

★MAGNOLIA★

Fruit & Produce Company

3100 Produce Row, Suite 111 • Houston TX 77023

THE Fresh Beet



June 24, 2008

p: 713.926.4445 f: 713.926.4353 Volume 08 No. 26

MARKET TRENDS



Because of the short supply of **potatoes**, the price will remain high for the next couple months.

MANGOES



Mangoes contain more than a day's requirement of Vitamin C and have a half a day requirement of Vitamin E. Because of its potassium, iron and nicotinic acid, mangoes are great for the skin and protection against cancer. Mangoes are also high in antioxidants which keep you looking young. Mangoes make a great diet because it is low in calories.

Summer Delights

Mangoes

Berries

Lemons

Limes

Oranges

Grapefruit

Pineapple

Watermelon

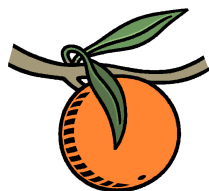
Honeydew

Cantaloupe

Strawberries



Fun Facts



When a source of Vitamin C (orange, lemon, grapefruit, strawberry, tomato, potato, etc.) is eaten with meat or cooked dry beans, the body makes better use of the iron in the protein food.

Market Buzz

HOLDING STEADY

Apples
Grapefruit
Lemons
Oranges
Avocado
Avocado Chunk
Avocado Pulp
Bananas
Strawberries
Pineapples
Juices
Parsley
Spinach
Kale
Mesclun Mix
Beans
Jalapeno
Squash
Onions
Broccoli
Red Cabbage
Green Cabbage
Mustard Greens
Collard Greens
Iceberg
Bell Choppers

ON THE WAY UP

Eggs
Cucumbers
Rice
All Potatoes
Cello Iceberg
Harversters
Carrots
Tomatoes

ON THE MENU

Limes
Cantaloupe
Honeydew
Strawberries
Mushrooms
Greenleaf
Red Leaf
Romaine
Yellow Squash
Asparagus
Grapes
Berries

ON THE WAY DOWN

Celery
Red/Gold Bell
Cauliflower
Eggplant

Online Ordering

Check out the history of Magnolia at www.alwaysgetfresh.com. While you are browsing, ask to get set up for online ordering. This quick and convenient way to order will help you save time. Call today to get set up.

Laugh Stop

off the mark.com by Mark Parisi



© Mark Parisi, Permission required for use.

FOOD FOR THOUGHT

"Death comes to all. But great achievements build a monument which shall endure until the sun grows cold."

George Fabricius

The Fresh Beet Editor: Tiffanie Hatley

www.alwaysgetfresh.com

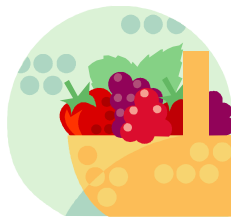
Back of the House

BERRIES



Berries are Berry Good...

- Good source of Vitamin C
- Great source of antioxidants to keep us young
- Low in calories
- High in fiber
- Helps decrease the risk of cancer and heart disease
- Helps decrease the risk of eye diseases
- Studies show berries help improve motor skills
- Great brain food



Berry Margaritas

- 1/2-pint baskets blackberries
- 1 1/2-pint basket raspberries
- 1/2 cup fresh lime juice
- 2/3 cup sugar
- 1 1/2 cups gold tequila
- 2/3 cup Grand Marnier
- 2 1-pint baskets strawberries, sliced, frozen 1 hour
- 5 cups ice



Puree blackberries, raspberries, and lime juice in blender until smooth. Strain through fine mesh strainer into large measuring cup. Add sugar; stir until dissolved. Refrigerate berry puree at least 1 hour and up to 1 day. Mix tequila and Grand Marnier into berry puree. Transfer half of mixture to blender; add half of frozen strawberries and 2 1/2 cups ice. Blend until smooth. Transfer to pitcher. Repeat with remaining berry puree, frozen strawberries, and ice. Pour into sugar-rimmed Margarita glasses and serve.

<http://www.epicurious.com/recipes/drink/views/TRIPLE-BERRY-MARGARITAS-201223>

BLUEBERRIES

Blueberries are one of the only berries indigenous to North America. The elders believed that the calyx, the perfect star shape on the end of the berry, was sent from the Great Spirit to relieve the children's hunger during a famine. Parts of the blueberry plant were also used as medicine to treat coughs and the dye was used for baskets and cloth. Dried berries were used for stews soups and meats.



RASPBERRIES



Raspberries are indigenous to Asia Minor and North America. These berries were gathered from the wild by the people of Troy and the foothills of Mt. Ida around the time of Christ. The British popularized and improved the raspberries through the Middle Ages and exported the plants to New York around 1771.

BLACKBERRIES

Blackberries are native to Asia, Europe and North and South America. Blackberries are grown in many different regions. Blackberries are used for over 2000 years in Europe for eating, medicinal purposes and as hedges to keep out Marauders (looters).



Call us at 713-926-4445

