

FOOD NEWS

ENTER THE IMPROVED DRAGON

A new variety of sweet dragon fruit is being produced in SA and will be showcased as a superfood at the Johannesburg International Flower Show

With the worldwide trend of healthy living and using foods to improve our health, superfoods have become a focus. Collectively named for their high concentrations of vitamins, minerals, phytonutrients and particularly antioxidants, superfoods are defined as the most naturally nutritious foods on the planet.

The latest Amorentia superfoods in SA are sweet varieties of dragon fruit, more flavourful than other bland varieties and amazingly versatile in their use.

The dragon fruit's reputation for taste is generally poor but "this is set to change drastically", says Howard Blight, CEO of Amorentia Estate and Nursery.

Seven varieties under the Amorentia Sweet Dragon Fruit brand have been released. They come in an array of flesh colours, from white to pink, dark pink, red and cerise and are equally vividly named: Sweet Ballet, Sweet Flamingo, Sweet Fuschia, Sweet India, Sweet Magenta, Sweet Snow and Sweet Sunset.

"We needed to assist the consumer, to differentiate the old bland-tasting dragon fruit from these super-sweet, modern selections that are so delicious to eat," says Blight.

Dragon fruit is known for its anti-inflammatory properties and is packed with antioxidants, diabetic and cardiovascular advantages. Dragon fruit is also used in Nivea and Lush cosmetic products. Food retailers like Starbucks and Kauai use dragon fruit in salads, vitamin water, smoothies and ice creams.

Amorentia Estate and Nursery will use the Johannesburg International Flower Show as a platform to showcase its range of organic super foods with a garden display created alongside some of SA's top landscapers.

"With the worldwide trend towards healthy living and using foods to improve our health, the Amorentia Superfoods garden display is sure to be a crowd pleaser and we are very excited to be working with Amorentia," says Mike Sham, CEO of Vibrant Media and the event owner.

"Amorentia is proud to be associated with the Johannesburg International Flower Show and is grateful for its collective recognition of the importance of Superfoods to our wellbeing," says Blight.

"Our superfood garden is planned to showcase our wonderful range of produce, which includes avocados, macadamia nuts, pecan nuts, dragon

fruit, turmeric, ginger and blueberries, as well as other superfoods grown in Limpopo."

JOHANNESBURG INTERNATIONAL FLOWER SHOW

When: October 30 - November 3

Where: Waterfall City

Tickets: johannesburgflowershow.com

Included in the ticket price is a three-month e-subscription to the Sunday Times

#ibringjoytojozi

AMORENTIA SWEET DRAGON FRUIT SMOOTHIE

Sweet Snow and Sweet Sunset varieties of dragon fruit
Crushed ice
Chopped mint
 Blend together for a fresh and revitalizing smoothie.



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