

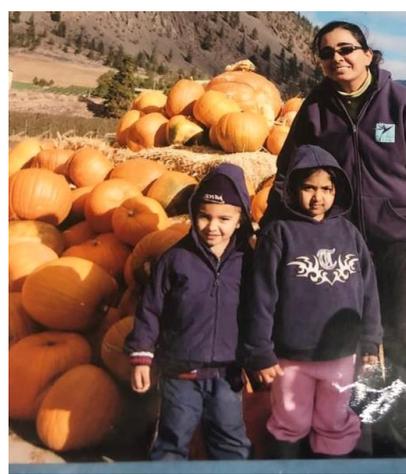
story of a local grower

Behind the local produce that you serve in your home, there's a farming family in Keremeos, BC, working hard to care for the land and deliver freshness you can trust. We're proud to introduce you to Sabi Lidhar and his wife Raj, who own and operate **Sanderson Farms** with the help of their family of 14 members.

Sabi and Raj's farming journey started in India, where they grew mainly grains. Then, after coming to Canada 17 years ago, they bought an orchard intending to stay close to their kids and run a family business. Soon after, the yield grew, so the family set up a farmers' market and bought a small truck, distributing their fresh produce to local retailers.

After nearly two decades, they were able to bring their whole family from India to join their farming passion. As a result, Sanderson Farms grew to fill 250 acres at five different locations in British Columbia to farm asparagus, tomato, cabbage, squash, garlic, onions, apricots, cherries and more. Supported by a team of consultants who help regulate sustainable farming and produce quality, Sanderson Farms now grows produce that feeds Canadian families all over the country.

To these local BC farmers, food isn't just what we eat. It's what brought them together as a family and helped build a community. The Fresh Direct team is proud to be the first big wholesaler to join Raj in 2004 and share their dedication in delivering quality produce and making a healthy difference to this day.



BLUEBERRIES *Locally Grown!*

Fresh blueberries are considered a "superfruit" for a good reason. On top of being tasty and healthy, they take little effort to enjoy. With no need to peel or core, a good rinse of a ½ cup of blueberries will yield a colourful serving of antioxidants, vitamin C, and natural sugars. We'll soon have our pick of six main blueberry varieties from BC. Starting with the large, firm, light blue Duke blueberries, stock up to enjoy immediately or freeze them for later use in your favourite desserts – they're suitable for eating anytime!

Anti-ageing

Blueberries are not only rich in antioxidants, they are also especially rich in proanthocyanidins and are noted to have additional anti-ageing properties to protect the body from oxidative stress, slow cognitive decline, improve memory, and reduce inflammation.

Lowers cholesterol

Another compound found in blueberries is called pterostilbene. It can lower cholesterol to reduce the risk of heart disease.

Aids digestion

Blueberries are a natural source of soluble and insoluble fibre and can help regulate your gastrointestinal tract by just eating a couple of handfuls a day.



AFOURER & NADORCOTT MANDARINS

Afourer mandarins have juicy flesh high in sugar and acid content yet have a well-balanced honey mandarin flavour. These mid-season mandarins are easy to peel, with segments that separate readily, making the fruit a healthy on-the-go snack. In addition, Afourers have a beautiful red-orange rind and are perfect for carrying around as they are small to medium-sized.

Afourer mandarins are an excellent source of vitamins C, A and dietary fibre. In addition, these mandarins are a perfect addition to a fruit lovers' menu as they are great in salads, juices, sauces and syrups.



Mandarin Nadorcott is another mandarin variety and comes from a Murcott family. Although sharing similar features with Murcott, Nadorcott mandarins have fewer seeds and are more easily peeled. Their rind is thin and has a bright orange colour. These mandarins have a similar taste to Afourers, as their flavour is also perfectly balanced between aromatically sweet and delicately acidic.

Pick mandarins that are unblemished and heavy for their size. Avoid those with cuts, soft spots, wrinkled skin or mould. Both Afourer and Nadorcott mandarins are best stored in a cool, dry place.

WHITE CHOCOLATE CARDAMOM TART WITH SYRUPY MANDARINS

Ingredients:

- 300 ml whipping cream
- 3 cardamom pods, bruised
- 600g mandarins
- 200 g white chocolate
- 1 egg, slightly whisked
- 1 egg yolk
- 1 1/3 cups plain flour
- 125 g unsalted butter, finely chopped
- 3/4 cup caster sugar
- 1 cup water
- 1 vanilla bean, halved, seeds scraped

Prep time: 1 hr 30 minutes

Cook time: 1 hr 45 minutes

Servings: 6

Directions:

Step 1: For the pastry: process the flour, sugar and butter in a food processor until mixture resembles fine breadcrumbs.

Add yolk and 2 tbsp iced water. Process until mixture just comes together. Scrape onto a clean work surface. Gently press into a rectangle. Cover with plastic wrap. Place in the fridge for 30 min to rest.

Step 2: Roll out pastry on a lightly floured surface until 3mm thick. Line a 12 x 35cm fluted tart tin with removable base with the pastry. Trim the excess pastry. Place in the fridge for 20 minutes or until the pastry is firm.

Step 3: Preheat oven to 180C/160C. Line pastry with baking paper. Fill with pastry weights or rice. Bake for 12 min. Remove pastry weights or rice. Bake for a further 12 min or until cooked through and golden. Set aside to cool slightly.

Step 4: Meanwhile, bring the cream, cardamom and 2 mandarin peels to a simmer over medium heat. Set aside for 1 hr to infuse. Place the chocolate in a heatproof bowl. Bring the cream mixture nearly to a simmer over medium heat. Strain over the chocolate, discarding the cardamom and rind. Set aside for 5 min. Stir until chocolate is melted.

Step 5: Reduce oven to 160C/140C. Whisk egg into the chocolate mixture. Pour into the tin. Bake for 30 minutes or until there is a slight wobble in the centre. Set aside to cool.

Step 6: Prick the mandarins all over with a toothpick. Place in a saucepan of simmering water. Simmer for 1 hr or until the skin is tender. Halve, then remove the seeds.

Step 7: Preheat oven to 180C/160C. Place mandarin halves in a baking dish. Scatter with the caster sugar, water and vanilla bean and its seeds. Roast for 45 min or until syrupy.

Step 8: Top the tart with double cream and mandarins and drizzle with any remaining syrup. Enjoy!



*Recipe taken from: <https://www.taste.com.au/recipes/white-chocolate-cardamom-tart-syrupy-mandarins/6104e64a-a7f8-4ba9-a94c-7cf08aaf7ed1>