

# ★MAGNOLIA★

## Fruit & Produce Company

3100 Produce Row, Suite 111 • Houston TX 77023

# THE Fresh Beet



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# Happy Mother's Day

It's that time of year again... May 11, 2008; the busiest restaurant day of the year! Be sure to stock up on all of your favorite order items. For specialty items, let us know early when you will need them so we can ensure you get the freshest product available!



## Menu Must's

If you want to impress this year, have these items on your menu:

Fresh Berries \* Stuffed Portabellas \* Asparagus \* Green Line Beans \* Baby Greens \* Edible Flowers \* Squash & Zucchini \* Fresh Tomatoes \* Fresh Herbs

## Process ?

Want to find out if 'processed product' is for you? Come on over to Magnolia—we have a process plant on site! Get educated on it's many benefits!

## Laugh Stop

### Curfew in Baghdad

A 10pm curfew was imposed in Baghdad. Everybody had to be off the streets or risk being shot. However one citizen was shot at 9.45pm. "Why did you do that?" the soldier was asked by his superior officer. "I know where he lives," he replied, "and he wouldn't have made it."

Brought to you by [JokesGallery.com](http://JokesGallery.com)

*Magnolia Wishes All our Mothers A Happy Mothers Day*

## Fun Facts

Rosa Parks was the mother of bus boycott in Montgomery, Alabama that launched the Civil Rights Movement.

## Market Buzz

### HOLDING STEADY

Grapefruit  
Oranges  
Avocado  
Bananas  
Berries  
Melons  
Green Beans  
Beets  
Corn  
Eggplant  
Greens  
Kale  
Leeks  
Okra  
Spinach  
Yams  
Bell Pepper Green  
Bell Pepper Gold  
Jalapeno  
Squash  
Zucchini  
Tomatoes

### ON THE WAY DOWN

Apples

### ON THE MENU

Limes  
Broccoli Crowns  
Carrots  
Cauliflower  
Cucumbers  
Lettuce Greenleaf  
Lettuce Red Leaf  
Lettuce Romaine  
Onions  
Potatoes

### ON THE WAY UP

Lemons  
Grapes  
Cabbage  
Lettuce Cello  
Lettuce Iceberg  
Parsley

### HIGH

Celery  
Bell Pepper Red

## FOOD FOR THOUGHT

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."

The Fresh Beet Editor: Brittany Verdine

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

# Back of the House

## SPECIAL EATS

### Roasted Asparagus Bundles

- 1 pound fresh asparagus spears, tough ends trimmed and discarded
- 4 scallions, root end trimmed
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

*Preheat oven to 400 degrees F. Place asparagus and scallions on a baking sheet. Drizzle with oil and sprinkle with salt and pepper. Roast 25 to 30 minutes, until tender. Wrap individual portions of asparagus with scallion to tie into bundles.*

### Fresh Fruit & Mint Salad

- 1 papaya or mango
- 1 cup strawberries
- 2 kiwis
- 1 banana
- 2 navel oranges
- 3 tablespoons honey
- 1 tablespoon Grand Marnier, optional
- 3 to 5 sprigs fresh mint
- 1 cup fresh raspberries or blueberries

*Peel and dice the mango or papaya, and put in a medium bowl. Trim the strawberries' stems and half or quarter, if large. Add to the bowl of fruit. Peel and dice the kiwi, add to bowl. Peel and slice the bananas, add to bowl. Cut the top and bottom off the oranges just deep enough to expose the inner fruit. Following the curve of the fruit cut the skin and pith off the orange in panels. Holding the orange over the bowl cut between the membranes to free the citrus segments. Let them fall into the bowl as they are cut free. By hand, squeeze all the juice from the remaining membrane over the fruit, then discard. Repeat with the other orange. Lightly stir the honey and Grand Marnier, if using, into the fruit. Strip the mint leaves off the stem, tear, or chop into smaller pieces, and stir into the fruit salad. Add the berries and set aside for 10 minutes or up to 2 hours. Serve.*

### The Ultimate Roasted Chicken

- 1 (5 1/2 pound) free-range chicken
- 1/2 bunch each fresh oregano, thyme, and parsley
- 1/4 pound unsalted butter, softened
- Kosher salt and freshly ground black pepper
- 1 orange, halved
- 1/2 head garlic
- 1 medium white onion, halved, plus 1 onions
- 6 strips smoked bacon
- 2 tablespoons all-purpose flour
- 1 1/2 cups fresh chicken broth
- 1/4 cup dry sherry

*Preheat oven to 425 degrees F. Rinse the chicken with cool water, inside and out. Pat it dry with paper towels. Divide the herbs, keeping 1/2 of them whole. Finely chop the other half. In a small bowl, mash the softened butter with the chopped herbs, until combined. Rub the herbed butter under the skin, as well as all over the outside of the chicken. Season the bird all over with salt and pepper. Stuff the cavity with the orange, garlic, 1 onion, and the remaining herbs. Tie the legs together with kitchen twine to help hold its shape. Place the chicken, breast-side up, in a roasting pan. Put the remaining onion into the pan, which will help color and flavor the sauce. Lay the strips of bacon across the breast of the chicken and roast for 25 minutes. Remove the bacon and baste the chicken with the drippings and cook for another 25 minutes to brown the skin. The chicken is done when an instant-read thermometer reads 165 degrees F when inserted into the thickest part of the thigh (the legs of the chicken should wiggle easily from the sockets too.) Remove the chicken to a platter and let stand for 10 minutes, so the juices settle back into the meat before carving. Meanwhile, remove the softened onion from the roasting pan. Tilt the pan so the drippings collect in 1 corner, skimming off as much fat as possible, and leaving the drippings. Place the roasting pan on top of the stove over medium heat and take a wooden spoon to scrape up the flavor from the bottom of the pan. Stir the flour into the drippings to make a roux-like paste. Pour in the chicken broth in stages; continue to stir to dissolve the flour evenly to prevent lumps. Stir in the sherry and season with salt and pepper. To serve, carve the chicken tableside and squeeze the oranges from the cavity over the meat.*

Source: [foodnetwork.com](http://foodnetwork.com)



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

