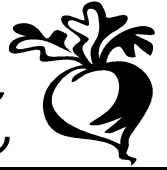


# ★MAGNOLIA★

## Fruit & Produce Company

3100 Produce Row, Suite 111 • Houston TX 77023

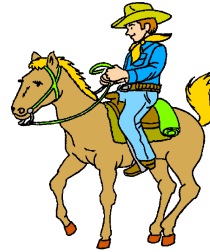
# THE Fresh Beet



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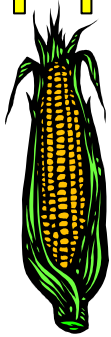
## Rodeo Up!

Stock up on all your rodeo produce today. February 27th kicks-off the Rodeo Cook-off! Remember to load up on potatoes, corn, onions, coleslaw, potato salad, pinto beans, rice, lemons and limes.



Call today and ask about our pre-cut items to help you quickly serve your customers. Remember that March 3rd starts the Rodeo with Tim McGraw.

## Fresh Corn



Corn is a good source of many nutrients. It has about 75 calories and only one gram of fat. It supplies carbohydrates, protein, potassium, and a great source of dietary fiber. Buy corn as fresh as possible. Do not buy corn that feels hot to the touch, since the exposure to heat may cause deterioration. Husks should be grassy green and tender. Corn should be cooked and eaten soon after picking for the best taste. As fresh corn ages, it loses its sweet taste and nutrients.

### Herbed Corn on the Cob

6 ears corn  
1/2 cup butter  
2 T. fresh parsley  
1/2 tsp. thyme  
1/4 tsp. pepper

**Preparation -**  
Clean and husk the corn. Mix the parsley, thyme and pepper with the melted butter. Lay each ear of corn on a piece of aluminum foil. Brush each ear with the butter mixture. Wrap carefully in the foil. Grill for about 15 minutes, turning frequently.



## Market Buzz

### HOLDING STEADY

All Apples  
Potatoes  
Grapefruit  
Limes  
Bananas  
Honeydew  
Pineapple  
Carrots  
Cauliflower  
Collards  
Mustards  
Leeks  
Kale  
Lettuce  
Parsley  
Spinach  
Yams  
White Onions  
Green Bells  
Red Onions

**HIGH**  
Harvester Beans

### ON THE WAY UP

Avocado  
Blueberries  
Asparagus  
Cucumbers  
Eggplant  
Romaine Lettuce  
Red Bell  
Gold Bell  
All Tomatoes  
Yellow Squash

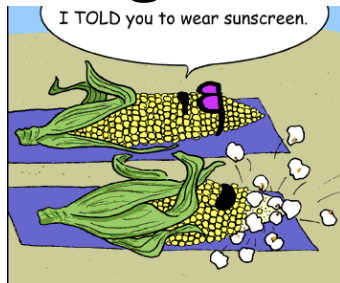
### ON THE MENU

Oranges  
Broccoli  
Cabbage  
Jumbo Carrots  
Celery  
Zucchini  
Yellow Onions  
Shallots

### ON THE WAY DOWN

Raspberries  
Blackberries  
Strawberries  
Cantaloupe  
Corn  
Green Onion

## Laugh Stop



GJ Caulkins  
www.mightywombat.com

## FOOD FOR THOUGHT

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

—William James

## Fun Facts



In 2001, there were more than 300 banana related accidents in Britain. Most involved slipping on the skins.

—www.greatfacts.com

**The Fresh Beet Editor:** Tiffanie Hatley

[www.alwaysgetfresh.com](http://www.alwaysgetfresh.com)

# Back of the House

## Boot, Scoot and Potatoes!



### Potatoes are...

- **FAT FREE**
- **CHOLESTEROL-FREE**
- **HIGH IN VITAMIN C**
- **HIGH IN POTASSIUM**
- **GOOD SOURCE OF VITAMIN B AND DIETARY FIBER**

### RODEO LINE-UP

Monday, March 3	Tim McGraw
Tuesday, March 4	Faith Hill
Wednesday, March 5	Kevin Fowler
Thursday, March 6	Alan Jackson
Friday, March 7	John Legend
Saturday, March 8	Martina McBride
Sunday, March 9	Hannah Montana
Monday, March 10	Sugarland
Tuesday, March 11	Rascal Flatts
Wednesday, March 12	John Fogerty
Thursday, March 13	Toby Keith
Friday, March 14	Clay Walker
Saturday, March 15	Brad Paisley
Sunday, March 16	Duelo/Los Horoscopes
Monday, March 17	De Durango
Tuesday, March 18	Miranda Lambert
Wednesday, March 19	Big & Rich
Thursday, March 20	Fergie
Friday, March 21	Dierks Bentley
Saturday, March 22	Pat Green
	Brooks & Dunn

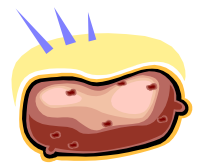
[www.hlsr.com](http://www.hlsr.com)

## Broccoli-Shrimp Stuffed Potatoes

### INGREDIENTS:

2 large Idaho Potatoes  
1 green onion, thinly sliced  
2 teaspoons low-sodium soy sauce  
2 teaspoons cornstarch  
drained  
2 teaspoons diced pimento (optional)

1 cup fresh broccoli florets  
3/4 cup chicken broth  
1 teaspoon rice wine vinegar  
1/3 cup fresh or frozen cooked shrimp, or 1 (6-ounce) can shrimp



### DIRECTIONS:

1. Scrub potatoes; pierce several times with a fork. Wrap each potato in a microwave-safe paper towel; arrange potatoes 1 inch apart. Microwave at HIGH 6 to 8 minutes, turning and rearranging once, let stand 2 minutes. With a fork, pierce the skin in the form of a cross. Press the ends of the potato toward the center, lifting and fluffing the mat of the potato.
2. Combine broccoli and onion in a 9-inch microwave-safe pie plate; cover with microwaveable plastic wrap and microwave at HIGH 3 to 4 minutes, or until tender. Drain.
3. Combine chicken broth, soy sauce, vinegar and cornstarch in a 4-cup glass measure, microwave, uncovered, at HIGH 2 to 3 minutes, or until slightly thickened.
4. Pour sauce over broccoli; stir in cooked shrimp and pimiento. Spoon mixture over potatoes.

Source: [http://www.idahopotato.com/recipe\\_search\\_detail.php?id=30](http://www.idahopotato.com/recipe_search_detail.php?id=30)



Call us at 713-926-4445

