

★MAGNOLIA★

Fruit & Produce Company

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THE Fresh Beet



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Some regular chores and activities you do around the house can amount for physical activity.



Below are some examples:

- raking leaves for 30 minutes
- stair walking for 15 minutes
- gardening for 45 minutes
- washing and waxing car for 30 to 45 minutes.

WATERCRESS

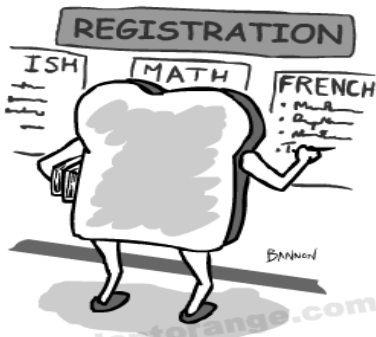


Top your salad with watercress. Eating watercress daily reduces

DNA damage to cells by about 20 percent, which help to lower your risk of colon and other cancers.

Source: Woman's World (March 2008)

Laugh Stop



NOT BEING ONE TO TAKE THE EASY ROAD TODD TAKES THE FIRST STEP TO REALIZING HIS DREAM

Market Update

Please note that due to the heat in California, the price and quality on strawberries have been affected.



Citrus Salad

- 1/4 cup sugar
- 1/4 cup water
- 2 ruby red grapefruit
- 2 navel oranges
- 1 lemon
- 2 tablespoons finely shredded fresh mint



- Cook sugar in water in a small saucepan over moderate heat, stirring, until dissolved. Remove from heat and cool completely.

- While syrup cools, cut peel, including all of whit pith from fruit with a sharp knife. Cut segments free from membranes and segments in a bowl

- Add syrup and mint to fruit in bowl and stir gently to combine. Source: Gourmet (April 2007)

FOOD FOR THOUGHT

Change is the law of life. And those who look only to the past or present are certain to miss the future.

- John F. Kennedy

Market Buzz

HOLDING STEADY

Apples
Grapefruit
Oranges
Avocados
Avocado Chunk
Avocado Pulp
Berries
Honeydew
Mushrooms
Pears
Pineapple
Carrots
Eggplant
Greens
Leeks
Boston Lettuce
Kale
Parsley
Radishes
Spinach
Yams
Tomatoes
Green Onions
Serrano Pepper

HIGH

Red Bell
Gold Bell

ON THE WAY UP

Limes
Garlic Peeled
Jalapeno
Poblano
Onions
Potatoes
Grapes

ON THE MENU

Pineapple
Iceberg
Greenleaf
Romaine
Greenline
Broccoli
Squash
Tomatoes

ON THE WAY DOWN

Lemons
Cantaloupe
Cabbage
Harversters
Cauliflower
Celery
Cucumbers
Chopper Bell

Fun Facts

An average ear of corn has 800 kernels, arranged in 16 rows.



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www.alwaysgetfresh.com

Back of the House



Brain Power!

Leafy Greens

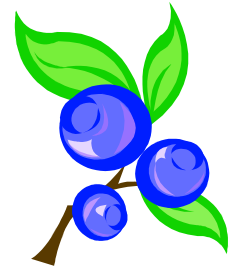
An Australian study found that eating plenty of foods rich in folic acid was associated with faster information processing and memory recall. Leafy greens are loaded with folic acid, which affects the memory. Eating just one cup a day of leafy greens like kale, collard greens, mustard greens and turnip greens can feed your brain and help protect the memory. [Source: msn Health \(Joy Bauer\)](#)

Berries

Berries also help protect against the breakdown of brain cells. Berries are the absolute best fruit to eat when it comes to your memory. They are very high in antioxidants to protect your brain and wrinkles on your skin! Blueberries are very powerful and have a natural compound called flavonoids that protect the brain's memory-carrying cells from negative effects of oxidation and inflammation. Eat one cup of berries a day. Try them on plain yogurt or topping of a hot or cold cereal. [Source: msn Health \(Joy Bauer\)](#)

Hazelnut-Crusted Goat-Cheese Salad with Blueberry Vinaigrette

- 1/2 cup Blueberry Vinegar (see recipe below)
- 2 tablespoons sugar
- 1 teaspoon chopped fresh tarragon leaves or 1/2 teaspoon dried tarragon leaves
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 cup extra-virgin olive oil
- 1/4 cup blueberries
- 6 cups Mesclun mix
- 6 oz. goat cheese, cut into small pieces
- 1/2 cup chopped toasted hazelnuts, walnuts or pecans



Blueberry Vinegar Recipe :

4 cups fresh blueberries, washed and drained
2 dried bay leaves
2 cups white-wine vinegar

In a large glass jar, place blueberries and bay leaves and pour in vinegar. Store covered in refrigerator for 2 to 10 days. When vinegar is flavored to your liking, strain through several layers of cheesecloth or a coffee filter. Discard blueberries and bay leaves.

Recipe:

Reduce the vinegar: In a small saucepan, bring Blueberry Vinegar and sugar to a boil. Cook until liquid is reduced to 2 tablespoons. Add tarragon and let cool.

Make the dressing: Whisk in mustard, salt, pepper, cayenne, and olive oil until completely combined and mixture has slightly thickened. Stir in blueberries. Transfer to a jar, cover, and refrigerate until ready to serve.

Prepare the salad: Preheat oven broiler. In a large bowl, toss mesclun with half of dressing and divide among 6 chilled plates. Roll goat-cheese rounds in hazelnuts and place on a baking pan. Heat the cheese under the broiler until warmed -- 1 to 2 minutes. Fan cheese on top of greens, drizzle with more vinaigrette, if desired, and serve immediately.

Calories: 336
Total Fat: 30g

Source: Country Living



Call us at 713-926-4445

