



## Organic ENGLISH CUCUMBERS



**English Cucumbers** are a seedless cucumber that is straight, longer, and slimmer than other cucumber varieties and can be twice the length of a regular cucumber. It is commonly thought to be a vegetable; however, cucumbers are actually a fruit. The skin is dark green and smooth, with ridges running the length of the fruit. As the skin is delicate and easily torn, it is usually packaged in shrink wrap to protect it and extend shelf life. The English cucumber is sweeter than the regular cucumber, so it is perfect for salads, raw side dishes, or enjoyed on its own.

Cucumbers are low in calories and contain a good amount of water and soluble fibre, making it ideal for promoting hydration and weight loss.

Look for a cucumber that is firm without soft spots. Store in its plastic wrapping in the refrigerator for up to a week.



## Organic ZUCCHINI



**Zucchini**, also known as courgette, is a member of the gourd family. It is a summer squash, meaning that it is harvested while immature, and its rind is still tender and edible. The skin is usually dark green, but it can also be light green, orange, or deep yellow.

Although it is often said to be a vegetable, Zucchini is botanically classified as a fruit. Whether eaten raw or cooked, there are many ways to enjoy Zucchini. Unlike cucumbers, which are best eaten raw, Zucchini is usually served cooked. It can be steamed, boiled, grilled, stuffed, baked, barbecued or fried. Zucchini can also be used as a pasta alternative by slicing it into “zoodles” with a spiral slicer or mandoline.

Zucchini is very low in calories, contains zero fat, and is high in water and fibre. It contains significant amounts of vitamins B6, C, and K, riboflavin, folate, potassium, manganese, and antioxidant.

## ZUCCHINI LASAGNA ROLL UPS

\* Zucchini Lasagna Roll Ups recipe: <https://damndelicious.net/2018/04/25/zucchini-lasagna-roll-ups/>

**Prep time: 45 mins / Cook time: 45 mins / Yield: 6 servings**

### Ingredients:

- 3 large zucchini, trimmed (about 4 pounds), sliced lengthwise into 24 1/8-inch-thick strips
- Kosher salt and freshly ground black pepper
- 1 tbsp. olive oil
- 3/4 lb ground Italian sausage, casing removed
- 1 cup part-skim ricotta cheese
- 1/3 cup freshly grated Parmesan
- 1 large egg
- 1/4 cup chopped fresh basil leaves
- 2 cloves garlic, minced
- 1-1/2 cups marinara sauce, divided
- 2 cups shredded mozzarella, divided

### Direction:

- Step 1:** Line a baking sheet with paper towels. Lay zucchini slices flat in a single layer onto the prepared baking sheet. Sprinkle each side with 1/4 tsp salt, let stand 15 minutes.
- Step 2:** Heat olive oil in a large skillet over medium heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.
- Step 3:** In a medium bowl, combine sausage, ricotta, Parmesan, egg, basil and garlic; season with salt and pepper, to taste.
- Step 4:** Preheat oven to 400°F.
- Step 5:** Spread 1 cup marinara sauce onto the bottom of a 10-inch oven-proof skillet, set aside.
- Step 6:** Spread 1 tbsp. ricotta mixture evenly along each zucchini slice; sprinkle with 1 tbsp. mozzarella cheese. Roll up and place in the prepared skillet; repeat with remaining zucchini slices and filling. Top with remaining 1/2 cup marinara sauce and sprinkle with remaining 1 cup mozzarella.
- Step 7:** Place into oven and bake for 25-30 minutes, or until lasagna rolls are heated through and the cheese is beginning to brown.
- Step 8:** Serve immediately.



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## Korean JEJU MANDARINS

**Korean Jeju Mandarins** are grown in the scenic and fresh air mountain areas on Jeju Island, the southern part of Korea. Jeju Island is a volcanic island with an average annual temperate of 16°C / 60.8°F and has over 1800-hours of sunshine year-round. With this ideal growing environment, long cultivating history, and dedicated growers, Jeju Mandarins have a premium taste and texture. Their quality is prime in early December.

Products will be available in late November. Talk to your sales rep about booking the Korean Jeju Mandarins for the holiday season.



## CHESTNUTS

**Chestnuts** are large, tasty seeds from the chestnut tree. Chestnuts have been cultivated for thousands of years worldwide, with the largest production from the Mediterranean, China, Korea, and Japan. From October to December, most chestnuts sold in Canadian markets are sourced from Europe, China and Korea. Chestnuts are rich in various minerals, especially potassium, phosphorus, magnesium and calcium. Unlike most nuts, they contain a substantial quantity of vitamin C.

### How to select?

Looks for raw chestnuts with a dark brown exterior with no significant blemishes or cracks, and the shell should be shiny, tight and healthy-looking. Avoid any nuts which are soft, off-coloured, cracked or mouldy. Fresh chestnuts dry out quickly, so they should be kept in a sealed container in the fridge. They can also be stored in an open mesh bag and placed in a cool and dry place.

Chestnuts should be peeled and cooked before eating. They should not be eaten raw, as the tannic acid in them can upset your stomach. Chestnuts can be roasted in their shells, boiled, braised or puréed. Their sweet, nutty flavour combines nicely with poultry, mushrooms, whipped cream, or vanilla.

Here are some ways to prepare chestnuts:

### Boil

- Boil chestnuts in water for 25-30 minutes
- Remove chestnuts from pot, and rinse them with cold water before serving

### Roast

- Preheat oven to 425°F
- Cut an “X” on top of each chestnut to keep them from exploding while roasting
- Put chestnuts on a baking pan with the “X” facing up
- Roast for 30-40 minutes until the shells open
- Remove chestnuts from oven, peel off the shells before serving

### Microwave

- Cut chestnuts in half
- Place them in a bowl, and microwave them for 2-5 minutes

### Open Fire

- Cut an “X” on top of each chestnut
- Cook them in a cast-iron pan over an open fire for 5 minutes
- Turn over, and cook for another 5 minutes

## BRUSSELS SPROUTS WITH CHESTNUTS

Brussels Sprouts with Chestnuts recipe: <https://www.finedininglovers.com/recipes/side/brussels-sprouts-chestnuts>

### INGREDIENTS:

- 800g Brussels sprouts
- 400g chestnuts, cooked
- 150ml vegetable stock
- 100ml white wine
- 2-4 tbsp. butter
- 1 tbsp. white balsamic cream
- Pepper & salt

### DIRECTIONS:

- Step 1:** Wash and trim the Brussels sprouts, and halve lengthwise.
- Step 2:** Sweat in 1 tbsp. butter, then add the stock and wine, put a lid on the pan and cook over a medium heat for about 15-20 minutes, or until cooked.
- Step 3:** Add the chestnuts to the Brussels, and heat for 2 minutes.
- Step 4:** Add the rest of the butter (or to taste), season with mixed pepper and add balsamic cream to taste.
- Step 5:** Serve hot as an accompaniment to roast meat.

