

Organic **CHERRIES**



Cherries are known to be super fruits: Cherries and berries contain rich amounts of vitamins, and minerals. They are also a potent source of antioxidants, and anti-inflammatory compounds. Due to their higher nutritional value, they are recognized by nutrition experts as "super fruits". Cherries are a member of the same fruit family as peaches, plums, and apricots. They are very versatile fruits, and are often enjoyed raw as healthy treats. They can also make a delicious snack, a colorful and healthy layer in a yogurt parfait, a tangy sweet cheesecake topping, used in tarts and pies, or juice. Cherry season is from May until August. Choose cherries that have bright, shiny, and firm skin with the stem attached. Fresh cherries can be kept in the refrigerator for up to 10 days.

Taste the freshness!

BUY LOCAL!

LOCAL BLUEBERRIES

Fresh 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. We'll soon have our pick of six main blueberry varieties from BC to enjoy immediately or to stock up and freeze for later use in our favourite desserts, starting with the large, firm, light blue Duke blueberries – good for right away and good for later!

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, so as 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 of handfuls a day.

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ALMOND AND BERRIES MUFFINS

* Almond and Berries Muffins recipe: <https://ifoodreal.com/almond-muffins/>

Preparation: 12 mins / Cook Time: 34 mins / Serving: 12 muffins

Ingredients:

- 2 eggs, large
- ½ cup applesauce, unsweetened
- 1/3 cup maple syrup or honey
- ¼ cup avocado, olive or coconut oil (melted)
- 1 tsp almond extract
- 1 tsp pure vanilla extract
- 2 tsp baking powder, aluminum free
- 1 tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt
- 1 cup coconut flakes, unsweetened
- 1 cup almond meal or flour (grind almonds in a blender)
- 1 cup whole wheat flour
- 2 cups any berries, divided
- 2 tbsp almonds, sliced (optional)

Direction:

- Step 1:** Preheat oven to 375 °F.
- Step 2:** Line muffin tin with liners or use silicone muffin tin. In a large mixing bowl, add eggs, applesauce, maple syrup, oil, almond + vanilla extract, baking powder + soda, cinnamon and salt; whisk well.
- Step 3:** Add coconut flakes, almond meal and whole wheat flour; stir gently just enough to combine. Add 1 cup berries and give a few stirs.
- Step 4:** Using large scoop, divide batter between 12 openings and sprinkle remaining 1 cup of berries on top. Gently press berries into the batter and sprinkle with sliced almonds.
- Step 5:** Bake for 34 minutes or until toothpick inserted in the middle comes out clean. Remove from the oven and let almond muffins cool in the tin for 10 minutes.



Ready to drink YOUNG COCONUT

Fresh young coconut water is referred to as a “natural sports drink”, because the water contains an excellent balance of potassium and salt that replenishes your electrolytes during a sweltering day or strenuous workout.

Fresh young coconuts are becoming trendy, and more and more grocery stores have started to carry them. Compared to packaged coconut water, fresh young coconuts have a lot more flavor, and is natural.

Young coconuts are grown for about six to nine months, than harvested directly from the tree. A fresh young coconut has a sweet and refreshing juice, and a soft jelly-like meat. You can sip the coconut water with a straw, and then enjoy the meat with a spoon.

Young coconuts provide a source of calcium, carbohydrates, a trace of iron, and dietary fiber.

Young coconuts are also ideal for making desserts. They can be used in beverages, ice creams, panna cotta, sorbets or a variety of baked goods.

Fresh Direct Produce is supplying the ready to drink fresh young coconut. Each coconut arrives ready to drink with an environmentally- friendly bamboo straw. Enjoy the fresh coconut water by simply unwrapping and inserting the straw into the coconut eye.



STORY OF A LOCAL GROWER

KIM'S FARM IN SURREY, BC

Located in Cloverdale, Surrey, BC. **Kim's Farm**, one of the main growers in the lower mainland, offers many varieties of vegetables, herbs, and squashes. The owner, Kim Tam Chow, has been operating the farm since 1983. Similar to many immigrants, he faced many challenges when he first arrived, but with his hard working attitude and continuous learning, he overcame many challenges and established himself as one of the main vegetable growers in the lower mainland. Working closely with different chain stores and wholesalers, his products are distributed throughout western Canada and can be found in many grocery stores.



Spinach field on a sunny morning.



These beautiful fresh radishes are ready to go.



The owner, Kim Chow is showing us his bunched carrots.



This hydro cooling machine can help extend shelf life of produce.