

★MAGNOLIA★

Fruit & Produce Company

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THE

Fresh Beet



May 20, 2008

p: 713.926.4445 f: 713.926.4353 Volume 08 No. 21

Happy Memorial Day

Memorial Day is a celebration of remembrance for the brave service men and women who gave their lives for our country. Originally, Memorial Day honored those who had died in the Civil War. Now, it honors all of those who died in the line of duty. Show your patriotism on Monday, May 26th with a special holiday menu.



Market Buzz

HOLDING STEADY

Apples
Grapefruit
Lemons
Avocados
Red Grapes
Cantaloupe
Watermelon
Pineapple
Mushrooms
Cabbage
Collard Greens
Mustard Greens
Parsley
Spinach
Yams
Spring Mix
Tomatoes
White Onions

ON THE WAY DOWN

Raspberries
Asparagus
Green Beans
Eggplant

HIGH

Celery
Bananas

ON THE MENU

Limes
Honeydew
Broccoli
Carrots
Cauliflower
Iceberg Lettuce
Romaine Lettuce
Greenleaf
Yellow Squash
Zucchini Squash
Yellow Onions

ON THE WAY UP

Blackberries
Blueberries
Strawberries
Green Grapes
Dried Pinto's
Rice
Green Bell
Red Bell
Gold Bell
Jalapeno's
Poblano's
Serrano's
Cherry Tomato
Grape Tomato

Market Update

Bananas...Supplies have been tight, causing a market shortage in available color. Pepper's...New Crop Pepper out of Cochella is available, but supplies are scarce. Expect temporary price increase on Green, Red and Yellow Bell Peppers over the next week.

TEXAS BLUES

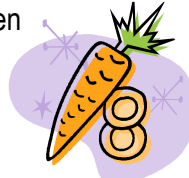
COMING SOON!

Dig out your favorite blueberry recipes! The very best Texas has to offer will be available at Magnolia!



Fun Facts

Not all carrots are orange? The first carrots originated some 5,000 years ago and were white, purple, red, yellow, green and black. The orange carrots we find in the supermarket come from a variety bred in the 1700's by the Dutch.



Laugh Stop



FOOD FOR THOUGHT

It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.

— Charles Darwin

The Fresh Beet Editor: Liz Moser

www.alwaysgetfresh.com

Back of the House

Colorful Carrots

There are two non-mysterious things that everyone knows about carrots. They are orange and they help prevent night blindness because they are chockful of vitamin C. Both of these facts are technically incorrect. Carrots were formerly every color but orange: red, black, yellow, white and especially purple. First cultivated in Afghanistan in the 7th century, carrots originally had purple exteriors and yellow flesh. In the Middle Ages, the Dutch developed the bright orange carrot we now know as the bearer of carotene. Once in contact with the human intestine it is converted to vitamin A.

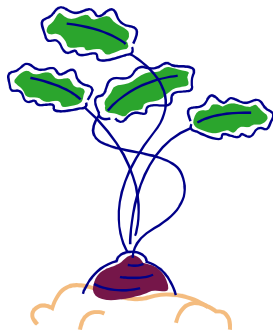
Because of this vegetable's inherent sweetness, it has been used for desserts and candies long before the ubiquitous carrot cake. The Irish and English make a carrot pudding, the French make a cream with candied slivers of carrots in it, "tzimmes" a sweet carrot stew, is traditional for the Jewish New Year and early New Englanders gave carrot cookies as Christmas gifts. Two billion pounds of carrots are grown annually in this country alone, mainly in Texas, Wisconsin, and Minnesota. Quite a few also emanate from Holtville, California which dubs itself "The Carrot Capital of the World."

—Source: www.sallys-place.com



Citrus-Ginger Roasted Beets and Carrots

- 4 beets, peeled and sliced
- 3 large carrots, peeled and quartered
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1/3 cup fresh pink grapefruit juice
- 1/4 cup fresh lemon juice
- 2 tablespoons red wine vinegar
- 1 tablespoon honey
- 1 teaspoon ground ginger
- 1/2 teaspoon soy sauce
- 1 tablespoon olive oil



Preheat oven to 400 degrees F (200 degrees C).

Set aside 1/2 cup each of the beets and carrots for the dressing. Place the remaining beets and carrots in a 9x13 inch baking dish, drizzle with 1 tablespoon of olive oil, sprinkle with the sea salt, and toss to coat. cover the dish with aluminum foil.

Bake the vegetables in the preheated oven for 15 minutes.

Meanwhile, place the reserved beets and carrots into a blender. Add the grapefruit juice, lemon juice, vinegar, honey, ginger, soy sauce, and remaining 1 tablespoon olive oil. Blend until smooth. After the vegetables have roasted for 15 minutes, stir in the citrus sauce, then recover, and continue cooking until the vegetables are tender, about 45 minutes more.

Carrots Au Gratin

- 4 1/2 cups sliced carrots
- 2/3 cup crushed buttery round crackers
- 3 tablespoons margarine, melted
- 1/2 cup chopped onion
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups milk
- 2/3 cup shredded processed cheese



Preheat oven to 350 degrees F (175 degrees C).

Place carrots in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 6-10 minutes. Drain. Meanwhile, in a small bowl combine crushed crackers with 1 tablespoon melted margarine. Mix well and set aside.

In a medium skillet over low heat, heat the remaining 2 tablespoons of margarine and saute onions until tender. Stir in flour, salt and pepper. Cook for a few minutes, stirring to prevent browning. Gradually pour in milk, stirring constantly. Increase heat to medium and cook until bubbly and thickened. Add cheese and stir until smooth. Fold in carrots. Pour mixture into a 9x12 inch baking dish and sprinkle with the crumb mixture.

Bake in preheated oven for 20 minutes, or until bubbly and golden brown.



Call us at 713-926-4445

