



## Kinno Mandarins

**Kinno Mandarins** are a hybrid variety of the mandarin orange, grown widely in Pakistan. Approximately 95% of the Kinno mandarins produced in the world are grown in Pakistan. They peel very easily, and have higher juice contents compared to other citrus varieties.

Kinno Mandarins are very low in saturated fat, cholesterol, and sodium. They are a good source of dietary fiber, calcium, iron, magnesium, potassium, folic acid, and antioxidants. They are also an excellent source of vitamin C.



## Ataulfo Mangoes

**Ataulfo Mangoes** are a type of mango that are sweet, and creamy with a buttery texture. Unlike other fibrous varieties, the flesh of Ataulfo Mangoes are custardy especially when they reach peak ripeness with no fiber.

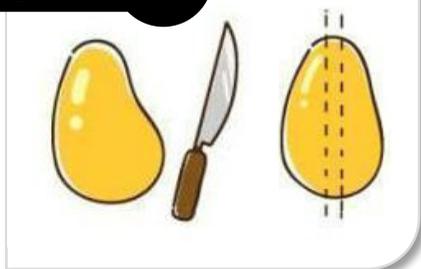
Color isn't the best indicator of ripeness for mangoes. Ripe mangoes will give when firmly squeezed, with just a bit of softness. The color should be yellow to orange, and it should smell sweet, and fragrant. Their skin will turn to a deep golden color, and small wrinkles appear when they are fully ripe.

The peak season for Ataulfo Mangoes is from March through June. Now is the perfect time of year for this mouth-watering fruit.

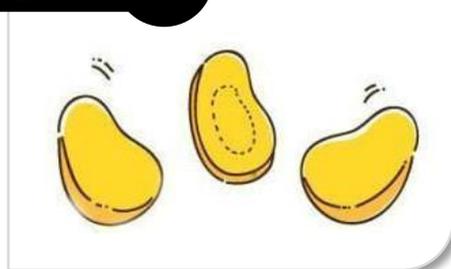
### How to cut a mango?

1. Use long, sharp knife. Cut mango lengthwise close to seed.
2. Repeat the cut on the other side.
3. Make light cross-cut incisions on each of the two pulp halves. Be careful not to cut through the mango skin.
4. Hold mango half with both hands, push the skin outward from underneath. Scrape the mango chunks off of the skin with a knife or spoon.

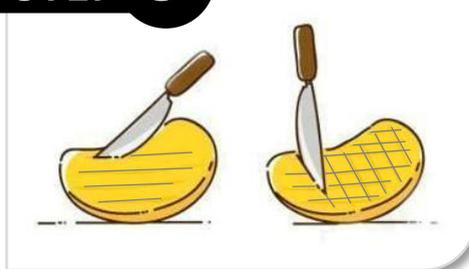
#### STEP 1



#### STEP 2



#### STEP 3



#### STEP 4



## Honey Shrimp & Mango Stir-Fry

### Ingredients:

- 1/3 cup soy sauce
- 1/4 cup honey
- 1 tbsp. garlic, minced
- 1/4 tsp red pepper flakes
- 2 tsp ginger, minced
- 2 tbsp. olive oil
- 1 cup sugar snap peas
- 1 cup red and yellow bell pepper, cubed
- 1 pound (16-20) jumbo shrimp, peeled
- 1 cup Ataulfo Mango, cubed
- Salt and pepper to taste

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Servings:** 4-6

### Direction:

- Step 1:** In a bowl, whisk together the soy, honey, garlic, red pepper flakes and ginger. Set aside.
- Step 2:** Heat oil in a pan over medium-high heat. Cook veggies and sauté for about 3 minutes.
- Step 3:** Add shrimp and mango. Cook until shrimp are no longer pink. Should take about 45 seconds to up to a minute.
- Step 4:** Toss with sauce mixture. Remove from heat.



\* Honey Shrimp & Mango Stir-Fry recipe: <http://www.mango.org/en/Recipes/Ayesha-Curry-s-Honey-Shrimp-and-Mango-Stir-Fry>



## Celebrate Spring with *Asparagus*

**Asparagus** season is here!! Even though Asparagus is available all year long, it is best eaten during Spring. Whether you steam, boil, grill, roast, purée, or sauté it, you can never go wrong with this nutrient-dense spring vegetable.

Asparagus is high in folic acid, packed with antioxidant, and anti-inflammatory properties, and is also a good source of potassium, fiber, thiamine, Vitamins A, B6, C, E, and K.

Signs of freshness include smooth, glossy spears, tightly closed tips, and freshly cut ends. Size isn't an indicator of quality or flavor; skinny Asparagus is best sautéed or stir-fried; while thicker spears are the ones to steam, simmer, or grill.



## *Organic Tomatoes*

The next 4-6 weeks is one of our peak seasons for Organic tomatoes from Mexico. Growing conditions are excellent, and there are excellent supplies for promotions where you can have aggressive retail prices and deliver fantastic value for your customers. The tomatoes we have that are ready for promotions are: **Organic Grape Tomato 12x1 pints; Organic Mixed Medley Tomato 12x1 half pints; and Organic Heirloom Tomato 10 lbs.**

Tomatoes are usually red when mature, but they also come in a variety of other colors, including pink, yellow, orange, green, chocolate, purple, and striped. Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits. They also have an impressive amount of Vitamins A, C, and K as well as significant amounts of Vitamin B6, folate, and thiamin. Tomatoes are also a good source of potassium, manganese, magnesium, phosphorous, copper, dietary fiber, and protein. Heirloom tomatoes are some of the best tasting tomatoes we sell all year long; if you have never tried these you should include them in your tomato display.

One of the best things about these organic tomato varieties is that they are grown by Del Cabo, and at times are FairTrade certified. FairTrade is a social mission, and the goal is to help alleviate poverty among growers throughout the world. Jacobs Farm/Del Cabo is working with Fairtrasa, an organization founded in Mexico that has spread into Central and South America. Fairtrasa seeks to "develop millions of marginalized small-scale farmers around the globe and connect them to local and international markets to lift them out of poverty," according to Fairtrasa's website, [www.fairtrasa.com](http://www.fairtrasa.com). When you see a product that has a FairTrade label you are buying products that are ethical, where the farmers are receiving a fair price for their products. The growers are guaranteed fair market prices plus "social premium" money that is set aside for community development projects. FairTrade also addresses worker wages and living conditions. So not only are you buying a healthy, organic product, your purchase also helps build a better community for the growers who produced these tomatoes. Del Cabo grows excellent quality tomatoes and other commodities; they also care about making the world a better place for their growers and communities by supporting Fairtrasa. Speak to your Fresh Direct Sales Rep about including Del Cabo organic tomatoes in your ads the next few weeks.

## Roasted Lemon Garlic Shrimp & Asparagus

### Ingredients:

#### Shrimp:

- 1 lb (about 30) shrimp, peeled and deveined
- 3 cloves garlic, pressed
- 1 tsp ginger, grated
- 1 tbsp. freshly squeezed lemon juice

#### Roasted Asparagus & Grape Tomatoes

- 1 bunch asparagus
- 8 grape tomatoes, halved
- 3 tbsp. freshly squeezed lemon juice
- 1/2 lemon, zest
- 1 tbsp. minced garlic
- 1-1/2 tbsp. olive oil
- 1/4 tsp salt
- 1/8 tsp ground black pepper

**Prep Time: 15 minutes**

**Cook Time: 20 minutes**

**Servings: 2**

### Direction:

**Preheat oven to 400°F**

**Step 1:** Place shrimp in a medium bowl. Add garlic, ginger and lemon juice (1 tablespoon). Toss to combine and set shrimp aside to marinate for 15 minutes.

**Step 2:** Place the asparagus and tomatoes in a lined cooking tray.

**Step 3:** In a medium bowl, combine the lemon juice (3 tablespoons), zest, garlic, olive oil, salt and pepper. Stir to combine. Pour this mixture over the asparagus and tomatoes and toss to combine.

**Step 4:** Roast the vegetables for 10 minutes. Add the shrimp and continue to roast for another 10 minutes.



\* Roasted Lemon Garlic Shrimp and Asparagus recipe: <https://www.aheadofthyme.com/2016/04/roasted-lemon-garlic-shrimp-and-asparagus/>