

★MAGNOLIA★

Fruit & Produce Company

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THE

Fresh Beet



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Ride a Bike

Health Benefits:

- Riding a bike is an excellent way to tone lower body muscles.
- Bike riding is easy on the joints
- Spending time outside can keep you positive
- Biking is an ideal way to fit in quality time outdoors with family.
- Cardiovascular activities, such as bike riding, help prevent heart disease and obesity.

Source: Southern Living (June 2005)



We have Online Ordering! Call today and get set up!

Laugh Stop



Reminder:

If you are placing an order for fresh-cut produce for your next day delivery, remember to call your order in before 11 a.m. This is to ensure the best quality and delivery for your restaurant.



Lemon Tips

- A bowl of fresh lemons will add fragrance and color to a room for days.
- Add a slice or two of fresh lemon to a glass of water. It has visual appeal and makes the water taste and smell better.
- If you are reducing your sodium or fat intake, try squeezing a wedge of fresh lemon on salads, steamed vegetables, soups and stews. You'll never miss the salt or butter!
- Roll a room temperature lemon on the counter a few times to maximize the amount of juice.
- Add the grated zest of fresh lemon to recipes for added intensity in cakes and cookies.



Source: Sunkist

FOOD FOR THOUGHT

Knowing is not enough; we must apply. Willing is not enough; we must do.

Johann Wolfgang von Goethe

Market Buzz

HOLDING STEADY

Apples
Grapefruit
Oranges
Avocados
Avocado Chunk
Avocado Pulp
Berries
Watermelon
Pineapple
Mushrooms
Cabbage
Carrots
Celery
Corn
Eggplant
Greens
Leeks
Boston Lettuce
Parsley
Spinach
Yams
Cherry Tomatoes
Grape Tomatoes
Bell Choppers
Jalapeno
Squash
Potatoes

ON THE WAY UP

Limes
Grapes
Honeydew
Cantaloupe
Kale
Cauliflower
Onions

ON THE MENU

Asparagus
Green Line Beans
Broccoli
Repack Tomatoes

ON THE WAY DOWN

Lettuce
Lemons
Bananas
Cucumber

HIGH

Harvesters
Gold Bell
Red Bell

Fun Facts

Grapefruit is an excellent source of vitamin C, a vitamin that helps to support the immune system. Over 20 scientific studies have suggested that vitamin C is a cold-fighter.



The Fresh Beet Editor: Tiffanie Hatley

www.alwaysgetfresh.com

Back of the House



Summer Salads

Cut Down Calories

Keep Your Salad Dressing Skinny

1. The "dip and scoop" method: Keep full fat or low-fat dressing on the side. Dip your fork into the dressing, and scoop up some salad. This will get some flavor in every bite.
2. Switch to low-fat dressing: Measure out two tablespoons (limit to 100 calories.)
3. Try the new "salad sprays": This reduced fat/reduced calorie dressing works well for light, easy distribution, but it can be expensive.
4. Stick with high quality balsamic vinegar.

Source: <http://www.msnbc.msn.com/id/14148166/>

Greens

One cup of shredded lettuce has about 5 to 10 calories. There are different varieties of lettuce; Iceberg, Greenleaf, Spinach, Romaine and Boston. Greens are low in calories and are a good source of fiber!

Vegetables

Green beans, snap peas, carrots, radishes, broccoli, cauliflower, artichokes, avocados, tomatoes and cucumbers make for a great touch on a salad. Dark green vegetables are lowest in calories, about 20 calories per half cup serving.

Fruit

Fruits such as, blueberries, raspberries, blackberries, apple slices and raisins add vitamins and antioxidants to our salads. These delicious treats can add flavor and sweetness to help you cut back on salad dressings and eliminate high calories. A half cup of apple slices has 30 calories, and a half a cup of berries has about 40 calories

Source: http://nutrition.about.com/od/healthymainmeals/a/mmm_salads.htm

Healthy 400 Calorie Salad

- two cups of green leaf lettuce
- one-fourth cup raw green beans
- one-fourth cup snap peas
- one-fourth cup chopped tomato
- one-fourth cup sliced carrots
- one-fourth cup apple slices
- one-fourth cup blueberries
- one-fourth cup chopped chicken breast
- one chopped hard boiled egg
- one ounce of shredded mozzarella cheese
- one-eighth cup walnut pieces
- lemon and lime wedges



Benefits of a Healthy Salad

With only 400 calories, this salad is also high in antioxidants, fiber and vitamins. It will give you a little boost of energy. Serve with a glass of iced-herbal tea or a big glass of water with lemon. Salads can be changed to adapt to any diet. For low-fat diets, choose low-fat dressings or no dressing at all. Keep a lot of fruit and vegetables on hand to make salad several times a week. Change ingredients to create different flavors.



Call us at 713-926-4445

