

## 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 antioxidants. 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.



*from Brazil*

## ATAULFO MANGOES



**Ataulfo mangoes** are sweet and creamy with a buttery texture. Unlike other fibrous varieties, the flesh of Ataulfo Mangoes is custardy, especially when they reach peak ripeness with no fibre.

Colour isn't the best indicator of ripeness for mangoes. Ripe mangoes will give when firmly squeezed, with just a bit of softness. After that, the colour will be yellow to orange, with a sweet fragrant smell. Finally, their skin will turn to a deep golden colour, and small wrinkles appear when they are fully ripe.

The peak season for Ataulfo mangoes is from March through June, so now is the perfect time of year for this mouth-watering fruit.

## Pineapple Jam with Mango and Persimmon

\* Recipe taken from: <https://jernejkitchen.com/recipes/fruit/pineapple-jam-mango-and-persimmon>

**Prep Time:** overnight

**Cook Time:** 40 minutes

**Servings:** 4 medium size jars

### Ingredients:

- 2 lb ripe pineapple, peeled
- 1 lb ripe mango, peeled
- 2 ripe persimmons, peeled
- 1 lb sugar
- 1 vanilla bean
- 1¼ tsp citric acid
- 1 lime, juiced

*This jam is mouthwatering and fresh, thanks to pineapple, mango and lime which also give the jam perfect acidity to sweetness ratio!*

### Directions:

- Step 1:** Cut pineapple, mango, and persimmon in small cubes. Combine cut fruits with sugar, vanilla bean seeds, citric acid and lime juice in a large bowl. Mix well and place in a fridge overnight, so that fruit macerates.
- Step 2:** Place a large pot over medium high heat. Add the macerated fruits with all the liquid to the pot. Wait until the mixture starts to boil, then lower the heat and cook for about 40 minutes. Stir regularly to prevent burning.
- Step 3:** Spoon hot pineapple jam into hot sterilized jars and cover immediately with sterilized lids. Let the jars cool slowly. Store in a dark place for up to 3 months.



## ASPARAGUS

**Asparagus** season is here!! Even though Asparagus is available all year long, it is best eaten during spring. Whether you steam, boil, grill, roast, purée, or sauté it, you can never go wrong with this nutrient-dense spring vegetable.

Asparagus is one of the most nutritionally balanced vegetables. It is high in folic acid, packed with antioxidants and anti-inflammatory properties, and is also a good source of potassium, insoluble fibre, thiamine, vitamins A, B1, B2, B6, B9, C, E, and K.

Signs of freshness include bright green stalks, smooth, glossy spears, tightly closed tips, and freshly cut ends. The tips should be tightly furled and perky rather than limp, with straight and firm shoots about 6 to 11 inches in length. Size isn't an indicator of quality or flavour; skinny Asparagus is best sautéed or stir-fried, while thicker spears are the ones to steam, simmer, or grill.

Store fresh Asparagus by wrapping the stem ends in damp paper towels, covering the entire bunch with plastic wrap, and refrigerate. Although best eaten fresh, Asparagus can be refrigerated for two or three days.



## ORGANIC HEIRLOOM TOMATOES

**Heirloom tomatoes** are generally considered a variety coming from saved seeds that have been passed down for generations. These tomatoes are grown in a natural self- and cross-pollination process which produces seedlings with most of the characteristics of the parent plant. As a result of such open-pollination and no genetic modification, heirlooms come in different sizes, shapes, and colours.

Unlike other tomato varieties, lumps, cracks and splints in skins are common to heirlooms, so don't be discouraged by their looks! Since heirlooms are grown for their flavour, they are best eaten fresh in salads, sandwiches or on their own. Store fresh heirloom tomatoes in a cool, dark place, and use them within a few days.

Tomatoes are a major dietary source of the antioxidant lycopene, linked to many health benefits. They also have an impressive amount of vitamins A, C, and K and significant amounts of vitamin B6, folate, and thiamin. In addition, tomatoes are also a good source of potassium, manganese, magnesium, phosphorous, copper, and dietary fibre.



### Heirloom Tomato and Burrata Salad

\* Recipe taken from: <https://natashaskitchen.com/tomato-burrata-salad/>

**Cook Time:** 10 minutes

**Servings:** 4

#### Ingredients:

- 3 heirloom tomatoes
- 1 cup cherry tomatoes
- 30 basil leaves
- 6 oz burrata cheese
- black pepper and sea salt
- ¼ cup extra virgin olive oil
- 2 tbsp balsamic vinegar

#### Directions:

**Step 1:** Cut heirlooms into wheels and cherry tomatoes in halves. Place tomatoes and basil into a bowl. Tear burrata cheese into bite-sized pieces and place on top of the ingredients.

**Step 2:** Season everything with salt and pepper and drizzle with oil and balsamic vinegar to taste. Serve right away.