

Dates



Selecting

The date is fruit that is somewhat oval and cylindrical in shape, usually 3 to 7 cm in length and 2 to 3 cm in diameter. There are many varieties, but the two most common are Deglet Noor and Medjool. Deglet Noor dates are semi-soft, slender and a bit chewy; Medjool dates are plump and tender.

Look for fresh dates that are plump with a slightly glossy skin. Avoid dates with crystallized sugar on their skins since this is a sign that they are not very fresh.

Storing

Fresh dates can be stored in an airtight container in the refrigerator crisper for up to one month.

Dried dates can be stored in an airtight container in a cool, dark place or in the fridge for up to one year. Dried dates also freeze well if they are wrapped tightly.

Preparing

Dates can be used the same way you use any dried fruit. They can be chopped or cut up using kitchen shears to add sweetness to baked goods, chicken dishes, cereals or salads. They can also be eaten whole as a snack.

Seasonality

Fresh dates are available from September until May, with their peak season being November. Dried dates are readily available all year round.

Nutrition

Dates are high source of fibre and a source of potassium based on a 1/4 cup serving or 8 dates.



Dates add the perfect natural sweetness in this smoothie:

www.halfyourplate.ca/recipe/peach-date-smoothie/

