

Cara Cara Oranges



Cara Cara Oranges are a type of navel orange. The seedless oranges have pinkish-red flesh, and a sweet yet tangy flavor due to their low acidity. Compared to traditional navel oranges, Cara Cara Oranges are sweeter, with a hint of cranberries, strawberries, and raspberries. These oranges are extremely juicy, and refreshing. Squeezing these oranges gives you a large amount of the best tasting orange juice.

Cara Cara Oranges are low in calories, fat free, and full of vitamins, and minerals. They are an excellent source of the antioxidants Vitamin A, and C, and a good source of folate, fiber, and potassium.

Cara Cara Oranges are a great snack for kids, and adults. They can be used in fruit salad, added to a bed of greens, or juicing. Select those that are firm, shiny, and heavy for their size. Avoid those with soft spots or wrinkles. Cara Cara Oranges should be stored in a cool spot. Store at room temperature for up to 3 to 4 days, and up to 2 weeks if they're stored in the refrigerator.

Cara Cara Orange Margarita

Cara Cara Orange Margarita recipe: <https://www.creative-culinary.com/the-elle-yes-margarita/>

PREP TIME: 5 MINS / SERVINGS: 1

INGREDIENTS:

For the Cocktail:

- ✓ 1-½ oz Tequila
- ✓ 2 oz fresh squeezed Cara Cara or Blood Orange juice
- ✓ One lime wedge
- ✓ 3 oz chilled ginger beer (or ginger ale)

For the rim:

- ✓ 1/2 cup sugar
- ✓ 2 Tbsp Kosher salt
- ✓ 1 tsp grated orange zest
- ✓ 1/4 cup Cara Cara or Blood Orange juice

DIRECTIONS:

1. Mix together sugar, salt and orange zest; put onto a plate.
2. Put the orange juice in a shallow bowl; Dip the rim of a glass in the orange juice; shake off excess and then dip it into the rimming mixture.
3. Combine tequila, orange juice and lime juice in a cocktail shaker with ice and shake well, strain into a glass filled with ice.
4. Top with chilled ginger beer.
5. Garnish with orange slices (optional).



This EASTER, try the eco ways to dye & decorate eggs

Making natural Easter egg dyes is not complicated at all. Some of our daily consumed fresh produce contain high natural pigments, such as beets, red cabbage, blueberries, turmeric, and onions. Below is a list of fresh produce that you can use to make different dyes... You will be amazed by how beautiful they are! Try them out this Easter!



Purple



Blue



Pink



Green



Yellow



Gold



Leaf motif



Dyeing the eggs:

- Bring 2 cups of each fresh dye ingredient to a boil with 2 cups of water
- strain the dyes into cups and allow to cool
- Add 2 tbsp of vinegar to each cup of dye
- Dip hard boiled eggs into the cups, submerging each egg completely until it reaches an appealing color. For deeper colors, leave eggs in the dye cup, and place them in the refrigerator for a few hours.



Imprinting the eggs with leaf motifs:

- Place a leaf or flower petals onto hard boiled eggs and wrap it tightly in a small piece of pantyhose, secure with a knot in the back
- Soak the eggs in the dyes you've prepared until they reach the color you like
- Gently remove the pantyhose, and the eggs are beautifully imprinted



Haden Mangoes



Mangoes, a tropical fruit native to South, and South East Asia, are now widely grown in Central and South America, Africa, and the Arabian Peninsula.

Mangoes are rich in amino acids, vitamins A, B, C, and E, flavonoids, beta-carotene, niacin, calcium, iron, magnesium, potassium, and dietary fiber.

These days, mangoes are available just about year round. There are over 350 varieties in the Mango family, but the more common ones in your local markets are Ataulfo, Haden, Kent, Keitt, and Tommy Atkins.

Haden Mangoes are an oval to round shaped fruit with a sweet, rich flavor, and a custard like texture. They are one of the most fragrant, and perfumed varieties of mango. Haden Mangoes have firm and creamy flesh that melts in your mouth. They are a bright red color with green, yellow overtones, and small white freckles all over. Choose mangoes that give slightly with gentle pressure. Keep unripe mangoes at room temperature, firm mangoes in the refrigerator for up to 2 weeks.



Organic Avocados

Avocados are a type of stone fruit, also known as Alligator Pears or Butter Fruit. There are different varieties of avocados with different shapes (from pear-shaped to round) and colors (from green to black): Bacon, Fuerte, Gwen, Hass, Lam Hass, Pinkerton, Reed, Zutano.

Avocados are considered a “superfood”. They are very nutritious, and contain a wide variety of nutrients, vitamins, and minerals. Avocados are a good source of fatty acids, low in fat, and sugar content. They are an excellent source of Vitamins A, B6, B12, C, E, and K, as well as riboflavin, niacin, thiamin, folate, pantothenic acid, magnesium, potassium, copper, manganese, phosphorus, and zinc.

Fresh avocados do not ripen on the tree, they ripen after they have been picked. Ripe avocados are a bit soft when squeezed in the palm of hand. Avoid those that are too soft and have dark sunken spots or bruises. Unripe avocados can be kept at room temperature for about 4-7 days.

Our avocados are available in both conventional and organic. Speak with your Fresh Direct Produce sales rep for more information.

Strawberry Avocado Spinach Salad with Chicken

Strawberry Avocado Spinach Salad with Chicken recipe: <https://www.foodiecrush.com/strawberry-and-avocado-spinach-salad-with-chicken/>

SERVINGS: 2

INGREDIENTS:

- ✓ ¼ cup extra virgin olive oil
- ✓ 1 tbsp. golden balsamic vinegar
- ✓ 1 tsp sugar
- ✓ 1 tbsp. roughly chopped fresh tarragon
- ✓ ¼ tsp kosher salt
- ✓ ¼ tsp freshly ground black pepper
- ✓ 2 boneless, skinless chicken breasts
- ✓ 6 cups loosely packed fresh spinach
- ✓ 6-8 large strawberries, hulled and quartered
- ✓ 1 avocado, peeled, seeded and cut into chunks
- ✓ 3-4 thinly sliced rings of red onion
- ✓ ¼ cup feta cheese
- ✓ 2 tbsp. sliced almonds

DIRECTIONS:

1. Whisk the extra virgin olive oil with the balsamic vinegar, sugar, tarragon, kosher salt and freshly ground black pepper in a small bowl until blended.
2. Place the chicken breasts in a shallow bowl and cover with half of the dressing, cover and refrigerate for 30 minutes to 2 hours.
3. Spray a grill pan or 12-inch non-stick pan with cooking spray and heat to medium high. Place the chicken breasts on the hot grill pan. Cook for 3 minutes then flip the chicken breasts. Cook for another 3 minutes, and turn. Reduce the cooking temperature to medium low and cook the chicken for 20-25 minutes more, turning every 5 minutes or so. Cooking time will depend on the thickness of the chicken, but it will be done when it hits 165 degrees internal temperature. Let the chicken rest for 5 minutes then slice into ¼ inch slices.
4. Arrange the spinach, strawberries and red onion in a bowl. Lightly toss with the remaining dressing. Add the avocado, sliced chicken and top with feta and almond slices. Serve immediately.

