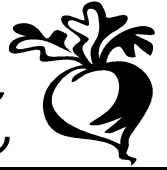


# ★MAGNOLIA★

## Fruit & Produce Company

3100 Produce Row, Suite 111 • Houston TX 77023

# THE Fresh Beet



July 1, 2008

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## Happy Independence Day



Please note that we will be closed Friday, July 4. We will reopen for regular deliveries on Saturday, July 5. All orders for Saturday July 5 should be placed on Thursday July 3 before 5 p.m.



Have a safe and happy holiday!

## What am I?

- I am indigenous to the United States and I was eaten during the first Thanksgiving. I have antioxidants that keep you looking young and I use to be used for medicinal purposes. Magnolia gets me from East Texas and I am best in season from mid-March until the end of July. What am I?
- I am sweet and juicy and have a great source of vitamin C. I can reduce the risk of colon cancer, heart disease and reduce the airway spasm that occurs in asthma. I also have a very concentrated source of carotenoid and lycopene. I originated in Africa, and I was first cultivated in Egypt. I am especially popular around July 4th, and I can be yellow, pink or red. What am I?
- I originated in India between the Bay of Bengal and the Himalayas. I have been cultivated for over 3,000 years, maybe being one of the oldest crops. I was even mentioned in the Bible. I am related to gourds, watermelon, squash and pumpkins. I am great on salads or just cut up and eaten fresh. What am I?

Blackberries  
Blueberries  
Watermelon  
Cantaloupe  
Honeydew  
Strawberries  
Raspberries



Ask to get signed up for easy-to-use Online Ordering!

## Laugh Stop



## Answers

1. Blueberries
2. Watermelon
3. Cucumber

## FOOD FOR THOUGHT

"HEALTH, HAPPINESS AND SUCCESS DEPEND UPON THE FIGHTING SPIRIT OF EACH PERSON. THE BIG THING IS NOT WHAT HAPPENS TO US IN LIFE - BUT WHAT WE DO ABOUT WHAT HAPPENS TO US."

GEORGE ALLEN

## Market Buzz

### HOLDING STEADY

Grapefruit  
Lemons  
Oranges  
Avocado Chunk  
Avocado Pulp  
Berries  
Stem Berries  
Grapes  
Mangoes  
Watermelon  
Pineapples  
Mushrooms  
Greenline Beans  
Cello Carrots  
Greens  
Jicama  
Kale  
Boston Lettuce  
Parsley  
Okra  
Radishes  
Spinach  
Yams  
Eggs  
Bok Choy  
Pinto Beans  
Rice  
Onions  
Potatoes

### ON THE WAY UP

Apples  
Avocado  
Cantaloupe  
Honeydew  
Red Leaf Lettuce  
Romaine Lettuce  
Jumbo Carrots  
Baby Carrots  
Red Potatoes  
Greenleaf Lettuce  
Green Cabbage  
Asparagus  
Harvester Beans

### ON THE MENU

Limes  
Strawberries  
Eggplant  
Broccoli  
Zucchini  
Yellow Squash

### ON THE WAY DOWN

Bananas  
Cauliflower  
Tomatoes

### HIGH

Cucumbers  
Red Cabbage

## Fun Facts

Six states — California, Florida, Texas, Georgia, Arizona and Indiana — combined to produce about 80 percent of watermelons last year.



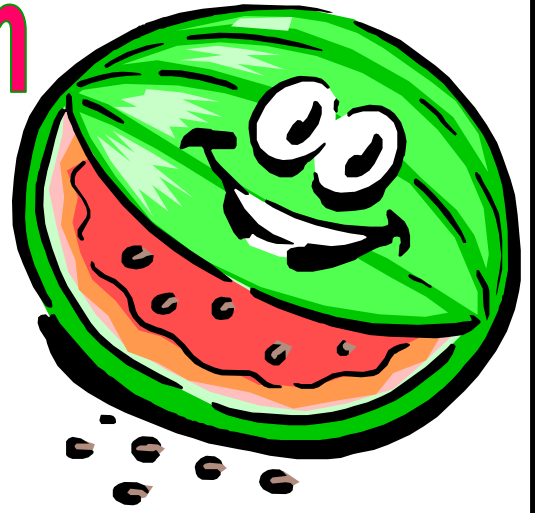
The Fresh Beet Editor: Tiffanie Hatley

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

# Back of the House

## Wonderful Watermelon

- First recorded watermelon harvest occurred nearly 5,000 years ago in Egypt.
- By weight, watermelon is the most-consumed melon in the United States, followed by cantaloupe and honeydew.
- Early explorers used watermelons as canteens.
- The first cookbook published in the United States in 1796 contained a recipe for watermelon rind pickles.
- There is no fat or cholesterol in a watermelon and it has an excellent source of Vitamin A and C.



### BREAKFAST LASAGNA

#### Ingredients

- 4 cups corn flakes
- 2 cups minced watermelon
- 2 cups fresh blueberries or sliced strawberries
- 2 cups vanilla yogurt

#### Instructions:

Place 1/3 of the corn flakes in an even layer in the bottom of an 8 X 8 serving dish. Mix together the watermelon, blueberries and yogurt and spoon half of it over the corn flake layer evenly. Sprinkle another layer of the corn flakes over the yogurt and then layer the remaining yogurt over that. Sprinkle the remaining corn flakes evenly over the top.

#### Servings:

Serves 6.

Source: [www.watermelon.org](http://www.watermelon.org)



### CHICKEN SALAD WITH WATERMELON & PEACHES

#### Ingredients:

- 3 cups chopped cooked chicken
- 1 cup plain yogurt
- 1/2 cup mayonnaise
- 1 teaspoon dried dill leaf or 1 tablespoon fresh snipped
- Juice from 1 fresh lemon
- Salt and pepper to taste
- 2 peaches, seeded and chopped
- 2 cups chopped seeded watermelon.

#### Instructions:

Mix together the chicken, yogurt, mayonnaise, dill and lemon juice.

Season with salt and pepper to taste. Just before serving, gently mix in the peach pieces and watermelon pieces. Serve over greens or inside split mini-baguette.

#### Servings:

Makes 4 to 6 servings.

Source: [www.watermelon.org](http://www.watermelon.org)



Call us at 713-926-4445

