bard valley medjool dates

Bard Valley lies along a beautiful, sun-lit corner of the Southwest, its palm groves watered by the Lower Colorado River as it makes its way to the Gulf of California. It was here, among the date groves lovingly cultivated by our growers, that the Medjool date achieved its truest perfection.

Thanks to this unique micro-climate, Bard Valley Natural Delights are arguably the world's finest Medjool date available. Warmed by the ever present sun, nourished by the high water table and proximity to the Colorado River, there is no better place in the world to grow this timeless delicacy.

Dates are considered the oldest cultivated fruit in the world, dating (pun intended) back to 6000 B.C. Of the many varieties harvested, it was the Medjool they crowned the fruit of kings, the king of dates. For years, only royalty and honored guests indulged in its luxurious sweetness, unparalleled complexity of flavor, and creamy flesh. Commoners, meanwhile, settled for a more common variety of date: something dryer, harder, less sweet and convenient.

Benefits?

1. SUPER ANTIOXIDANT POLYPHENOLS

   High in polyphenols, which protect against the oxidation and inflammation that can lead to cancers.

2. GOOD SOURCE OF FIBER

   Just one, small, 1/4 cup serving offers 12% of the recommended daily value of fiber (three grams).

3. RICH IN POTASSIUM & OTHER MINERALS

4. LOW GLYCEMIC INDEX

   Dates rate low on the Glycemic Index (GI). A diet rich in low-GI carbs keeps your blood sugar stable, helping you maintain a healthy weight and sustained energy.

5. FAT & CHOLESTEROL-FREE

   Dates are naturally free of fats and cholesterol, making them a perfect choice for both snacking and healthy recipes.

6. REDUCES THE OXIDATION OF BAD CHOLESTEROL

   Lab tests have shown that consuming dates can reduce the oxidation of bad LDL cholesterol.

How to use?

Generally, I'll just pop them into my mouth and spit out the seed. I've also split them down the middle, remove the seed, slap them with some cream cheese or peanut butter and voila! A quick and easy snack. Chopped up, they're an excellent addition to your morning cereal, afternoon salad or yogurt for a healthy dessert. Chop 'em, stuff 'em, puree 'em or bake 'em the possibilities are endless.

Rosemary Asiago Medjool Date Bites

Ingredients:

- 3 Tbsp chopped rosemary
- 1/4 cup shredded Asiago cheese
- 1 Pillsbury® refrigerated classic pizza crust (13.8oz can)
- 16 Medjool dates, pitted and chopped
- 1 Tbsp Olive oil
- 1/2 tsp Salt

Instructions:

1. Preheat oven to 375 degrees.

2. Coat baking sheet with non-stick cooking spray and then set aside.

3. Combine and then sprinkle the chopped rosemary and cheese onto a large cutting board.

4. Unroll and spread out pizza dough on top of rosemary and cheese mixture, pressing gently into the mixture so it adheres to the dough.

5. Cut dough into 2-inch strips and then cut in half again to make 16, 2 x 6-inch pieces.

6. Place a pitted date at the top of each piece of dough and roll up.

7. Place seam side down on prepared pan and then gently brush each roll with olive oil. Sprinkle with salt, and bake until golden brown, about 12 to 15 minutes. Serve immediately.

Source: http://www.bristolfarms.com/blog/2012/10/bard-valley-medjool-dates/