



CHERRIES

Cherries are small stone fruits that come in a variety of colours and flavours. All varieties contain rich amounts of fibre, vitamins, and minerals. They are also a potent source of antioxidants and anti-inflammatory compounds. Due to their higher nutritional value, cherries are recognized by nutrition experts as "super fruits." Cherries are a member of the same fruit family as peaches, plums, and apricots. They are very versatile fruits and are often enjoyed raw as healthy treats. They can also make a delicious snack, a colourful and healthy layer in a yogurt parfait, a tangy-sweet cheesecake topping, and can be used in tarts and pies or juice.

Cherry season is from May until August. Choose cherries that have bright, shiny, and firm skin with the stems attached. Fresh cherries can be kept in the refrigerator for up to 10 days.



SUPPORT LOCAL

Summer in BC brings a full spectrum of delicious locally grown fruits and vegetables. Buying local means enjoying some of the best flavours the season has to offer, and as they are picked at their peak, they are tastier and fresher!

Fresh Direct Produce is proud to support local growers and create important economic opportunities in the community while making a healthy difference!

Over the years, we've built strong relationships with local food producers and we continue helping them distribute different varieties of fresh lettuce, herbs - such as mint, baby dill, basil cilantro and parsley, spinach and kale, napa and bok choy, radish, cherries, potatoes, rhubarb and many more!

Call our team for specific item inquiries and program opportunities!

SWEET CHERRY RHUBARB GALETTE

* Recipe taken from: <https://e2bakesbrooklyn.com/2018/06/27/sweet-cherry-rhubarb-galette/>

INGREDIENTS:

- 1 1/2 cups cherries, pitted and halved
- 1 1/2 cups rhubarb, chopped
- 1/2 cup granulated sugar
- 1/2 tsp. ground nutmeg
- 3 tbsp. cornstarch
- pinch of Kosher or sea salt

Cook Time: 60 mins / Yield: 8 servings

- juice of 1/2 lime
- 1 pack pie dough
- 1 large egg
- 1 tsp. water
- coarse sugar, for sprinkling



DIRECTIONS:

Step 1: Preheat oven to 375F. Combine cherry halves and chopped rhubarb in a large mixing bowl. Add sugar, nutmeg, cornstarch, salt, and lime juice. Stir together with a wooden spoon and let sit for 15 minutes at room temperature.

Step 2: Flour a surface and a rolling pin. Roll pie dough out until it is $\frac{1}{8}$ -inch thick. Trim edges so that you have a 12-inch circle. Transfer to prepared pan. Use a slotted spoon to remove cherry rhubarb filling from the bowl, leaving behind excess liquid. Mound filling in the middle of the dough, leaving at least 2 inches of excess on all sides. Fold dough over the sides of the filling, to contain it. Do not trim crust further as it will shrink while baking.

Step 3: In a small bowl, whisk together egg and water. Brush mixture on exposed pie dough. Sprinkle with coarse sugar.

Step 4: Bake galette on the upper rack for 25 minutes. Tent galette with aluminum foil and move to the lower rack. Bake for 20-25 more minutes. Crust will firm up as the galette cools.

Step 5: Let galette cool completely in the pan on a rack. Remove to a cutting board. Slice and serve with vanilla ice cream, if desired.



For more information on these items, please contact your sales representative by calling:

Vancouver: 604.255.1330 Calgary: 403.235.1366

or visit our website : www.freshdirectproduce.com



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FUYU PERSIMMONS

Fuyu Persimmons from New Zealand are orange-red fruits with a rich flavour profile, a blend of pear, dates and brown sugar with hints of cinnamon. Sweet and delicious persimmons are packed with health-promoting nutrients such as vitamins, minerals, dietary fibres, and antioxidants. Fuyu persimmons are sweeter than Hachiya persimmons and can be eaten while still firm.

Look for persimmons with taut, glossy skin, avoiding fruit with soft spots or bruises.



NAVEL ORANGES

Oranges are one of the most commonly grown fruits in the world. They come in many varieties, and the navel orange, sometimes called sweet orange, is one of the most common.

Navel Oranges from Australia are sweet, seedless, full of zest, and deliciously juicy. They are easily peeled and are great as a healthy snack or squeezed into a refreshing drink. They are rich in vitamins A, B6, and C, fibre, potassium, folate, beta-carotene, calcium, citrates, and low calories.

Choose Navel oranges that have unblemished skin, are firm, and feel heavy for their size. They can be stored for up to two weeks at room temperature and even longer when refrigerated.



Organic STONE FRUITS

Peaches are one of the most popular stone fruits. They come in either white or yellow varieties, heart-shaped or flat, have fuzzy skin and a large pit. Peaches are low in fat, sodium and are cholesterol-free. In addition, they are high in vitamins A and C, dietary fibre, niacin, and potassium, and may also help promote healthy digestion. So pick up a few peaches to add to your favourite summer salad, toss them on the grill to add a depth of flavour or use them to make an incredible cobbler or peach pie.

Be careful not to squeeze peaches when picking them! These fruits are very delicate and can easily bruise, so smell the skin for its fragrant sweetness instead.



Nectarines are quite similar to peaches in appearance except for the lack of fuzziness on the skin. Although being genetically identical to peaches and sharing similar flavour profiles, nectarines have distinct differences. They tend to be smaller, firmer, and have more honey-like aromas. Their flesh comes in shades of deep yellow or creamy white, with the outer surface in pink, red, white, or yellow.

Pick nectarines that have a sweet, intense aroma and a complete and plump stem end. You can store harder nectarines on the counter, and once soft, transfer them into the fridge if they aren't being eaten right away. Nectarines are excellent when used in baked goods, salads, sauces, smoothies, jams, jellies, and of course, eaten fresh.



Plums are also stone fruits that come in various colours (red, black, or yellow) and have thin, smooth skin and super juicy flesh. They belong to the Prunus genus of plants and are relatives of the peach, nectarine, and almond. Plums are a rich source of vitamins A and C and various antioxidants. Their nutrients help improve the heart's health, blood circulation and lower cholesterol levels. Plums can be enjoyed raw or added to salads, sauces, jams, and desserts, giving an unforgettable subtle sweetness.

Look for plums rich in colour, slightly soft at their tip, and yield to gentle pressure. Some plums might have a slight whitish bloom, signifying that they have not been overhandled.



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