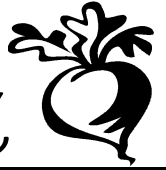


★MAGNOLIA★

Fruit & Produce Company

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THE Fresh Beet



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Online Ordering

Need an easier way to place your order? Try Online Ordering. We can set an account up for you today. It's a convenient and quick way to place your order at your own computer.



watermelon



Watermelon Smoothie

- 2 cups seeded watermelon chunks
 - 1 cup cracked ice
 - 1/2 cup plain yogurt
 - 1-2 tablespoons of sugar
 - 1/2 teaspoon ground ginger
 - 1/8 teaspoon almond extract
- **Combine all ingredients in a container. Blend until smooth.

www.recipezaar.com/71775

Watermelon is great on a hot summer day in Texas, and provides some of the most important antioxidants in nature. It is an excellent source of vitamin C and a very good source of vitamin A.

Market Update:



Please note that prices on celery will be high for the next couple weeks. We are in between crops right now; therefore, prices have been affected. Potatoes will also be high in price throughout the summer. The quality will be fair and prices will be high due to the short supply.

Laugh Stop



Fun Facts



In 1990, Bill Carson of Arrington, TN grew the largest watermelon at 262 pounds that is still on the record books **1998 ed. Guinness Book of World Records**

www.watermelon.org/watermelon_funfacts.asp

Market Buzz

HOLDING STEADY

Apples
Avocado
Lemons
Oranges
Berries
Strawberries
Pineapple
Corn
Carrots
Mushrooms
Yams
Jicama
Lettuce
Parsley
Mesclun Mix
Pinto Beans
Rice
Herbs
Carrots
Lettuce
Yams
Cucumbers
Tomatoes
Onions
Red Bell Pepper
Gold Bell Pepper

ON THE MENU

Limes
Watermelon
Broccoli
Cauliflower
Honeydew

ON THE WAY UP

Red Cabbage
Collard Greens
Mustard Greens
Green Onions
Squash
Zucchini
Potatoes
Eggs

HIGH

Celery
Potatoes

ON THE WAY DOWN

Bell Chopper
Eggplant
Jalapeno

FOOD FOR THOUGHT

"The key to happiness is having dreams. The key to success is making your dreams come true."

- Anonymous

The Fresh Beet Editor: Tiffanie Hatley

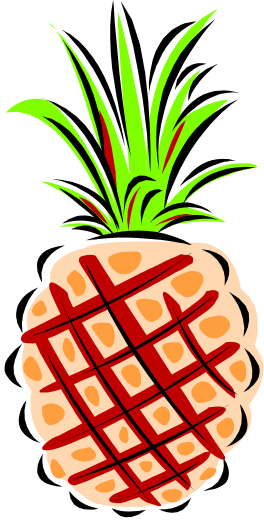
www.alwaysgetfresh.com

Back of the House

Plentiful Pineapples

BACKGROUND INFORMATION ON PINEAPPLE

Pineapples are one of the world's favorite tropical fruits. First, pineapples were called "anana," which was a Caribbean word for "excellent fruit." The name "pineapple" came from European explorers who thought the fruit looked like a pinecone and had flesh like an apple.



HOW DO PINEAPPLES GROW?

Most fruits develop in 3 to 4 months, but pineapples take about 18 months to grow! Pineapples are grown from the crowns or tops of other pineapples. Each crown is planted by hand. When the plants are one year old the flowering process begins. The flower bud is small and pink, and looks like a pinecone. As the bud grows it will become the fruit we know as a pineapple.

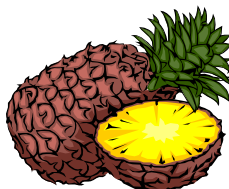
Pineapples are harvested when they are ripe. Every pineapple that is harvested is ready to eat. To ensure they are picked at their peak of maturity for ripeness and flavor, the sugar content of pineapple is tested in the field.

Source: http://www.dole5aday.com/FoodService/pdfs/FACTSHEET_Pineapples.pdf

Frozen Hawaiian Pie

INGREDIENTS:

- 1 can (14 oz.) sweetened condensed milk
- 1 container (12-oz) frozen whipped topping
- 1 cup cut (1/2") pineapples
- 2 tablespoons fresh lemon juice
- 1/2 cup mashed ripe banana
- 1 large orange (peeled and sectioned)
- 1/2 cup sweetened flaked coconut
- 1/2 cup chopped walnuts, toasted
- 1/2 cup cherries
- 2 (9 in.) ready-made graham cracker crusts



DIRECTIONS:

1. Stir together condensed milk and whipped topping. Fold in next seven ingredients. Pour evenly into graham cracker crust.
2. Cover and freeze 12 hours or until firm. Remove from freezer and let stand for 10 minutes before serving. Garnish if desired.

Garnish: chopped pineapples, maraschino cherries, chopped walnuts, whipped topping, fresh mint.

Source: Southern Living (June 2005)



Call us at 713-926-4445

