

WHITE PEACHES

White peaches are typically very sweet, low in acid, and are the most popular peaches in China, Japan, and some other Asian countries. Their fuzz-covered skin is creamy white with blushes of red and pink. White peaches tend to have paler skin than yellow peaches but have the same colour, softness, and look like a standard peach. The delicate, floral sweetness combined with smooth and soft texture make white peaches a perfect snack. However, we recommend avoiding cooking with white peaches due to their melting texture. Instead, use firmer yellow peaches in your cooking endeavours.

White peaches are low in fat, saturated fat, sodium, and cholesterol-free. In addition, they are high in vitamins A and C, dietary fibre, niacin, and potassium.



COSMIC CRISP APPLES



Cosmic Crisp apples are a cross between a bold red-coloured 'Enterprise' apple and a crunchy 'Honeycrisp' apple. These classically bred apples are an exceptional result of 20 years of study and research. The large, juicy Cosmic Crisp apple has a remarkably firm and crisp texture and some say it snaps when you bite into it! The Cosmic Crisp flavour profile is surprisingly sweet, making it a delicious on-the-go snack.

Cultivated with naturally higher acidity and sugar levels, the Cosmic Crisp flavour packs such a sweet punch that you can reduce added sugar in baking recipes. It may just be the best-tasting apple. In addition, they are low in calories with virtually no fat and don't contain any cholesterol or sodium.

If stored in the fridge, Cosmic Crisp apples can maintain their texture and flavour longer than other varieties; also, they naturally brown slower when cut.

The key attributes of the Cosmic Crisp apple are its exceptional eating quality, large fruit size, attractive appearance, and versatility.

Thank you for your support this year!

We appreciate your loyalty and business and will endeavour to give you exceptional produce and service!

Happy Holidays!

感謝您一直以來對我們的支持！

我們很感恩與您的真誠合作，並將繼續努力為您提供卓越的產品和服務！

祝您節日快樂！



ORGANIC SWEET POTATOES & YAMS

What's the difference between a sweet potato and a yam?

Sweet Potato is the large “category” name, and **yams** are a type of sweet potato. So all yams can be called sweet potatoes, but not all sweet potatoes can be called yams. Sweet potatoes are yellow to cream-coloured inside, drier than yams, and have a mild, nutty taste. Yams are moist, sweet, and orange when you cut into them. The most popular yam grown in the US is the Beauregard variety. Red yam varieties, including garnets, are extra moist and flavourful with orange insides and a red-copper to plum-coloured skin.

Sweet Potatoes are considered a **SUPERFOOD** because they are high in fibre and antioxidants like Vitamin E and beta-carotene. Antioxidants are essential for good brain functioning, and it's one of the few sources of Vitamin E that is low in fat and calories. Sweet potatoes also have a low glycemic index, meaning they are a food that is characterized by slow absorption, a modest rise in glucose levels, and a smooth return to normal levels. This is very important for people who have diabetes dependent on stable blood glucose levels. Potassium is also found in sweet potatoes. Potassium is essential in maintaining fluid, electrolyte balances, and healthy cells. Naturally low in calories and high in nutritional value, sweet potatoes and yams are some of Mother Nature's best work!



Sweet Potatoes



Jewel Yam



Garnet Yam

*Sweet Potatoes and Yams are staple vegetables on any holiday table.
Get ready for the Holidays with this delicious and easy sweet potato recipe!*

Garlic Parmesan Roasted Sweet Potatoes

Recipe taken from: <https://www.eatwell101.com/garlic-parmesan-roasted-sweet-potato-recipe>

Ingredients:

- 2 sweet potatoes, peeled and sliced
- 2 tsp. garlic, minced
- 1 tbsp. olive oil
- 2 tbsp. butter, melted
- 4 tbsp. grated Parmesan cheese
- 1/2 tsp. garlic salt
- 1/2 tsp. Italian herbs seasoning
- Fresh thyme

Prep Time: 10 minutes

Cook Time: 35 minutes

Servings: 6

Directions:

Step 1: Preheat your oven to 400°F (200°C). Peel and cut sweet potatoes into thin slices.

Step 2: Place garlic, oil, butter, salt, Parmesan cheese and Italian herb seasoning in a Ziploc bag and mix well. Throw in sweet potatoes and shake until well coated.

Step 3: Lightly butter a baking dish and arrange coated sweet potatoes into a spiral. Sprinkle with a little Parmesan if you like.

Step 4: Bake sweet potatoes for 30-35 minutes. Serve your garlic parmesan roasted sweet potatoes warm and sprinkle with thyme if desired.

Note: Roasting time will depend on the thickness of your sweet potato slices: the thicker, the longer.

