

EAT LOCAL • EAT FRESH

Summer brings a full spectrum of delicious locally grown fruits and vegetables here in BC, such as berries, cherries, corn, greens, mushrooms, tomatoes, and peas. Since local fresh produce items are picked at their peak, they are tastier, fresher, and very flavorful.

BC CORN

Local corn can be found in yellow, white, or bicolor, and are grown mostly in Chilliwack, Abbotsford, Richmond, and Delta. They are at their best during late summer to early fall. When sweet corn is available fresh, they can be cooked, and eaten on the cob. If you cut the kernels off the cob, you can add them to other dishes, such as soups, stews, casseroles, and salads.

Corn is packed with vitamins B1, B5, and C, folate, dietary fiber, phosphorous, and manganese. Look for well-formed ears of corn with tight light green color husks, and clean, golden-brown silk. Store them in the refrigerator with the husk on for two to three days.



Taste the freshness!

BUY LOCAL!

SHEET PAN SHRIMP BOIL IN OVEN

* Sheet Pan Shrimp Boil in Oven recipe: <https://www.acouplecooks.com/sheet-pan-shrimp-boil-in-oven/>

Preparation: 10 mins / Cook Time: 35 mins / Yield: 4

Ingredients:

- 2 lbs small red potatoes
- 4 large corn
- 2 lbs large raw shrimp, shell on and deveined (thawed)
- 6 tbsp. olive oil, divided
- 6 tsp Old Bay seasoning, divided
- 3 tsp dried dill, divided
- 1-½ tsp ground coriander, divided
- 1-½ tsp kosher salt, divided
- Black pepper
- 4 lemon wedges
- Finely chopped parsley or chives, for garnish

Direction:

- Step 1:** Preheat oven to 425 °F. Line two baking sheets with parchment paper.
- Step 2:** Cut the potatoes in half (or into bite-sized pieces if using larger potatoes). Shuck the corn and cut them into 2-inch pieces.
- Step 3:** Place the potatoes in a large bowl and stir them together with: 2 tbsp. olive oil, 2 tsp Old Bay, ½ tsp coriander, 1 tsp dried dill, ½ tsp kosher salt and several grinds black pepper. Spread potatoes face down on the baking sheets and bake 10 minutes.
- Step 4:** Meanwhile, in the same bowl stir together the corn with: 2 tbsp. olive oil, 2 tsp Old Bay, ½ tsp coriander, 1 tsp dried dill, ½ tsp kosher salt and several grinds black pepper. Remove the baking sheet from oven and flip the potatoes. Add the corn and bake an additional 12 minutes.
- Step 5:** Meanwhile, in the same bowl stir together the thawed shrimp with: 2 tbsp. olive oil, 1 tsp Old Bay, ½ tsp coriander, 1 tsp dried dill, ½ tsp kosher salt and several grinds black pepper. Remove the sheet from the oven and turn the corn. Add the shrimp and bake an additional 10 minutes until shrimp is cooked through.
- Step 6:** Serve garnished with chopped parsley or chives, and a hearty squeeze from the lemon wedges. Allow to cool slightly. If desired, spread butcher paper or newspaper over your table and pour the shrimp boil on top — or serve right from the cooled baking sheets or a large platter. Enjoy by eating with your hands!



Organic GINGER *from Peru*



Ginger, also called “the miracle root”, is an herb that can be used as a spice, or as medicine. It belongs to the Zingiberaceae family, and is closely related to turmeric, cardamom, and galangal. It is one of the healthiest spices, and is loaded with nutrients, and bioactive compounds that give powerful benefits for your body, and brain.

Ginger can be taken as a tea, dried, candied, pickled, fresh, powdered, juiced, or as an oil. When made into tea, you can add peppermint, honey, or lemon to mask the taste of the ginger root. Drinking a cup of ginger tea before travelling can help prevent nausea, and vomiting associated with motion sickness. It can also help strengthen your digestive system and prevent indigestion, and heartburn. Some studies also indicate that ginger tea can help regulate blood sugar levels, improve fat absorbing ability of the body to help in weight loss. With the presence of antioxidants, vitamins A, and C, ginger tea can also help improve the texture of your hair and add a natural glow to your skin.

Look for ginger with smooth, shiny, taut, and thin skin with a fresh spicy aroma. Avoid those with soft spots and cracks. To store, wrap whole and unpeeled ginger root in a paper towel or plastic wrap in the refrigerator for up to 3 weeks.



YELLOW PITAHAYA

Yellow Pitahayas, also known as Yellow Dragon Fruits, are a type of cactus from Southeast Asia, Mexico, Central and South America, and Israel. Dragon Fruits come in three different colors. Two of the varieties have reddish pink skin: one has white flesh while the other has red. Yellow Pitahayas have a bright yellow thick scaly skin. They are the sweetest among the varieties; the flesh is juicy with numerous tiny edible black seeds scattered throughout. Yellow Pitahayas are smaller than the red varieties, and are packed with antioxidants. They can also be diced, and added to fruit salads or desserts with other tropical fruits.

Yellow Pitahayas are low in calories, and offer numerous nutrients, including vitamins B1, B2, B3, and C, phosphorus, calcium, fiber, iron, and antioxidants. They also have a high fiber content, which can assist with poor digestion, and constipation.

To choose a ripe pitahaya, look for bright, even-colored skin. The fruit should be firm and will give a little when pressed gently. To ripen a pitahaya, keep at room temperature until it ripens. Refrigerate a ripe pitahaya in a plastic bag for up to 5 days.

DRAGON FRUIT SMOOTHIE

* Dragon Fruit Smoothie recipe: <https://greenhealthycooking.com/dragon-fruit-smoothie/>

Preparation: 6 mins / Servings: 2

Ingredients:

- 3/4 cup light coconut milk
- 1 dragon fruit
- 1 cup blackberries

Direction:

- Step 1:** The night before put coconut milk in an ice cube tray and freeze until solid.
- Step 2:** Add dragon fruit, frozen coconut milk cubes and blackberries to a high speed blender and blend until smooth.
- Step 3:** Serve and enjoy immediately.



STORY OF A LOCAL GROWER

BILL CHO FARM IN CLOVERDALE, BC

Bill, the owner of **Bill Cho Farm** in Cloverdale, BC, started farming with his wife in 1985 and since then has established himself as a grower of high quality spinach and lettuces. Working closely with many distributors in BC, his products can be found in many independent grocery, and chain stores in western Canada. Even though he became a grandfather in recent years and enjoys spending time with his grandchildren, Mr. Cho is still involved in the day-to-day operations, and his passion for farming continues to bring him back to the field every year.



Bill driving his tractor on the field



Beautiful spinach field



Nicely grown kale



Kale field on a sunny morning