

# ★MAGNOLIA★

## Fruit & Produce Company

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THE

# Fresh Beet



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## Fresh Facts

### Types of fruit

Fruit is the sweet, fleshy, edible portion of a plant. It generally contains seeds. Fruits are usually eaten raw, although some varieties can be cooked. They come in a wide variety of colors, shapes and flavors.

Common types of fruits that are readily available include:

**Pome:** apples and pears

**Citrus:** oranges, grapefruits, mandarins, and limes

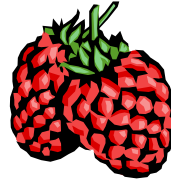
**Stone fruit:** nectarines, apricots, peaches, and plums

**Tropical and Exotic:** bananas and mangos

**Berries:** strawberries, raspberries, blueberries, kiwi fruit

**Melons:** watermelons, rock melons, and honeydew melons

**Tomatoes & Avocados**



### Types of vegetables

Vegetables are often cooked, although some kinds (salad vegetables) are eaten raw. Vegetables are available in many varieties and can be classified into biological groups or 'families' known as:

**Leafy green:** lettuce, spinach and silver beet

**Crucifer:** cabbage, cauliflower, Brussels sprouts and broccoli

**Cucurbits:** pumpkin, cucumber and zucchini

**Root:** potato, sweet potato and yam

**Edible plant stem:** celery and asparagus

**Alliums:** onion, garlic and shallot



## Market Buzz

### HOLDING STEADY

Apples  
Grapefruit  
Lemons  
Oranges  
Avocado  
Kiwi  
Cantaloupe  
Honeydew  
Watermelon  
Pineapple  
Harvester Beans  
Broccoli  
Carrots  
Parsley  
Spinach  
Yams  
Bell Peppers  
2 Lyr. Tomatoes  
Grape Cherry Toms  
Potatoes

### ON THE MENU

Driscoll Strawberries  
Stem Strawberries  
Cali. Strawberries  
Green Cabbage  
Greenleaf Lettuce  
Red Leaf Lettuce  
Romaine Lettuce  
Squash  
Green Fryer Toms  
Onions

### ON THE WAY UP

Grapes  
Cell Lettuce  
Iceberg Lettuce  
Cherry Tomatoes

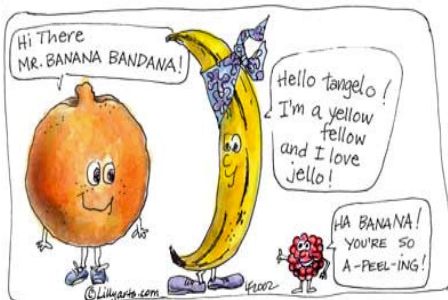
### HIGH

Blue Berries  
Raspberries  
Roma Tomatoes

### ON THE WAY DOWN

Limes  
Bananas

## Laugh Stop



## FOOD FOR THOUGHT

Never bend your head. Always hold it high. Look at the world straight in the eye.

~Helen Keller



## Fun Facts

Did you know that the word "ascorbic," as in ascorbic acid (the name for Vitamin C,) means "no scurvy?"

The Fresh Beet Editor: Brittany Verdine

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

# Back of the House

## Nutrient Information

Fruits and vegetables are sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other foods. Eating a balanced diet and making other lifestyle changes are keys to maintaining your body's good health.

### Fiber

Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease.

**Excellent vegetable sources:**

Nay beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils

### Folates

Healthful diets with adequate foliate may reduce a woman's risk of having a child with a brain or spinal cord defect.

**Excellent vegetable sources:**

Black eyed peas, cooked spinach, great northern beans, asparagus

### Potassium

Diets rich in potassium may help to maintain a healthy blood pressure.

**Good fruit and vegetable sources:**

Sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice

### Vitamin A

Vitamin A keeps eyes and skin healthy and helps protect against infections.

**Excellent fruit and vegetable sources:**

Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers

### Vitamin C

Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.

**Excellent fruit and vegetable sources:**

Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangos, tomato juice, cauliflower

**Good Sources:** these foods contain 10—19 % if the Daily Value per reference amount.

**Excellent Sources:** these foods contain 20% or more of the Daily Value per reference amount.



**Call us at 713-926-4445**

