

## ORGANIC CRANBERRIES

**Fresh Cranberries** are harvested in the fall and are available from late September through late December. Their sweet and tart flavour adds a touch of originality to any recipe and matches perfectly with roast turkey at Thanksgiving dinners. Cranberries can be frozen for up to a year, so you can stock up on a few bags around the holidays to use throughout the year.

Cranberries are among the top antioxidant-rich and high nutrient foods, more than other “superfoods” like spinach, blueberries, or green tea. Some of the antioxidants found in cranberries include anthocyanins, ellagic acid, quercetin, resveratrol, selenium, and vitamins A, C, and E. Cranberries have very low sugar content so you can pair them with honey, maple syrup, or chocolate drizzle for added sweetness.

**PATIENCE®**  
FRUIT & CO  
organic ♥ biologique



**Patience Fruit & Co.** is a family-owned company based in Quebec, Canada, and is one of the largest suppliers of Organic Cranberries.

“We have a deep respect for nature, and we tend to her needs as much as we do our cranberries. Since the beginning, we have practiced organic farming, using no chemical fertilizers or pesticides. Certain things cannot be rushed if you want to do them right. That is why we personally tend to our berries every at step of the way, from seed to shrub to dried fruit. By showering our cranberry fields with care and attention, we ensure that they will live on practically forever.”  
- Patience Fruit & Co. -

## SAUSAGE, APPLE AND CRANBERRY STUFFING

\* Recipe taken from: <https://www.allrecipes.com/recipe/13651/awesome-sausage-apple-and-cranberry-stuffing/>

### Ingredients:

- 3 <sup>3</sup>/<sub>4</sub> cups cubed white bread
- <sup>3</sup>/<sub>4</sub> lb. ground turkey sausage
- 1 cup onion, chopped
- <sup>3</sup>/<sub>4</sub> cup celery, chopped
- 2 <sup>1</sup>/<sub>2</sub> tsp. dried sage
- 1 <sup>1</sup>/<sub>2</sub> tsp. dried rosemary
- <sup>1</sup>/<sub>2</sub> tsp. dried thyme
- 1 Gala apple, cored and chopped
- <sup>3</sup>/<sub>4</sub> cup cranberries, dried
- <sup>1</sup>/<sub>4</sub> cup fresh parsley, minced
- 1 cooked turkey liver, finely chopped
- <sup>3</sup>/<sub>4</sub> cup turkey stock
- 4 tbsp. unsalted butter, melted

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Additional Time:** 1 hour

**Total time:** 1 hour 40 minutes

**Servings:** 10 (stuffs a 10 lb. turkey)

### Directions:

**Step 1:** Preheat oven to 350 degree F (175 degree C). Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.

**Step 2:** In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme. Cook, stirring, for 2 minutes to blend flavors.

**Step 3:** Pour sausage mixture over bread in bowl. Mix in chopped apple, dried cranberries, parsley, and liver. Drizzle with turkey stock and melted butter, and mix lightly. Allow stuffing to cool completely before loosely stuffing a turkey.



### Cranberry On A Thanksgiving Table: History

“The Pilgrims may have been familiar with cranberries by the first Thanksgiving in 1621, but they wouldn’t have made sauces and relishes with it; that’s because the sacks of sugar were nearly or fully depleted by November that year. So cooks didn’t begin boiling cranberries with sugar and using the mixture as an accompaniment for meats until about 50 years later!”

From: <https://www.history.com/topics/thanksgiving/first-thanksgiving-meal>



## BLOOD ORANGES

**Blood oranges from Australia** are known for their deep, dark red flesh resulting from anthocyanin pigment, a type of antioxidant. This pigment develops when the citrus ripens in a warm climate tempered with cooler nights. Before moving into the flesh, anthocyanin develops along the edges of the peel and segments, giving an orange a beautiful pattern or even complete colour fill like no other citrus.

Blood oranges are sweeter than other varieties, with floral and raspberry hints. They are incredibly juicy and refreshing and are low in calories, fat-free, and full of vitamins and minerals. Blood oranges are an excellent source of antioxidants, vitamins A and C, and a good source of folate, fibre, and potassium. Select those that are firm, shiny, and heavy for their size, without soft spots or wrinkles.

Squeezing these oranges gives you a large amount of the best-tasting orange juice. Keep in mind, freshly squeezed juice of a blood orange ferments quickly, so make sure to drink it the same day it's prepared.



## POMEGRANATE

*from California*

**Pomegranates**, one of the world's most popular and healthiest fruits, have extremely powerful antioxidants in its juice and peel. Pomegranate juice has a greater antioxidant capacity than red wine, grape juice, cranberry juice, green tea, and acai juice. They're also high in potassium, vitamins A, C, and E, folic acid, and fibre.

### How to de-seed a pomegranate?

**Step 1:** Cut around the circumference of the pomegranate, pry apart the fruit with your hands into two sections.

**Step 2:** To loosen the grip on the arils, hold one-half of the pomegranate and gently pull the sides out from the center until you hear the inner ribbing crack.

**Step 3:** Turn the half upside down and gently tap it with a wooden spoon.



STEP1



STEP2



STEP3



## ORGANIC GALA APPLES

It is now Apple season in BC, and we start it with Gala Apples!

**Gala apples** are characterized by a blush of pink on the skin and a striking bright yellow-red colour. With a mildly sweet flavor and long availability window, this apple is one of today's most popular varieties. Gala apples are high in water content, vitamins A, B, and C, and are low in calories, making them an excellent fruit for healthy snacking.

Gala apples, a cross between Golden Delicious and Kidd's Orange Red varieties, were discovered in the 1930's in New Zealand. They have been popular in the United States since the '60s and are now one of the most broadly grown apples in the world.

