



RED DRAGON FRUIT

Dragon Fruit, also known as the Honolulu Queen, grows on the Hylocereus cactus and only flowers at night. Although the plant is native to southern Mexico and Central America, it is now grown worldwide. Dragon Fruit goes by many names, including pitaya, pitahaya, and strawberry pear. The two most common types have bright red skin with green scales that resemble a dragon — hence the name. The most widely available variety has white pulp with black seeds, while a less common type has red pulp and black seeds.

The **Red Flesh Dragon Fruit** that we bring in from Hainan, China, has a lovely big round shape and shows an excellent high Brix of 22. Its flavour has been described as a slightly sweet cross between a kiwi and a pear.

Red Dragon Fruit contains high amounts of vitamin C and has a high fibre content. They are also a good source of potassium and phosphorus, as well as other minerals and B-complex vitamins. Red Dragon Fruit is rich in protein, antioxidants (from the betacyanins), lycopene and carotene.

How to choose and store a Dragon Fruit?

Look for bright, even-coloured skin. The fruit should be firm and will give a little when pressed gently. To ripen a Dragon Fruit, keep it at room temperature until ripened. Refrigerate a ripe Dragon Fruit in a plastic bag for up to 5 days.

ORRI MANDARINS

Orri mandarins have sweet and juicy flesh low in acidity. These late-season mandarins are easy to peel and are the perfect size for on-the-go healthy snacking. Orri mandarins are great for cocktails and smoothies and tossed in salads and stir-fries, mixed with yogurts or chopped into salsa.

Orri mandarins are a rich source of vitamins A and C and contain fibre and potassium. It was created to have a particularly long shelf life so that you can store it at room temperature or in the fridge.



Orri Mandarin and Dragon Fruit Salad with Feta Cheese

Ingredients:

- 3 Orri mandarins
- 1 dragon fruit
- 4 cups of mixed greens (e.g. arugula and mizuna)
- 6 oz. feta, crumbled
- Juice of one blood orange
- 1/3 cup extra virgin olive oil
- kosher salt
- fresh cracked pepper

Directions:

- Step 1:** Peel the mandarins and dragon fruit. Thinly slice cross sections of both.
- Step 2:** Arrange the fruit slices on a shallow serving bowl. Top with salad greens and crumbled Feta cheese.
- Step 3:** In a small bowl, whisk together the blood orange juice and olive oil until blended. Drizzle over salad. Salt and pepper to taste. Toss gently, and serve immediately.

Notes:

This is a beautiful timeless salad. The vibrant colors and sweetness of the mandarins and the dragon fruit contrast perfectly with the soft salty feta. This salad can be easily served with sliced grilled chicken or grilled salmon to add protein to your dinner.



* Modified Satsuma Orange and Dragon Fruit Salad with Crumbled Feta recipe: <https://www.heinens.com/recipes/4-pm-panic-satsuma-orange-and-dragon-fruit-salad-with-crumbled-feta/>

Organic TOMATOES



Tomatoes are an intensely nutritious plant food available in a large variety of colours. Aside from red, they are also available in pink, yellow, orange, green, brown, purple, black, and striped. We usually identify tomatoes as a vegetable; however, they are technically classified as a fruit. There are also different varieties, shapes, and flavours. For **snacking** - marble-sized grape, plum, and cherry; for **cooking** - firm, petite Romas; and ideal for **burgers** - hefty beefsteaks.

Tomatoes are a primary dietary source of lycopene, an antioxidant that has been linked to many health benefits. They are low in calories, sodium, cholesterol and fat. They also have an impressive amount of vitamins A, B6, C, E, and K and significant amounts of folate and thiamin. Tomatoes are a good source of potassium, manganese, magnesium, phosphorous, copper, dietary fibre, and protein.

Select tomatoes that are full and feel heavy for their size. The skin should appear bright and well-coloured. Avoid the ones with bruises, blemishes or wrinkles. Store fresh ripe Roma tomatoes in a cool, dark place, and use them within a few days. Do not store fresh tomatoes in the refrigerator because it can turn the flesh mealy and reduce flavour.



Cherry Tomatoes



Roma Tomatoes



Beefsteak Tomatoes

Pasta with Fresh Tomato Sauce and Ricotta Cheese

Prep time: 5 mins / Cook time: 10 mins / Servings: 4

Ingredients:

- 8 oz whole wheat pasta (e.g. Farfalle)
- 1/3 cup extra virgin olive oil
- 3 cloves garlic, minced or pressed
- 1 lb grape tomatoes, quartered
- kosher salt and freshly ground black pepper
- 2 cups fresh spinach leaves
- 1/3 cup fresh basil slivered
- 1/2 cup freshly grated parmesan cheese
- 1 cup fresh ricotta cheese

Directions:

- Step 1:** Cook the whole wheat pasta in salted water for 1 minute less than the package directions, so pasta is done, but al dente. Drain and reserve 1/4 cup of the pasta water.
- Step 2:** In a large sauté pan, heat the olive oil over medium heat. When hot, add the minced garlic and reduce heat to medium-low. Cook for about 5 minutes until oil becomes fragrant, stirring often. Be sure to watch the garlic so it doesn't burn.
- Step 3:** Add the tomatoes with any juice and season with kosher salt and freshly cracked black pepper. Cook for 2-3 minutes until warmed through.
- Step 4:** Add the drained hot pasta to the tomatoes. Add the fresh spinach and toss until spinach begins to wilt. Add the fresh basil leaves, grated parmesan cheese and more kosher salt and pepper to taste. If the pasta seems dry, add more olive oil or 1-2 tablespoons of pasta water to the pasta mixture.
- Step 5:** Top with dollops of fresh ricotta, drizzle with more olive oil and serve warm.



* Pasta with Fresh Tomato Sauce and Ricotta Cheese recipe: <https://www.foodiecrush.com/fresh-tomato-and-ricotta-whole-wheat-pasta/>

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 one of the most nutritionally balanced vegetables. It is high in folic acid, packed with antioxidants and anti-inflammatory properties, and is also a good source of potassium, insoluble fibre, thiamine, vitamins A, B1, B2, B6, B9, C, E, and K.

Signs of freshness include smooth, glossy spears, tightly closed tips, and freshly cut ends. Look for bright green stalks with tightly closed, compact tips. The tips should be tightly furled, and perky rather than limp, and the shoots should be straight, firm, and about 6 to 11 inches in length. Size isn't an indicator of quality or flavour; skinny Asparagus is best sautéed or stir-fried, while thicker spears are the ones to steam, simmer, or grill.

Store fresh Asparagus by wrapping the stem ends in damp paper towels, covering the entire bunch with plastic wrap, and refrigerate. Although best eaten fresh, Asparagus can be refrigerated for two or three days.

