerator for up to one week.



**Curly Kale**



**Dinosaur Kale**



**Redbor Kale**

## LOCAL LETTUCE

**Romaine Lettuce** has just started to arrive from Myers Organic Farm, one of our lower mainland grower partners. Romaine Lettuce has a longer shape, tight bunch, and slightly bitter leaves. Romaine lettuce is highly nutritious. This variety of head lettuce has deep green leaves with a crisp texture. If you want to maximize the health benefits of your salads, romaine lettuce is a great item due to its low calorie content, and high water volume. Romaine Lettuce can also be used in a stir fry, as lettuce wraps, or as a low calorie substitute for hamburger buns or bread for your sandwich. Looking for some veggies for your smoothies or juices? Give romaine a try. Have you ever tried grilled romaine on the BBQ – it's easy. Cut the head of romaine in half lengthwise, add some balsamic vinegar, salt, pepper and garlic and grill it up. It's a delicious, light dish for your meal and there's little to no clean up. Romaine lettuce has a high level of antioxidants, dietary fiber, and other crucial vitamins such as vitamins A, B1, C, and K, as well as minerals including folate, manganese, potassium, copper, iron, and molybdenum.



**Red and Green Leaf Lettuce** have also started up this week.

These lettuces are loose, have a mild flavor and make a great start to any salad. Red Leaf lettuce is more delicate than green leaf, and can show tip damage more easily. Red leaf can also be of such a deep color that it approaches purple in colour. Keep a close eye on your red leaf to make sure the edges are not wilting. Green Leaf has a slightly harder exterior, and more crunch than red leaf. From a nutritional standpoint, red leaf is slightly more nutrient rich than green leaf lettuce. Red leaf lettuce contains 127% of the daily recommended amount of Vitamin A and 149% of the daily recommended amount of Vitamin K. Both red and green leaf



Lettuces have small amounts of Vitamin C as well. Red leaf is considered a calorie, and fat free food. It is also rich in beta carotene, and retinoid which contributes to normal vision, healthy skin and immune support. Green leaf contains Vitamins A, K, B, and C as well as trace minerals, including calcium, magnesium, and potassium. Both of these lettuces can be used in salads, wraps, smoothies, juices, omelets, and garnishes for sandwiches or burgers.