

## GUAVA

Our **Guava** from Taiwan is quite similar in shape to pears and has lime green skin. The flesh is white, mixed with lots of small edible seeds.

**How to select a Guava?** Pick guavas with even skin tone without bruises.

**How to tell if a Guava is ripe?** Ripe guavas should go from dark green to a lighter-yellow color, yield to gentle pressure when you press it, and have a sweet, musky aroma.

**How to enjoy Guava?** You can eat guava raw with the skin and seeds. Simply rinse it and dive in; otherwise, cut it in half and use a spoon to scoop out the flesh, as you would an avocado. Ripe guava is sweet, juicy and aromatic, while a less ripe one is crunchy and refreshing.

**Nutritious Guava:** Guava is an excellent source of folate and vitamins A and C. It also contains a lot of healthy nutrients like protein, iron, calcium, and phosphate.

**Supply season:** Almost year-round with a little off-season from March to May.



## STAR FRUIT

Carambola, commonly known as **Taiwanese star fruit**, is slightly larger and more flavorful than other varieties. This tropical fruit has deeply defined ridges and, when cut in a cross-section, it resembles a star. Ripe star fruit is firm to touch, has yellow skin with green ridges, crunchy flesh with aromatic notes of pineapple and citrus. Star fruits are a dietary source of potassium, zinc, iron, vitamin A and B-complex vitamins. Low in calories, star fruit is 97% water which makes it a perfect refreshing snack.

Star fruit can be sliced and enjoyed alone or added to fruit salads and garnishes, paired with pork belly and avocados, or even slightly grilled. While available year-round, store star fruits in a plastic bag in the refrigerator.

## Guava Blueberry Panna Cotta

\* Blueberry Guava Panna Cotta recipe: <https://www.yummly.com/recipe/Blueberry-Guava-Panna-Cotta-1631294#directions>

**Preparation: 10 mins / Cook Time: 30 mins / Setting time: 5 hrs / Yield: 8**

### Ingredients:

- 1 cup guava puree
- 2 packets unflavored gelatin
- 1 1/2 cups blueberry puree
- 1 cup whole milk
- 2 cups heavy whipping cream
- 1/2 cup granulated sugar
- 1 tsp. pure vanilla extract
- 1 tsp. lime zest

### Directions to make guava blueberry gelatin:

**Step 1:** In a small microwavable bowl, combine the guava puree and one packet of gelatin. Stir to combine and allow to sit for 10 minutes.

**Step 2:** Place the bowl with gelatin in the microwave for 1 minute. Stir the gelatin mixture. Combine the gelatin and blueberry puree in a large liquid measuring cup to make pouring easy. Stir to thoroughly combine.

**Step 4:** Place the tumblers on their side in the cavities of a mini muffin tin. Gently pour the gelatin mixture into each container until the liquid is almost at the edge of the glass. Place into the refrigerator and allow to chill until firm; approximately 2 hours.

### Directions to make panna cotta:

**Step 1:** In a small bowl, combine 1/2 cup of the milk and the second gelatin packet. Stir to combine and set aside for 10 minutes.

**Step 2:** In a heavy, medium-size saucepan, combine the remaining 1/2 cup of milk, cream, and sugar. Over medium-low heat, stir the mixture constantly to fully dissolve the sugar and heat the liquids (do not simmer or boil). Add the gelatin mixture, whisking it together until the gelatin has dissolved into the liquid. Remove from heat and stir in the vanilla extract and lime zest.

**Step 3:** Remove the tumblers from the refrigerator and set them upright on a small baking sheet. Pour the cream mixture into a large liquid measuring cup (to ease pouring into the tumblers).

**Step 4:** Pour the cream mixture into the tumblers until it almost reaches the top and meets the top point of the guava-blueberry gelatin, making a geometric pattern.

**Step 5:** Place the baking sheet into the refrigerator and allow the panna cotta to set fully; about 4 hours.





## Organic MAZAFATI DATES

**Organic Mazafati dates** are very flavourful and juicy compared to other dates, such as the common Medjool date. This is thanks to an unusually high moisture content of up to 35%; this fruit has extra juicy flesh with a strong, well-balanced sweetness due to the region's climate.

Organic Mazafati dates are grown in a very clean countryside region with no pollution or factories within a 200 km radius. Groundwater from higher regions is transported to the desert plains through canals several hundred metres below the surface. The soil and water used are pure, and no pesticides and chemicals are used. This region is around the ancient town of Bam in Iran. The town is over 2000 years old, and the countryside around it consists of desert and grassland plains. Mazafati dates have a long storage life of 12-16 months when kept in the fridge.

Mazafati dates are not only delicious but come with an array of health benefits as they lower cholesterol, boost bone health, keep your muscles strong and boost energy levels. This is due to their high source of protein, fibre, iron and vitamins such as B1, B2, B3 and B5 and antioxidants.

## RHUBARB *Locally Grown!*

**What is Rhubarb?** Rhubarb is often called a fruit, but it is a vegetable. They have long fibrous stalks that range from dark red to pink to pale green. Their leaves should not be eaten due to the high levels of oxalic acid. Rhubarb has a rich tart flavor and is customarily cooked with sugar as sweet desserts, jams, sauces, tarts, crumbles, cocktails, and rhubarb wine. It can also be roasted, sautéed, stewed, or pureed. Their dried roots have been utilized in traditional Chinese medicine for thousands of years.



Rhubarb is a good magnesium source, dietary fiber, vitamins C and K, calcium, potassium, and manganese. They are low in saturated fat, cholesterol, and sodium.

Look for plump, firm, and crisp stalks. Opt for the darker red stalks as they are sweeter with a more intense flavor. To maximize the shelf life of rhubarb, refrigerate in a plastic bag for up to 7 days. Do not wash until ready to eat.

## Rhubarb and Date Crumble

\* Rhubarb and Date Crumble recipe: <https://www.claudiandfin.co.uk/healthy-rhubarb-date-crumble-recipe/>

**Preparation: 6 mins / Cook Time: 35 mins / Servings: 4**

### Ingredients:

- 1 1/2 cups spelt flour
- 1/4 cup dark brown sugar or coconut sugar
- 1/2 cup butter or cold coconut oil, cut into small pieces
- 1 1/3 cups rolled oats
- 3 sticks rhubarb
- 2 cm fresh ginger, grated
- 1/3 cup pitted dates, chopped
- 1-2 tbsp. maple syrup (to taste)

### Directions:

**Step 1:** Preheat oven to 180°. Rub the butter or coconut oil through your fingertips with the spelt flour until it begins to disappear. (If using coconut oil, refrigerate oil before starting – and if it becomes too hot and sticky during the process, put oil and flour mixture in the fridge or freezer to cool down for a few minutes).

**Step 2:** Next stir in your sugar and oats.

**Step 3:** Chop rhubarb into pieces (approx 2-3 cm long) and mix together with the grated ginger, dates and syrup. Pour into an ovenproof dish and then sprinkle the crumble topping over the top to cover well.

**Step 4:** Place into the oven and cook until bubbling around the edges. The amount of time depends on the size and depth of your dish (or dishes if you decide to do smaller portions). Shallow dishes can take just 20 minutes, and deeper dishes take up to 45 minutes or longer. Just look for the gorgeous bubbles around the edges!

**Step 5:** Serve with natural yoghurt or fresh cream.

