

Dragon Fruits ...

Dragon Fruits are a type of cactus from Southeast Asia, Mexico, Central and South America, and Israel. They are also known as Pitahaya. Dragon Fruits are sweet, and juicy, with numerous tiny edible black seeds scattered throughout the fruit. There are three types of Dragon Fruits: red skin with white flesh, red skin with red flesh, and yellow skin with white flesh. They can be diced, and added to fruit salads or desserts along with other tropical fruits.

Dragon Fruits are low in calories, and are rich in Vitamins C, B1, B2, and B3, antioxidants, and minerals such as iron, calcium, and phosphorus. They also have a high fiber content, which can assist with poor digestion, and constipation.

Look for a Dragon Fruit that is bright with even-colored skin, and isn't overly firm but slightly soft to touch. The spiny leaves should be green, and not browning. Store a Dragon Fruit in the refrigerator for up to 5 days.



Pineapple Dragon Fruit Margarita

* Pineapple Dragon Fruit Margarita recipe: <http://craftandcocktails.co/2016/02/22/pineapple-dragon-fruit-margarita/>

Ingredients:

- 2 oz blanco tequila
- 2 oz dragon fruit pulp
- 1 oz pineapple juice
- ¾ oz lime juice
- ¼ dry curacao
- Dragon fruit slices, garnish
- Kosher salt, garnish

Direction:

- Step 1:** Place coarse salt on a plate. Run lime wedge around glass edge. Rim the glass in salt.
- Step 2:** Macerate dragon fruit with pineapple and lime juice in a shaker.
- Step 3:** Add the rest of the ingredients, except for garnish.
- Step 4:** Shake with ice and strain into a chilled glass with ice. Double strain if you want a smoother consistency.
- Step 5:** Garnish with dragon fruit slices.



Limes ...

Limes belong to the hybrid citrus family, which are small, round, and greenish-yellow. Due to the acidic sour juice, and unique aroma, limes are widely used in various cuisines and mixed with drinks to accent flavor. In comparison to lemons, although very similar in their nutritional content, limes are slightly higher in carbohydrates, acidity, and lower in protein. Limes provide 32% of the daily recommended vitamin C intake. They have high water content, and have a good source of minerals like calcium, iron, copper, sodium, magnesium, phosphorus, and potassium as well as vitamins A, C, E, K, and folate.

Dragon Fruit Salad with Honey Lime Dressing

* Dragon Fruit Salad with Honey Lime Dressing recipe: <http://gratefulprayerthankfulheart.com/dragon-fruit-salad-with-honey-lime/>

Ingredients:

- 1 lb fresh strawberries, hulled and chopped
- 1 pint fresh blueberries
- 3 kiwi, peeled, and sliced
- 2-3 fresh apricots, sliced
- 1 dragon fruit, peeled and diced

Dressing

- ¼ cup honey
- ¼ cup fresh squeezed lime juice
- 1 tbsp. fresh chopped ginger

Direction:

- Step 1:** In a large bowl, combine the prepared fruits of choice.
- Step 2:** In a small bowl, combine the honey, lime juice, and ginger.
- Step 3:** Pour the mixture over the fruit and gently toss to coat. Refrigerate. When ready to serve sprinkle on snipped fresh mint leaves.





Organic MELONS

Late April to early May is traditionally the time that the organic melon season starts with our grower partners. Delicious, large, and juicy seedless watermelons, and organic mini watermelons (11ct) from Mexico, are available now. We also have the organic Harper melon which is a cross between a cantaloupe and a musk melon. It is a newer variety for Fresh Direct Produce, and it has a delicious flavor, high sugar content and a great aroma. Ask your Sales Rep about these tasty melons! The first available organic cantaloupes and honeydews are just being harvested, and will be available very soon. As we get into mid-May, the following varieties will be available:

Galia Melons, originally from Israel, are a cross between a honeydew and a cantaloupe. The skin of the melon is very similar to the pattern, and texture of a cantaloupe, however, the flesh is a light yellow to green color, like a honeydew melon.



Orange Honeydew Melons are also a cross between a cantaloupe and a honeydew, but the flavor remains closer to that of a honeydew. It has a thin yellow skin, and a creamy orange flesh. It is both juicy and sweet. Honeydews are approximately 90% water, so their calorie count is very low. They are also high in vitamin C, which is essential for your body healing, and growing new cells.



Hami Melons were originally cultivated in Hami, Xinjiang. They are a type of musk melon, and is sometimes referred to as the Snow Melon. The outer color is generally white through pink or yellow through green. The flavor profile is sweet, with more flavor and a firm, crunchier texture than a cantaloupe. Hami Melons are rich in vitamins A, B, and C, and minerals like magnesium, sodium, folic acid, and potassium.



Yellow Seedless Watermelons are an identical twin to a crimson seedless watermelon, except the flesh is yellow. You cannot tell the difference from its outside appearance. Some people describe the flavor of the yellow watermelon as sweeter, and having an almost honey-like taste. Its bright colors can create a dramatic effect in your fruit salads or any dish! Yellow seedless watermelons are also very low in calorie count, so they are a great choice for people who are dieting. The fruit is also high in fiber, vitamins, and mineral content. Yellow Seedless Watermelons are high in vitamins A and C, with some potassium. They are also a great source of beta carotene, which the body uses to create Vitamin A in our bodies. Beta carotene is an antioxidant and may provide protection against cancer and eye disease.

Chicken Melon Salad Bowls

* Chicken Melon Salad Bowls recipe: <https://reluctantentertainer.com/chicken-melon-salad-bowls/>

Ingredients:

- 2 mini watermelon
- 2 small cantaloupe
- 2 lime
- 2 cups rotisserie chicken, chopped
- ¼ red onion, finely chopped
- ½ cup Gorgonzola cheese
- ½ cup fresh basil, finely chopped (+8 leaves for garnish)
- Spicy Pecans
- ½ cup Sweet Onion Poppyseed Dressing (or Briannas Rich Poppy Seed Dressing) – optional

Direction:

- Step 1:** Cut the melons in half, removing all seeds. Using a melon baller or small cookie dough scoop, carve out balls of melon and set aside.
- Step 2:** In a large bowl, mix the melon, chicken, onion, cheese, basil, and nuts. Squeeze the fresh lime over the mixture.
- Step 3:** If using a light dressing, such as a sweet (poppyseed) dressing, lightly toss it around the ingredients.
- Step 4:** Fill the melon bowls with the chicken mixture, garnishing with fresh basil. Serve!

