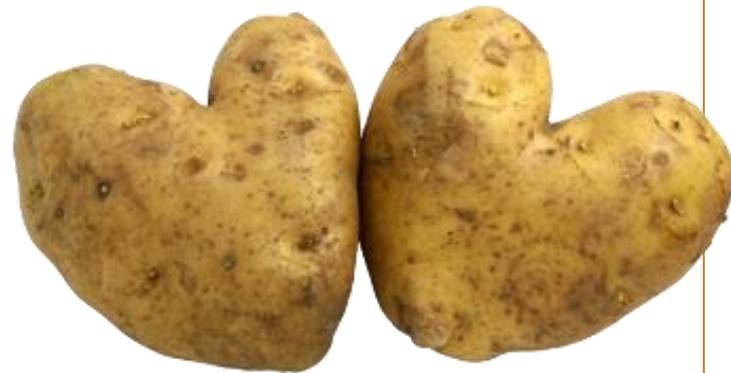
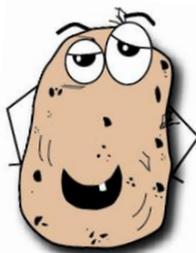


Organic PUGLY POTATOES

It is now a great time to try the **Pugly Potatoes from Fraserland Organics** in Delta, BC. Fraserland developed their Pugly line of red, russet, yellow, and purple potato bags as a solution for their crop that didn't make the #1 grade due to minor defects in appearance. However, Puglies still have the great taste of Fraserland Potatoes and are offered at a lower price point, while you support a fantastic local farm right here in the Lower Mainland.



A keyword associated with organic farming is "Sustainability." Each season, in order to comply with Canada No. 1 Grade standards, an average of 25% of our potato crop is graded out due to minor skin defects or odd shapes and sizes. Wasting 25% of a great tasting nutritious crop based on appearance doesn't seem very sustainable to us, so in 2015 we joined the "Ugly Veg Movement" with the Pugly Potato!
- Fraserland Organics -



Both the #1 grade and Pugly potatoes are a great source of potassium and fibre. Moreover, the concentration of these nutrients is highest in the skin and just beneath it. Therefore, if you eat only the skin of your cooked potato, you can also benefit from more protein, calcium, iron, and phosphorus than eating only its flesh. Potatoes are also one of the best natural sources of starch. They are packed with vitamins C, A, B, and P. Consuming potatoes regularly can also help reduce blood pressure, stimulate brain functions, help healthy skin, and reduce inflammation. They are a fantastic vegetable in a balanced diet!

MELT IN YOUR MOUTH POTATOES

Total time: 55 minutes / Servings: 6

* Recipe taken from: <https://letsdishrecipes.com/melt-in-your-mouth-potatoes/>

Directions:

Step 1: Place oven rack in upper-middle position. Preheat oven to 475°F. In a small bowl, combine melted butter, thyme, rosemary, salt, and pepper.

Step 2: Cut potatoes into 3/4 to 1 inch thick slices, discarding ends. Toss potatoes in butter mixture. Arrange in a single layer on a baking sheet sprayed with non-stick cooking spray.

Step 3: Roast potatoes for 15 minutes. Remove from oven and flip potatoes over. Return to oven and roast for an additional 15 minutes.

Step 4: Remove potatoes from oven and flip one more time. Add the broth and garlic to the pan and carefully return to oven. Roast for an additional 10-15 minutes, or until potatoes are tender. Sprinkle with parsley and serve. Enjoy!

Ingredients:

- 3 lbs potatoes, peeled
- 6 tbsp. butter, melted
- 1 tsp. dried thyme
- 1/2 tsp. dried rosemary
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 cup chicken broth
- 2-3 cloves garlic, peeled and crushed
- 2 tbsp. fresh chopped parsley



FUYU PERSIMMONS



Persimmons 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 anti-oxidants. 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.

CORONATION GRAPES

Coronation grapes, also known as blue grapes, are a blue, seedless variety with jelly-green flesh and a musky, sweet taste. They are very popular throughout Canada and are available in late summer to early fall. Coronation grapes are great for snacking and a perfect ingredient for desserts, sauces, jams, jellies, and juice; they can even replace berries in baked goods such as muffins, scones, or loaves.

Choose coronation grapes that are firm, plump, deep-blue, and tightly attached to the stems. Avoid those that are wet, mouldy, or shrivelled at the stem. Store unwashed, loosely covered coronation grapes in the refrigerator. You can also wash, dry, and de-stem coronation grapes, pack in airtight containers and freeze to enjoy later.



POMELO

Pomelo, the largest fruit in the citrus family, has over 3,000 years of growing history and is mainly grown in Southeast Asian countries, such as China, Thailand, Vietnam, and Malaysia.

There are different varieties of Pomelo, such as Golden Pomelo, Honey Pomelo, Shatin Pomelo, Pink Pomelo, etc. Pomeles have a thick, soft rind and a long shelf life. They are sweet, tangy, and have juicy pulp. The colour of the pulp varies from pale yellow to pink and red, depending on the variety. The membranes of the segments are bitter and usually discarded, but they are sometimes used in Chinese cuisine. Pomeles can be eaten fresh, made into juice, or added to salads.

Pomeles are very rich in vitamin C and are also a good source of potassium and fibre. Frequent eating of pomeles can help regulate blood sugar, digestion, and hypertension.

When buying pomeles, choose fruits that are heavy for their size, blemish-free, and have a fragrant smell.



POMELO SALAD WITH CHILI, LIME, PEANUTS & COCONUT

*Recipe taken from: <https://www.bonappetit.com/recipe/pomelo-salad-with-chile-lime-peanuts-and-coconut>

Ingredients:

- 2 pomelos
- 1/2 cup vegetable oil
- 1/4 cup fresh lime juice
- 3 tbsp. fish sauce
- 2 tbsp. dried shrimp
- Kosher salt
- 2 tbsp. light brown sugar
- 2 red or green Thai chilies, finely chopped
- 2 garlic cloves, finely chopped
- 1/2 cup unsweetened shredded coconut
- 2 shallots, thinly sliced, divided
- 1/4 cup peanuts, preferably skin-on
- 3/4 cup torn cilantro leaves with tender stems

Directions:

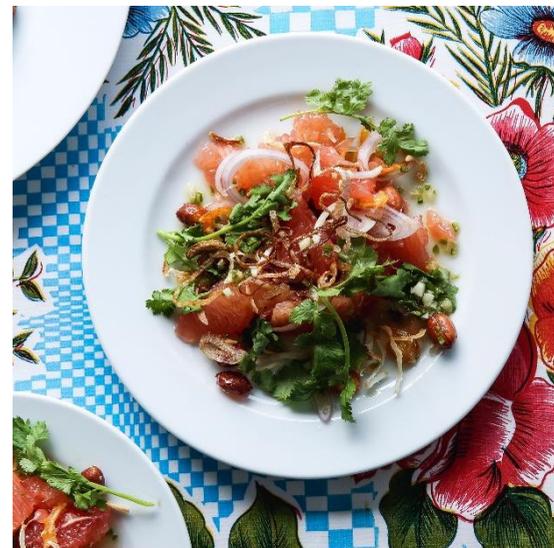
Step 1: Whisk brown sugar and 1 tbsp. water in a medium bowl to dissolve sugar. Whisk in chilies, garlic, lime juice, and fish sauce; season with salt. Balance with more sugar, lime juice, or fish sauce if needed.

Step 2: Toast coconut in a dry small saucepan over medium-high heat, stirring occasionally, until golden brown, about 4 minutes. Transfer to a small bowl.

Step 3: Heat oil in same saucepan. Add half of shallots and fry, swirling, until golden brown and crisp, about 3 minutes. Transfer to paper towels with a slotted spoon to drain; season with salt.

Step 4: Cook peanuts in shallot oil until golden brown, about 2 minutes. Transfer to paper towels to drain; season with salt.

Step 5: Remove peel and white pith from pomelos. Tear membrane off and pull segments into large pieces, transferring to a large bowl as you go. Add cilantro, remaining shallots, and half of dressing and toss to coat. Add coconut, peanuts, and dried shrimp; toss again. Divide among plates, drizzle with remaining dressing, and top with fried shallots. Enjoy!



Total time: 50 minutes / Servings: 4