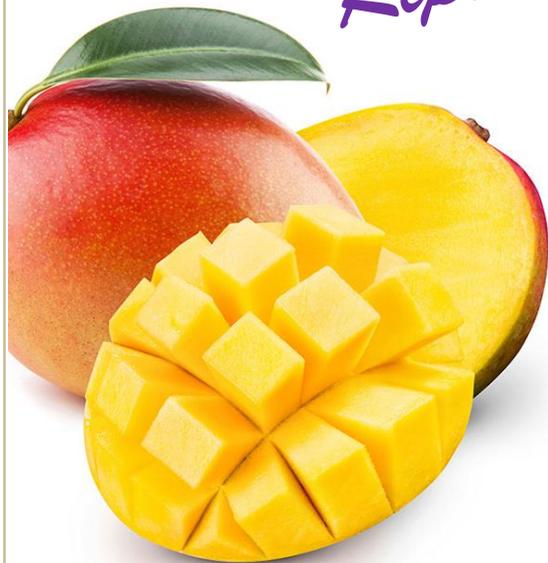


Tree Ripened



AUSTRALIAN R2E2 MANGOES



R2E2 is a large, attractive mango variety with a sweet, mild flavour. They have orange skin tinged with a red blush and firm yellow flesh. R2E2 mangoes are rich in amino acids, vitamins A, B, C, E, flavonoids, beta-carotene, niacin, calcium, iron, magnesium, potassium, and dietary fibre.

How to choose & store?

Choose the mango that gives slightly to gentle pressure. Keep unripe mangoes at room temperature. Once ripe, you can store them in the refrigerator for 2 to 3 days.

MANGO CHEESECAKE

* Mango Cheesecake recipe: <https://www.bestrecipes.com.au/recipes/mango-cheesecake-recipe/90lj5dbw>

Preparation: 25 mins / Servings: 12

Ingredients:

- 1/4 cup cold water
- 1 tbsp. gelatine powder
- 125g biscuits
- 75g butter melted
- 500g cream cheese softened
- 2/3 cup caster sugar
- 500g mango diced
- 300ml thickened cream
- 1 mango sliced to serve

Direction:

- Step 1:** Grease a 22cm-round (base) springform cake pan. Line the side with baking paper, extending paper 1cm above edge of the pan.
- Step 2:** Place water in a small heatproof jug. Sprinkle over gelatine. Microwave on HIGH (100%) for 20 to 30 seconds or until gelatine is dissolved, stirring halfway through cooking. Set aside to cool.
- Step 3:** Meanwhile, process biscuits until fine crumbs. Add butter. Process until combined - press biscuit mixture over the base of prepared pan. Refrigerate while preparing filling.
- Step 4:** Wipe processor clean. Process cream cheese, sugar and half the diced mango until smooth and combined. Add cream - process for 30 seconds or until combined. With motor running, gradually add cooled gelatine mixture, processing until combined. Transfer to a bowl. Fold in remaining diced mango. Pour over prepared base in the pan. Refrigerate overnight or until set.
- Step 5:** Serve chilled cheesecake topped with sliced mango.



Organic BROCCOLI



Broccoli is a cruciferous vegetable closely related to kale, cauliflower, Brussels sprouts, cabbage, collard greens, and turnips. It can be eaten cooked or raw, but some research shows that gentle steaming provides the most health benefits. Boiling can leach up to 90% of the valuable nutrients from broccoli, while steaming, roasting, stir-frying, and microwaving tends to preserve the nutrients.

Broccoli has a reputation as a superfood and is a rich source of vitamins, minerals, antioxidants, and bioactive compounds. It is high in many nutrients such as fibre, vitamins B1, B2, B3, B6, C, and K, folate, iron, magnesium, potassium, and zinc.

Choose broccoli with deep green floret clusters that are compact and feel heavy for their size. Avoid yellowing or bruised florets. The cut ends of the stalks should be fresh, firm and not overly thick. Store unwashed broccoli in a plastic bag in the refrigerator for up to 7 days.



BRUSSELS SPROUTS

Brussels sprouts are a superfood and are in the same family as kale, cauliflower, and mustard greens. They grow as buds along the length of a thick and fibrous stalk. These hearty winter vegetables are available year round, but their peak growing season is from autumn until early spring. Brussels sprouts make a healthy addition to any diet and are easy to incorporate into side dishes and entrées. They can be roasted, boiled, sautéed, or baked.

Brussels sprouts have high levels of many kinds of nutrients and have been linked to several health benefits. They are an excellent source of vitamins A, C, and K. They are also a good source of iron, beta carotene, folic acid, magnesium, and fiber.

Look for Brussels sprouts that are firm, compact, and have a vibrant green color. They should be free of yellowed or silted leaves and should not be puffy or soft in texture. The smaller the Brussels sprouts, the more tender and sweet they are. They can be stored in a plastic bag in the refrigerator for up to three days.



BRUSSELS SPROUTS IN GARLIC BUTTER

* Brussels Sprouts in Garlic Butter recipe: <https://www.food.com/recipe/brussels-sprouts-in-garlic-butter-21761>

Preparation: 10 mins / Cook time: 20 mins / Servings: 20

Ingredients:

- 15 Brussel sprouts, halved lengthwise
- 1-½ tbsp. butter
- 1-½ tbsp. olive oil
- 3 cloves garlic, smashed
- Freshly grated parmesan cheese (optional)
- Salt and pepper

Direction:

- Step 1:** Melt butter and olive oil in a medium skillet (over medium-high heat) until butter is foamy.
- Step 2:** Reduce heat to medium, add smashed garlic and cook until lightly browned.
- Step 3:** Remove garlic and discard.
- Step 4:** Add sprouts cut side down, cover, and cook without stirring on medium-low heat 10-15 minutes or until tender when pierced with a knife.
- Step 5:** The cut side of the sprouts should get nice and brown, with a nutty, buttery flavor enhanced by garlic.
- Step 6:** Top with freshly grated parmesan and salt & pepper to taste.



CITRUS WHEEL ORNAMENTS

* Citrus Wheel Ornaments <https://www.evermine.com/blog/3-diy-holiday-ornament-ideas/>

Supplies:

- An assortment of citrus fruits (oranges, ruby red grapefruits, limes, lemons, blood oranges, etc.)
- Dehydrator
- Knife for slicing fruit
- A small bottle of liquid interior varnish
- Paint brush
- Twine
- Scissors
- Newspaper or paper bags

Direction:

- Step 1:** Slice your citrus fruits into wheels that are ¼ to ½-inch thick. Place citrus rounds in a dehydrator set to 135°F. Dehydrate for 18 hours.
- Step 2:** Remove citrus from dehydrator, let cool, and line up on paper bags or newspaper.
- Step 3:** Paint a coat of varnish on one side of each round. Once varnish has dried, flip the rounds and paint a coat on the other side. Let dry completely.
- Step 4:** Use your citrus wheels as holiday decorations by attaching a piece of twine to each wheel and hanging them as tree ornaments or gift/wreath embellishments. Alternatively, you can string a piece of twine or ribbon through multiple wheels to create a citrus-y holiday garland.

