

★MAGNOLIA★

Fruit & Produce Company

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THE Fresh Beet



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Happy Father's Day!



The history of Father's Day dates back to 1909, when Sonora Smart Dodd sat in church listening to the Mother's Day sermon. The lecture inspired her to have a day dedicated to her father, William Jackson Smart, who single-handedly brought up her and her siblings after their mother died. She held the first Father's Day celebration on June 19, 1910 on her father's birthday. The idea soon caught on, and President Calvin Coolidge supported the idea of a national Father's Day, in 1924, on the petition that Dodd sent to him.

honeydew

Honeydew melons, with green flesh, are fat and cholesterol free. They are also low in sodium and high in Vitamin C. Honeydew is a great source of foliate, and has become very popular among women of childbearing age. Eat honeydews for weight loss and maintaining optimum health. Honeydew is one of the few melons that continue to ripen once it's picked. Store honeydew in cool places, not chilled. Honeydew is also known as Temptation Melons.



Market Update: Please note that potatoes are still high in price and will continue to be high throughout the summer.



Don't forget about online ordering. Call today and get set-up!



Market Buzz

HOLDING STEADY

Grapefruit
Citrus
All Avocados
Raspberries
Driscoll 8/1#
All Mushrooms
Lemon Juice
Lime Juice
Mesclun Mix
Pinto Beans
Rice
Spinach
Yams
Parsley
Okra
Lettuce
Kale
Cucumbers
Asparagus
Onions
Peppers
Squash
Tomatoes

ON THE WAY DOWN

Celery
Bananas
Blueberries
Blackberries

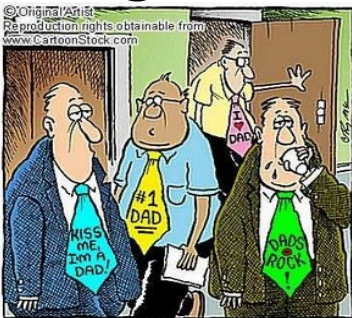
ON THE WAY UP

Apples
Collard Greens
Mustard Greens
Eggplant
Corn
Cauliflower
Carrots
Red Cabbage
Harvesters
Green Onions
All Potatoes
Eggs
Radish
Iceberg Lettuce

ON THE MENU

Idaho #2
Pineapple
Watermelon
Cantaloupe
Honeydew
Grapes Red
Strawberries
Broccoli
Green Cabbage
Greenline

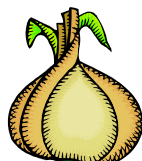
Laugh Stop Fun Facts



The day after Father's Day.

Weird Laws:

It's a violation of the local law for any citizen to carry one or more raw onions in his pocket in Lexington, Kentucky. It's also against the law in Okanogan, Washington, to eat onions in public with a spoon.



FOOD FOR THOUGHT

Determination gives you the resolve to keep going in spite of the roadblocks that lay before you.

- Denis Waitley

The Fresh Beet Editor: Tiffanie Hatley

www.alwaysgetfresh.com

Back of the House

Boppin' Beets

Try this!

Dandruff: Mix a little vinegar to a small cup of beets juice. Massage it into the scalp with your fingertips and leave on for about an hour, then rinse. Do this daily till dandruff clears up. Warning: you will smell awful during this hour!

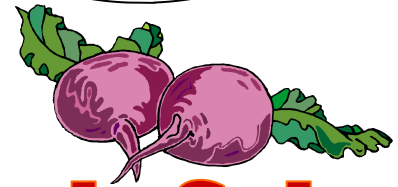
Blood pressure: All its healing and medicinal values effectively normalizes blood pressure, lowering high blood pressure or elevating low blood pressure.

Cancer: Betaine in beet root has significant anti-cancer properties. Studies show that beets juice inhibits formation of cancer-causing compounds and is protective against colon or stomach cancer.



nutrition:

1. Beets are loaded with Vitamin A, B and C. The greens have a higher content of iron compared to spinach.
2. The iron content in beets are the highest and finest quality that makes the excellent food that is blood building.
3. They are an excellent source of calcium, magnesium, sodium, phosphorus and iron.



Roasted Beet and Crab Salad

1/2 pound fresh beets

1/4 cup rice wine vinegar

1 pound crab meat, picked over for cartilage

2 tablespoons sour cream

1 tablespoon prepared horseradish or to taste

1 tablespoon finely chopped parsley

1/2 cup extra virgin olive oil

Salt and pepper

1/4 cup homemade or store bought mayonnaise

2 tablespoons minced shallots

1/2 cup of one day pickled red onions



Cut the tops and bottoms off the beets. Place the beets in a small roasting pan and fill the pan with water coming 1/3 of the way up the pan. Cover the pan with aluminum foil. Place the pan in the oven and roast for about 30 to 35 minutes or until the beets are tender. Cool slightly, about 20 minutes, and rub off the skin. Using a mandoline, thinly slice the beets. Reserve 1/4 cup of the beet liquid. In a mixing bowl, whisk the olive oil and rice wine vinegar together. Season with salt and pepper. Toss the beets with vinaigrette, cover and chill for 6 hours. In a mixing bowl, toss the crab meat, mayonnaise, sour cream, shallots and horseradish together. Season the salad with salt and pepper. To assemble, divide the beet slices into fourths. Cover the center of each plate with the beet slices. Mound the crab salad over the beet slices on each plate. Place a fourth of pickles on top of each mound of crab salad. Drizzle the reserved beet water around the edge of each plate. Garnish with parsley.

Source: http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD_9936_4781,00.html



Call us at 713-926-4445

