

★MAGNOLIA★

Fruit & Produce Company

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THE Fresh Beet



April 15, 2008 p: 713.926.4445 f: 713.926.4353 Volume 08 No. 53

Let's Play Ball!

Be sure to keep plenty of healthy fruits and vegetables on hand to feed hungry sports fans! Green Salads, Fruit Salads, and out-of-hand snacks like Apples, Oranges and



Carrots are great additions to Catering and To-Go Menus!

Please Keep In Mind...

As crops transition into the Huron, Salinas, and Oxnard growing areas, we may experience supply and pricing issues with Broccoli, Cauli-



flower, and Lettuce Items. This trend traditionally lasts until late May.

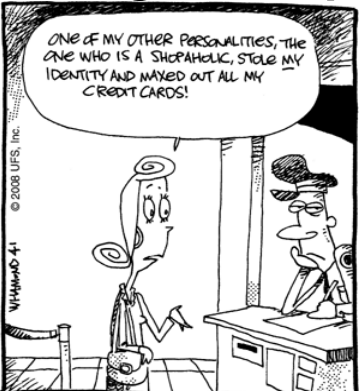
Fresh Juice



Great for your tastiest cocktails!

- ORANGE
- LEMON
- LIME
- GRAPEFRUIT

Laugh Stop



Fun Facts

In 1970, consumption of broccoli was only a half a pound per person. Today, the average person in the United States eats four and one half pounds a year.



Market Buzz

HOLDING STEADY

- Apples
- Grapefruit
- Lemons
- Avocados
- Bananas
- Blackberries
- Kiwi Fruit
- Mangoes
- Honeydew
- Pears
- Pineapple
- Plums
- Mushrooms
- Asparagus
- Broccoli
- Corn
- Eggplant
- Leeks
- Boston Lettuce
- Parsley
- Spinach
- Yams
- Mesclun Mix
- Zucchini
- Onions
- Red Potatoes

ON THE MENU

- Oranges
- Strawberries
- Green Cabbage
- Jumbo Carrots
- Collard Greens
- Mustard Greens
- Greenleaf Lettuce
- Red Bell Pepper
- Gold Bell Pepper

ON THE WAY UP

- Blueberries
- Red Grapes
- Green Grapes
- Cauliflower
- Iceberg Lettuce
- Red Leaf Lettuce
- Romaine Lettuce
- Yellow Squash
- Tomatoes
- Potatoes

ON THE WAY DOWN

- Limes
- Roma Tomatoes

HIGH

- Raspberries

FOOD FOR THOUGHT

The thing always happens that you really believe in; and the belief in a thing makes it happen.

—Frank Lloyd Wright

The Fresh Beet Editor: Liz Moser

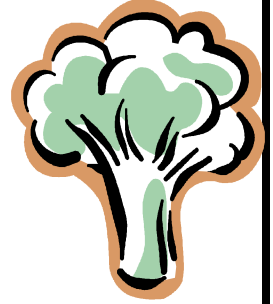
www.alwaysgetfresh.com

Back of the House

Nothing Beats



Broccoli!



One reason for the jump in Broccoli consumption is its growing reputation as a nutritional powerhouse. It is not only rich in vitamins, minerals and fiber, but is loaded with antioxidants and protective phytochemicals as well. No less an authority than the National Cancer Institute says Broccoli can prevent some types of cancer. It also contains generous amounts of folic acid, which may prevent some birth defects and be beneficial in warding off heart disease, strokes and some cancers. Broccoli also contains some of the highest levels of vitamins A and C of any food. (Source www.Oceanmist.com)

Roasted Broccoli with Cherry Tomatoes

2 bunches broccoli, cut into 2 1/2-inch long florets
1 medium shallot, roughly chopped
1 pint cherry tomatoes, whole
3 cloves garlic, roughly chopped
1/2 teaspoon red pepper flakes
4 tablespoons olive oil
Salt and freshly ground black pepper
1/3 cup grated Parmesan

Preheat oven to 450 degrees F. Add broccoli to a large bowl. Add the shallots, cherry tomatoes, garlic and red pepper flakes with 4 tablespoons oil in large bowl. Sprinkle with salt and pepper. Toss to coat and spread onto large baking sheet. Roast until the stems are tender-crisp and lightly golden brown, about 18 minutes. Grate the Parmesan over the broccoli while it's hot.

Parmesan Broccoli and Cauliflower Salad

2 1/2 cups bite-sized broccoli florets
2 1/2 cups bite-sized cauliflower florets
2 eggs, lightly beaten
1 cup grated Parmesan
1/2 to 1 cup olive oil
1/2 teaspoon kosher salt
4 cups lightly packed fresh spinach leaves
1/2 lemon, zested
1 lemon, juiced
1/4 cup extra-virgin olive oil
1/2 teaspoon freshly ground black pepper

Place the broccoli and cauliflower in a large bowl. Toss with the beaten eggs to coat evenly. Place the Parmesan in a large tray or baking dish and dredge the vegetables in the cheese, pressing to coat evenly. Pour olive oil in a large heavy skillet until the olive oil is 1/4-inch deep, about 1/2 cup depending on the size of your skillet. Warm the olive oil over medium-high heat. When the oil is hot, carefully add the Parmesan-coated vegetables. Do not overcrowd the pan. Cook in batches, if necessary. Let the vegetables cook until a crust forms, about 3 minutes per side. Turn the vegetables only when they easily release from the bottom of the pan. Drain on paper towels and season with salt. Place the spinach in a large bowl. In a small bowl, whisk together the lemon zest, lemon juice, extra-virgin olive oil, salt, and pepper. Drizzle the spinach with the vinaigrette and toss to coat. Add the Parmesan coated vegetables. Toss and serve.

Source: www.foodnetwork.com



Call us at 713-926-4445

